

CHECK YOUR ELEMENTAL STATE

START

Select one item per row that best describes your experience and then tally each column to find your predominant elements. To bring yourself into more balance, try one of the recommendations below . . .

Generally, my body tends to feel cool or cold	Generally, my body tends to feel warm or hot	Generally, my body tends to feel cool + clammy
The heat this summer has mostly been comfortable for me	The heat this summer has mostly been uncomfortable for me	The humidity this summer has been uncomfortable for me at times
Lately, my hunger has been more irregular than usual, sometimes strong and other times weak	Lately, my strong hunger has been getting weaker	Lately, I'm not very hungry at all
Lately, I'm experiencing unusually: (a) gassy digestion or bloating, sometimes with pain, or (b) dry or difficult-to-pass bowels	Lately, I'm experiencing unusually: (a) acidic digestion like heartburn or reflux, or (b) soft, loose, or urgent bowel movements	Lately, I'm experiencing unusually: (a) sluggish digestion, or (b) heavy or soft bowels
Lately, I'm feeling unusually depleted esp. in the morning	Lately, I have less energy	Lately, I'm feeling unusually heavy or physically unmotivated
AIR + SPACE	FIRE + WATER	EARTH + WATER
<ul style="list-style-type: none"> - Drink warm water or herbal tea - Eat warm cooked meals with healthy oils + herbs - Ground with gardening, swimming, meditation, + rest 	<ul style="list-style-type: none"> - Drink room temp. liquids like coconut water or mint tea (no ice) - Eat sweet seasonal fruit like berries - Nurture with nature, good company, deep breathing, + play 	<ul style="list-style-type: none"> - In AM, drink 1 c. boiled warm water - Eat more seasonal veggies + cooked warm meals with herbs - Lighten with exercise, yoga flow, stretching, + waking by 6AM

