



CHINESE MEDICINE BODY CONSTITUTION ANALYSIS

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HI, I'M ELIZABETH YAU,
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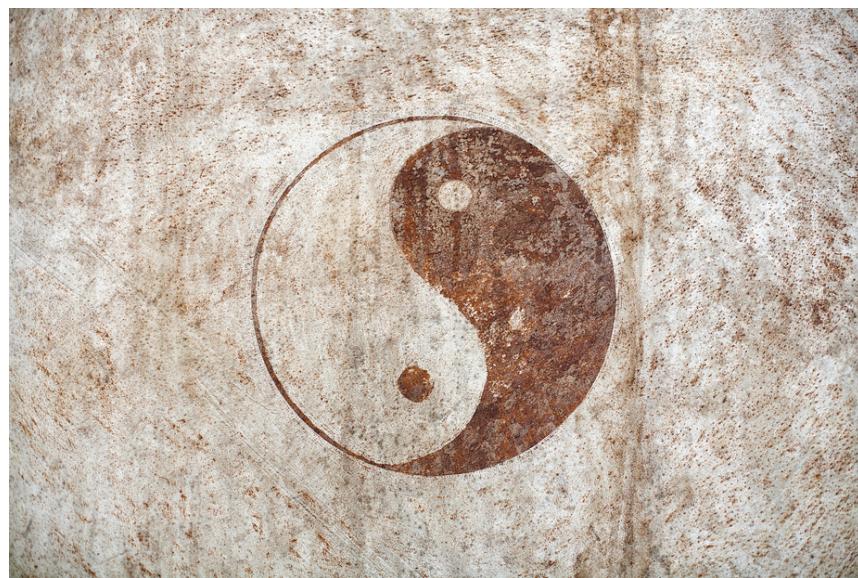
**My goal is to share the wisdom of TCM and
help more people live healthier, more balanced, and holistic lives.**

This body constitution test is *self-reflective* —
based on your own feelings and observations.
So, treat the results as a *helpful reference* rather than a diagnosis.

For a more accurate and personalised assessment,
it's always best to *see a professional TCM practitioner*.

We'll *check your pulse, tongue*, and overall condition
to gain a deeper understanding of your body's needs.

INTRODUCING TCM Body constitution



The following section introduces the 9 body constitution types in TCM.

Start by reading the one that matches your result.

Don't worry if you don't match every single characteristic — *most people are a blend of different types*, and that's completely normal.

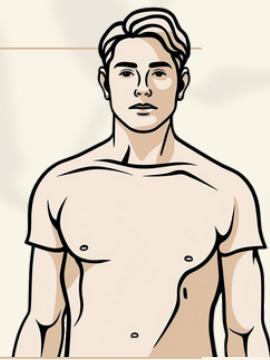
Every body is unique.

The key is discovering what works best for you—whether that's the right foods, exercise, habits, or lifestyle.

Ready? Let's dive in!

NEUTRAL TYPE

A constitution where organ functions are well-coordinated, yin and yang are balanced, and qi & blood are sufficient. Considered the ideal body constitution in TCM.



CAUSES:

Usually results from a good congenital constitution combined with proper lifestyle maintenance — such as balanced diet, regular routines, moderate exercise, and emotional stability.

CHARACTERISTICS:

- Sturdy, well-proportioned body
- Rosy complexion and shiny hair
- Bright eyes and strong voice
- Abundant energy
- Strong immunity

SUSCEPTIBLE DISEASES:

- Rarely gets sick, and recovers quickly when ill
- No specific disease tendencies
- Strong adaptability and high resistance

MENTAL TRAITS:

- Optimistic personality
- Emotional stability
- Calm mind
- Strong adaptability

RECOMMENDATIONS:

1. Avoid overeating or starving, and avoid extremely cold or hot foods.
2. Eat more whole grains, vegetables, and fruits.
3. Limit greasy and spicy foods.
4. Younger people can engage in vigorous exercises; older people should opt for walking or tai chi.
5. Maintain a regular routine and avoid overexertion.

ACUPOINT MASSAGE: TAIXI (KI₃)

- Effect: Tonify kidney Qi, strengthen the body
- Location: In the depression between inner ankle bone & Achilles tendon
- Method: Massage once daily for 5 minutes

QI DEFICIENCY TYPE

A constitutional condition characterized by insufficient vital qi, marked by weak respiration and under-functioning of organs and bodily systems.



CAUSES:

Congenital weakness, inadequate postnatal care, or qi depletion after illness. For example, a family history of weak constitution, weak parents during pregnancy, premature birth, picky eating, or natural qi decline with aging.

CHARACTERISTICS:

- Muscles are soft and lack firmness
- Speaks softly with a low voice
- Shortness of breath
- Easily fatigued, low energy
- Dizziness, forgetfulness

SUSCEPTIBLE DISEASES:

- Frequent colds, dizziness
- Weak disease resistance, slow recovery after illness
- Prone to organ prolapse, such as gastric ptosis

MENTAL TRAITS:

- Introverted personality
- Timid
- Risk-averse

RECOMMENDATIONS:

1. Eat more qi-boosting, spleen-strengthening foods such as chicken, longan, Chinese yam, and red dates.
2. Avoid qi-draining foods like betel nuts, water spinach, raw radishes.
3. Focus on gentle exercises such as walking and tai chi.
4. Avoid strenuous activities, over-sweating, and prolonged breath-holding.

ACUPOINT MASSAGE: DANZHONG (CV17)

- Effect: Supplement and regulate Qi
- Location: Midline of the chest, at 4th rib level, between the nipples
- Method: Massage once daily for 5 minutes

YANG DEFICIENCY TYPE

A body constitution marked by insufficient yang qi, primarily manifesting as signs of internal cold and deficiency.



CAUSES:

Caused by congenital insufficiency or acquired imbalances, such as,

- Habitual intake of cold or raw foods that harm yang qi
- Prolonged illness leading to yin excess and yang depletion
- Natural decline of yang in old age

CHARACTERISTICS:

- Soft, underdeveloped muscles
- Cold-sensitive back, waist, knees
- Cold hands and feet
- Low energy
- Tendency to sleep more

MENTAL TRAITS:

- Quiet and introverted
- Emotionally stable
- Lacking in vitality and motivation

SUSCEPTIBLE DISEASES:

- Frequent colds, accumulation of phlegm
- Swelling, edema, diarrhea

RECOMMENDATIONS:

1. Eat warm-natured, yang-tonifying foods that support the spleen and kidney, such as beef, lamb, scallions, ginger, and leeks.
2. Avoid cold, raw foods like ice water, ice cream, and cold watermelon.
3. Keep feet, back, and lower abdomen warm & avoid direct fan drafts.
4. Engage in gentle exercises such as jogging, walking, and tai chi.
5. Do sunbathing 20 times in summer, 15–20 minutes each session.

ACUPOINT MASSAGE: QIHAI (CV6)

- Effect: Replenish qi, regulate energy, support yang
- Location: About two finger-widths below the belly button, on the midline
- Method: Massage once daily for 5 minutes

YIN DEFICIENCY TYPE

A constitutional type characterized by depletion of body fluids, essence, and blood, resulting in internal heat and poor nourishment of organs and tissues.



CAUSES:

Caused by congenital deficiency or acquired depletion, such as,

- Chronic illness, excessive blood loss
- Overwork, lack of rest, overindulgence in sex

CHARACTERISTICS:

- Heat in palms, soles
- Dry mouth, throat, and eyes
- Afternoon hot flushes, night sweats
- Lean body build

MENTAL TRAITS:

- Irritable
- Outgoing
- Active, and lively

SUSCEPTIBLE DISEASES:

- Insomnia, chronic dry cough, dryness syndromes
- Hyperthyroidism, menopausal syndrome

RECOMMENDATIONS:

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1. Eat yin-nourishing foods like lily bulb, honey, white fungus, sugarcane, black sesame, goji berries.
2. Avoid spicy, dry, and hot foods such as scallions, chili peppers.
3. Avoid staying up late, and intense workouts.
4. Engage in gentle to moderate exercise such as tai chi.
5. Cultivate calming hobbies and try to maintain emotional balance.

ACUPOINT MASSAGE: SANYINJIAO (SP6)

- Effect: Promote blood circulation & support spleen, liver, kidneys
- Location: On the inner lower leg, about four finger-widths above the inner ankle, just behind the shin bone.
- Method: Massage once daily for 5 minutes. *Avoid during pregnancy*

PHLEGM-DAMPNESS TYPE

A body constitution marked by internal retention of fluids due to impaired spleen function and water metabolism, leading to accumulation of phlegm and dampness.



CAUSES:

May arise from congenital spleen deficiency, chronic overconsumption of rich, greasy or sweet foods, sedentary lifestyle, or prolonged residence in humid environments.

CHARACTERISTICS:

- Plump figure with flabby abdomen
- Chest oppression
- Sticky sensation in the mouth
- Sluggish, heavy body sensation
- Craves greasy and sweet foods

MENTAL TRAITS:

- Gentle
- Steady
- Emotionally stable

SUSCEPTIBLE DISEASES:

- Obesity, diabetes, phlegm-related disorders
- Cardiovascular conditions, dizziness, stroke

RECOMMENDATIONS:

1. Light and simple diet; avoid fried, greasy, or sugary foods.
2. Eat moderate amounts of dampness-draining foods such as winter melon, lotus leaf, coix seed, lentils, adzuki beans, and corn silk.
3. Engage in regular sun exposure and moderate aerobic exercise.
4. Wear breathable clothing.
5. Avoid living in damp places; use dehumidifiers if necessary.

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ACUPOINT MASSAGE: FENGLONG (ST40)

- Effect: Dissolve phlegm, regulate digestion, promote qi circulation
- Location: 8 cun above the outer ankle, two finger-widths lateral to shin
Find the midpoint between ankle and kneecap, then move two finger-widths outward.
- Method: Massage once daily for 5 minutes

DAMP-HEAT TYPE

A constitutional type characterized by internal accumulation of dampness and heat, often presenting as oily skin, and prone to acne and pimples.



CAUSES:

Caused by congenital predisposition or acquired imbalance, such as:

- Excessive consumption of greasy, rich foods, alcohol, and smoking
- Living in hot, humid climates for prolonged periods

CHARACTERISTICS:

- Oily face and nose
- Prone to acne and pimples
- Dry mouth with a bitter taste
- Fatigue, heavy limbs
- Sticky stools

MENTAL TRAITS:

- Easily irritated
- Emotionally unstable
- Stress-prone

SUSCEPTIBLE DISEASES:

- Boils, urinary tract infections
- Skin conditions like eczema, jaundice

RECOMMENDATIONS:

1. Eat light and cooling foods that help clear heat and eliminate dampness, such as adzuki beans, mung beans, coix seed, poria, celery, cucumber,
2. Avoid spicy, fried, grilled, or oily dishes
3. Refrain from smoking, drinking alcohol, overeating, or eating too quickly
4. Engage in vigorous exercise like jogging, swimming, and hiking
5. Avoid staying up late; reduce outdoor activities in hot, humid seasons

ACUPOINT MASSAGE: ZUSANLI (ST36)

- Effect: Strengthen spleen, eliminate dampness, enhance immunity
- Location: Located 3 cun (about four finger-widths) below the kneecap, one finger-width lateral to the shin bone.
- Method: Massage once daily for 5 minutes

QI STAGNATION TYPE

A constitutional pattern resulting from prolonged emotional constraint and stagnated qi flow, characterized by emotional instability, vulnerability, and sensitivity.



CAUSES:

Can result from inherited tendencies or emotional disturbances such as trauma, chronic stress, suppressed desires, or overthinking.

CHARACTERISTICS:

- Low mood, frequent sighing
- Chest/ flank distension
- Sensation of a lump in the throat
- Poor sleep, poor appetite
- Frequent belching, or hiccups

MENTAL TRAITS:

- Introverted
- Emotionally unstable
- Hypersensitivity
- Persistent gloominess

SUSCEPTIBLE DISEASES:

- Depression, anxiety, insomnia
- Globus hystericus, thyroid nodules

RECOMMENDATIONS:

1. Eat liver-soothing, qi-regulating foods such as finger citron, kelp, kumquats, hawthorn, dried tangerine peel.
2. Avoid spicy, stimulating, or greasy foods.
3. Engage in outdoor activities such as jogging, hiking, and swimming.
4. Cultivate calming hobbies and try to maintain emotional balance.
5. Avoid stimulants like tea or coffee before bed.

ACUPOINT MASSAGE: TAICHONG (LV₃)

- Effect: Sooth liver qi, relieve stagnation, calm emotional distress
- Location: On the top of the foot, about three finger-widths above the space between the big toe and second toe
- Method: Massage once daily for 5 minutes. *Avoid during pregnancy*

BLOOD STAGNATION TYPE

A constitutional type characterized by poor blood circulation or internal blood stasis, leading to impaired nourishment of tissues and stagnation symptoms.



CAUSES:

Caused by congenital weakness or acquired factors such as:

- Prolonged emotional depression, chronic illness, or physical trauma
- Sedentary lifestyle, cold intolerance, and lack of movement

CHARACTERISTICS:

- Dark or dull skin tone
- Dark lips, under-eye circles
- Prone to bruising, dry skin, hair loss
- Stubborn or fixed pains
- Purple tongue with sublingual varicosities

MENTAL TRAITS:

- Irritable
- Forgetful
- Emotionally unstable

SUSCEPTIBLE DISEASES:

- Dysmenorrhea, chronic pain syndromes
- Hyperlipidemia, bleeding disorders, stroke

RECOMMENDATIONS:

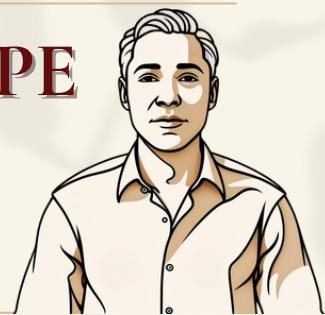
1. Eat foods that invigorate blood and soothe the liver, such as hawthorn, black beans, rose, kumquat, and kelp.
2. Avoid greasy and fatty foods that can worsen blood stasis.
3. Get adequate but not excessive sleep; try to maintain emotional balance.
4. Engage in activities that promote qi & blood movement, such as dancing.
5. Seek medical attention if chest discomfort arises during physical activity.

ACUPOINT MASSAGE: XUEHAI (SP10)

- Effect: Promote blood circulation, resolve stasis
- Location: on the inner thigh, 3 cun above the kneecap, one finger-width medial to the shin
(easily found by bending the knee — bulge on the inner thigh)
- Method: Massage once daily for 5 minutes

SPECIAL CONSTITUTION TYPE

A constitution marked by inherited or congenital traits, often associated with allergic reactions or hereditary conditions such as immune deficiencies.



CAUSES:

Caused by genetic factors, prenatal influences, or acquired factors,

- exposure to allergens (e.g. food, medication, pollen)
- excessive emotional stress or unknown causes

CHARACTERISTICS:

- Allergic to foods, medications, or pollen
- Symptoms worsen during seasonal changes
- May be born with genetic conditions such as congenital malformations

MENTAL TRAITS:

- Vary, with environmental sensitivity potentially causing anxiety

SUSCEPTIBLE DISEASES:

- Allergic rhinitis, urticaria, asthma, genetic disorders, dermatitis

RECOMMENDATIONS:

1. Eat a light, balanced diet. Limit alcohol, coffee, chili, and strong tea.
2. Avoid common allergens such as shrimp, crab, shellfish, milk.
3. Maintain clean, well-ventilated indoor spaces. Wash bedding regularly.
4. Dress appropriately for the weather to prevent allergic triggers.
5. Maintain regular routines and emotional stability.
6. Engage in moderate exercise like brisk walking, or stretching.
7. Reduce outdoor activity during high pollen times; wear a mask if needed.

ACUPOINT MASSAGE: YINGXIANG (LI20)

- Effect: Clear nasal passages, relieve rhinitis and allergy discomfort
- Location: On the outer sides of the nose
- Method: Massage once daily for 5 minutes



THANK YOU FOR JOINING US!

I hope this guide has helped you better understand
the wisdom of TCM body constitutions,
and how to care for your health in a more personalised way.

If you're interested in learning more, feel free to:

- Follow me on [Instagram: @TCM.Elizabeth](#)
- Subscribe to our [blog: elizabethyau.com/blog](#)

If your family and friends want to try this TCM Body Type Test,
feel free to share the link: [elizabethyau.com/bodytype](#)

*Let's keep learning and growing together
on the journey to better health and balance!*

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