

**Answer all the questions in the following nine set of questions and sum up the points for each set. Then head over to the following URL and enter the points to know what your body type is.**

**Free Body Type Calculator - <https://www.nature-health.com/free-body-type-calculator/>**

**The following questions are available in Chinese and English language.**

**Set A:**

请根据近一年的体验和感觉,回答以下问题: Answer the following questions based on your past 12 months experience:	没有 (根本不) No	很少 (有一点) Seldom	有时 (有些) Some-times	经常 (相当) Often	总是 (非常) Always
(1)你精力充沛吗? Do you feel energetic?	1	2	3	4	5
(2)你容易疲乏吗? Do you feel tired easily?	5	4	3	2	1
(3)你说话声音无力吗? Does your voice sound too soft? For example, you often need to raise your voice for people to hear you.	5	4	3	2	1
(4)你感到闷闷不乐吗? Do you always feel something is bothering you making you unhappy?	5	4	3	2	1
(5)你比一般人耐受不了寒冷吗? Comparing to people around you, do you always feel colder and need to wear more clothes to keep warm?	5	4	3	2	1
(6)你能适应外界自然和社会环境的变化吗? Are you able to adapt to changes in the environment and society?	1	2	3	4	5
(7)你容易失眠吗? Do you have difficulties falling asleep at night?	5	4	3	2	1
(8)你容易忘事吗(健忘)? Do you have difficulties remembering things?	5	4	3	2	1

**总积分 (Score for Set A):** \_\_\_\_\_ Add up the points for the questions above.

**Set B:**

(1)你手脚发凉吗? Does your palm and feet feel cold / cool most of the time?	1	2	3	4	5
(2)你胃腕部,背部,或腰膝部怕冷吗? Does your stomach, back, waist and knee area feel cold?	1	2	3	4	5
(3)你感到怕冷,衣服比别人穿的多吗? Do you feel cold and often wear more clothes than most people?	1	2	3	4	5
(4)你比一般人耐受不了寒冷吗? Comparing to people around you, do you always feel colder and need to wear more clothes to keep warm?	1	2	3	4	5
(5)你比别人更容易感冒吗? Comparing to people around you, do you catch a flu easily?	1	2	3	4	5
(6)你吃(喝)凉的东西会感到不舒服,或者怕吃(喝)凉的东西吗? Do you feel uncomfortable after taking cold food / drinks? Or are you afraid of taking cold food / drinks?	1	2	3	4	5
(7)你受凉或吃凉的东西后容易腹泻吗? Do you have diarrhoea when you eat cold stuff or caught a cold?	1	2	3	4	5

**总积分 (Score for Set B):** \_\_\_\_\_ Add up the points for the questions above.

**Set C:**

请根据近一年的体验和感觉,回答以下问题: Answer the following questions based on your past 12 months experience:	没有 (根本不) No	很少 (有一点) Seldom	有时 (有些) Some- times	经常 (相当) Often	总是 (非常) Always
(1) 你感到手脚心发热吗? Do you feel your palm and feet hot?	1	2	3	4	5
(2) 你感觉身体,脸上发热吗? Does your body or face feel hot?	1	2	3	4	5
(3) 你皮肤或口唇干吗? Do you have dry lips / skin?	1	2	3	4	5
(4) 你口唇的颜色比一般人红吗? Does your lips look redder than most people?	1	2	3	4	5
(5) 你容易便秘或大便干燥吗? Do you have constipation easily or your stools are hard and dry?	1	2	3	4	5
(6) 你面部两颊潮红或偏红吗? Does both sides of your face show redness?	1	2	3	4	5
(7) 你感到眼睛干涩吗? Do you feel dryness in your eyes?	1	2	3	4	5
(8) 你活动量稍大就容易出虚汗吗? Do you find yourself sweat easily when you have a bit more physical activity?	1	2	3	4	5

**总积分 (Score for Set C):** \_\_\_\_\_ Add up the points for the questions above.

**Set D:**

(1) 你容易疲乏吗? Do you feel tired easily?	1	2	3	4	5
(2) 你容易气短(呼吸短促,接不上气)吗? Do you feel shortness of breath easily?	1	2	3	4	5
(3) 你容易心慌吗? Do you experience fast heartbeat easily?	1	2	3	4	5
(4) 你容易头晕和站起时晕眩吗? Do you feel giddiness (or when you stand up) easily?	1	2	3	4	5
(5) 你比别人容易患感冒吗? Comparing to people around you, do you catch a cold easily?	1	2	3	4	5
(6) 你喜欢安静,懒得说话吗? Do you prefer quiet and don't like to talk?	1	2	3	4	5
(7) 你说话声音无力吗? Does your voice sound too soft? For example, you often need to raise your voice for people to hear you.	1	2	3	4	5
(8) 你活动量稍大就容易出虚汗吗? Do you find yourself sweat easily when you have a bit more physical activity?	1	2	3	4	5

**总积分 (Score for Set D):** \_\_\_\_\_ Add up the points for the questions above.

**Set E:**

请根据近一年的体验和感觉,回答以下问题: Answer the following questions based on your past 12 months experience:	没有 (根本不) No	很少 (有一点) Seldom	有时 (有些) Some- times	经常 (相当) Often	总是 (非常) Always
(1) 你感到胸闷和腹部胀满吗? Do you feel fullness in your chest and stomach?	1	2	3	4	5
(2) 你感到身体沉重不轻松或不爽快吗? Do you feel heaviness in your body?	1	2	3	4	5
(3) 你腹部肥满松软吗? Is your belly area fat and soft?	1	2	3	4	5
(4) 你有额头部油脂分泌多的现象吗? Is your forehead oily?	1	2	3	4	5
(5) 你上眼睑比别人肿吗? Do you find your upper eye lid more swollen compared to most people?	1	2	3	4	5
(6) 你嘴里有黏黏的感觉吗? Do you feel stickiness inside your mouth?	1	2	3	4	5
(7) 你平时痰多,特别是咽喉部总感到有痰堵着吗? Do you normally have phlegm? Especially in the throat area?	1	2	3	4	5
(8) 你舌苔厚腻或有舌苔厚厚的感觉吗? Do you feel your tongue coating thick?	1	2	3	4	5

**总积分 (Score for Set E):** \_\_\_\_\_ Add up the points for the questions above.

**Set F:**

(1) 你面部和鼻部有油腻感或者油亮发光吗? Do you have oily skin on your face and nose area?	1	2	3	4	5
(2) 你容易长痤疮吗? Do you have pimples / breakout easily?	1	2	3	4	5
(3) 你感到口苦和嘴里有异味吗? Do you feel bitterness or a strange taste in your mouth?	1	2	3	4	5
(4) 你大便粘滞不爽,有解不尽的感觉吗? Do you have sticky stools or always feel you don't have a complete defecate?	1	2	3	4	5
(5) 你小便时尿道有发热感,尿色浓(深)吗? Do you feel your urethra has a hot sensation when you urine? Or your urine is dark in color.	1	2	3	4	5
(6) 你带下色黄(白带颜色发黄)吗?(限女性) Does your discharge yellow or brown in color? (Only applicable to women)	1	2	3	4	5
(7) 你的阴囊部位潮湿吗?(限男性) Does your private part area feel damp? (Only applicable to men)	1	2	3	4	5

**总积分 (Score for Set F):** \_\_\_\_\_ Add up the points for the questions above.

**Set G:**

请根据近一年的体验和感觉,回答以下问题: Answer the following questions based on your past 12 months experience:	没有 (根本不) No	很少 (有一点) Seldom	有时 (有些) Some- times	经常 (相当) Often	总是 (非常) Always
(1) 你的皮肤在不知不觉中会出现青紫斑点 (皮下出血) 吗? Do you find your skin with purple spots out of sudden?	1	2	3	4	5
(2) 你两颧部有细微红丝吗? Do you have visible thin blood vessels on both sides of your cheekbone?	1	2	3	4	5
(3) 你身体上有哪里疼痛吗? Do you feel pain on any part of your body?	1	2	3	4	5
(4) 你面色灰暗或容易出现褐斑吗? Do you find your face darker in tone or having dark brown spots on your face?	1	2	3	4	5
(5) 你容易有黑眼圈吗? Do you have dark circles under your eye easily?	1	2	3	4	5
(6) 你容易忘事吗 (健忘)? Do you have difficulties remembering things?	1	2	3	4	5
(7) 你口唇颜色偏黯吗? Do you find your lips color dark?	1	2	3	4	5

**总积分 (Score for Set G):** \_\_\_\_\_ Add up the points for the questions above.

**Set H:**

(1) 你感到闷闷不乐吗? Do you always feel something is bothering you making you unhappy?	1	2	3	4	5
(2) 你容易精神紧张, 焦虑不安吗? Do you find yourself easily anxious?	1	2	3	4	5
(3) 你多愁善感, 感情脆弱吗? Do you find yourself easily emotional?	1	2	3	4	5
(4) 你容易感到害怕和受到惊吓吗? Do you find yourself easily scared or frightened?	1	2	3	4	5
(5) 你肋助部或乳房胀痛吗? Do you feel fullness and pain around your chest (men) / breast (women) area?	1	2	3	4	5
(6) 你无缘无故叹气吗? Do you find yourself sigh out of sudden?	1	2	3	4	5
(7) 你咽喉部有异物感, 且吐之不出, 咽之不下吗? Do you have a feeling something stuck in your throat that you can't spit out or swallow?	1	2	3	4	5

**总积分 (Score for Set H):** \_\_\_\_\_ Add up the points for the questions above.

**Set I:**

请根据近一年的体验和感觉,回答以下问题: Answer the following questions based on your past 12 months experience:	没有 (根本不) No	很少 (有一点) Seldom	有时 (有些) Some- times	经常 (相当) Often	总是 (非常) Always
(1) 你没有感冒时也会打喷嚏吗? Do you sneeze often even when you are not having flu?	1	2	3	4	5
(2) 你没有感冒时也会鼻塞, 流鼻涕吗? Do you have stuffy, running nose even when you are not having flu?	1	2	3	4	5
(3) 你有因季节变化, 温度变化或异味等原因咳喘的现象吗? Do you have coughing or asthma especially during temperature or environment smell changes?	1	2	3	4	5
(4) 你容易过敏 (对药物, 食物, 气味, 花粉或季节交替, 气候变化时) 吗? Are you easily allergic (drugs, food, smell, pollen, temperature change)?	1	2	3	4	5
(5) 你的皮肤容易起麻疹 (风团, 风疹块, 风疙瘩) 吗? Does your skin have itchy spots easily?	1	2	3	4	5
(6) 你因为过敏出现过紫红色 瘀斑, 瘀点吗? Do you find purple spots on your skin due to any allergic reasons?	1	2	3	4	5
(7) 你的皮肤一抓就红, 并出现抓痕吗? When you scratch your skin, does it appear red and scratch marks easily?	1	2	3	4	5

**总积分 (Score for Set I):** \_\_\_\_\_ Add up the points for the questions above.