



Kidney & Bladder

Kidney Symptomatology

- dryness
- thirst
- excess or lack of perspiration
- urination difficulties
- feelings of being overwhelmed or tearful
- lymphatic congestion
- swelling or bloating
- lack of sexual secretions
- decline in short term memory
- learning difficulties
- blurred vision
- hearing difficulties
- tinnitus
- lower back pain
- pain in the legs
- premature aging
- sterility and impotence
- bags under the eyes
- broken split dull hair
- edema
- fluid retention and bloating
- premature greying of the hair
- loss of hair
- soft or brittle weak bones
- aversion to cold
- lethargy
- frequent yawning
- knee problems

Bladder Symptomatology

- poor bladder control
- bladder infections
- complaining
- over protection

- rigidity and stiffness along the back of the body (where the bladder meridian runs)
- tightness in the back of the legs and hips
- coolness along the spine and buttocks
- dull throbbing headache
- poor circulation
- sciatica
- lumbago
- cystitis
- pale copious urine or scanty and dark
- lack of perspiration
- dryness and thirst
- stiffness in the little toe
- brittleness of joints
- spasms or pain in calves
- nosebleeds
- headaches at the top or back of head

Adrenal Symptomatology

- Stress or emotional upset cause exhaustion
- Low blood pressure
- Perspire excessively
- neck or shoulder tension
- Frequent headaches
- bow lines (or depressed furrows) on fingernails
- occasional cold sweats
- tightness or lump in the throat
- short temper
- puffy face

Kidney/ Bladder/ Adrenal Emotional Symptomatology

- fear
- shock
- lack of flow in emotions and thought processes
- fear of inundation and overwhelmed by life
- emotional strain
- highly sensitive
- crying spells
- deep depression
- feelings of suspicion
- lack of willpower or work-a-holism
- wishy washy behaviour
- panic attacks
- weakness
- timidity
- apprehension
- fear of failure
- paranoid
- suspicious behaviour
- complaining
- unexpressed
- unacknowledged fear building up
- emotional armouring