

BODY FEEDBACK™

with essential oils

Basic Body-Feedback™ Assessment

Please rate 0 = never, 1 = sometimes, 2 = most of the time, 3 = all of the time

Lung Meridian

Discomfort in shoulder, chest, or upper back	0	1	2	3
Concerns with energy level or skin health	0	1	2	3
Would like respiratory or immune support	0	1	2	3
Feelings of grief or sadness	0	1	2	3
Feelings of low self-esteem	0	1	2	3
Being impulsive or impatient	0	1	2	3

Large Intestine Meridian

Discomfort in low back, hip, or shoulder	0	1	2	3
Concerns with digestive flora and colon	0	1	2	3
Would like digestive or immune support	0	1	2	3
Feelings of feeling stuck or blocked	0	1	2	3
Difficulty letting go emotionally	0	1	2	3
Feeling burdened	0	1	2	3

Stomach Meridian

Discomfort in sinuses, esophagus, or neck	0	1	2	3
Concerns with digestion or thyroid	0	1	2	3
Would like digestive or thyroid support	0	1	2	3
Feeling easily over-stimulated	0	1	2	3
Feeling spacey or distracted	0	1	2	3
Feeling scattered	0	1	2	3

Spleen Meridian

Discomfort in upper back or left side only	0	1	2	3
Concerns with energy level and muscle tone	0	1	2	3
Would like digestive or endocrine support	0	1	2	3
Feeling over-protective or worried	0	1	2	3
Feeling needy or ignored	0	1	2	3
Feeling emotionally insecure	0	1	2	3

Heart Meridian

Discomfort in jaw, left shoulder, or sacrum	0	1	2	3
Concerns with sleep cycle and heart function	0	1	2	3
Would like heart or hormone support	0	1	2	3
Feelings of melancholy or general sadness	0	1	2	3
Feelings of self-doubt	0	1	2	3
Being arrogant or self-absorbed	0	1	2	3

Small Intestine Meridian

Discomfort in knees, jaw, or abdomen	0	1	2	3
Concerns with digestion or absorption	0	1	2	3
Would like digestive or immune support	0	1	2	3
Feeling self-critical	0	1	2	3
Feeling narrow-minded	0	1	2	3
Being obsessed with details	0	1	2	3

Urinary Bladder Meridian

Discomfort of entire back, head, ankle	0	1	2	3
Concerns with stress hormones and nerves	0	1	2	3
Would like muscular-skeletal support	0	1	2	3
Feeling indecisive or self-sabotaging	0	1	2	3
Feeling emotionally ambivalent	0	1	2	3
Physically or emotionally inflexible	0	1	2	3

Kidney Meridian

Discomfort in low back and inner thigh	0	1	2	3
Concerns with hormones and detoxing	0	1	2	3
Would like endocrine or skeletal support	0	1	2	3
Feeling self-destructive	0	1	2	3
Feeling betrayed or holding grudges	0	1	2	3
Feeling over-controlling	0	1	2	3

Pericardium Meridian

Discomfort in rib cage or posterior hip	0	1	2	3
Concerns with metabolism and hormones	0	1	2	3
Would like endocrine and digestive support	0	1	2	3
Feeling fanatical and over-zealous	0	1	2	3
Feeling manic at times	0	1	2	3
Having lack of direction	0	1	2	3

Triple Burner Meridian

Discomfort in joints in general or hairline	0	1	2	3
Concerns with fluid retention or metabolism	0	1	2	3
Would like lymph or immune support	0	1	2	3
Feeling emotionally repressed	0	1	2	3
Feelings of rigidity and tied to expectations	0	1	2	3
Feeling overly bound to rules	0	1	2	3

Gallbladder Meridian

Discomfort in tendons, shoulders, or temples	0	1	2	3
Concerns with muscles or digestion	0	1	2	3
Would like respiratory or immune support	0	1	2	3
Feeling emotionally detached or aloof	0	1	2	3
Feeling misunderstood or fearing change	0	1	2	3
Feeling or acting rebellious	0	1	2	3

Liver Meridian

Discomfort in chest, abdomen, or shoulders	0	1	2	3
Concerns with detoxing and hormones	0	1	2	3
Would like digestive and detox support	0	1	2	3
Feelings of anger or frustration	0	1	2	3
Feeling caught in addiction or illusions	0	1	2	3
Feeling overly sensitive	0	1	2	3