

Dr. Kimberly's Acupuncture Pathway Cheat Sheet

How to Talk Symptoms with Confidence

LUNG

When your Lung pathway is out of balance, everything feels just a little harder than it should.

Key Symptoms:

- Fatigue, low energy
- Frequent colds, allergies, immune weakness
- Cough, shortness of breath, asthma
- Dry skin, eczema, psoriasis
- Postnasal drip, sinus issues
- **Sadness, grief, frequent crying**

LARGE INTESTINE

When your Large Intestine pathway is out of balance, letting go feels impossible—physically, mentally, and emotionally.

Key Symptoms:

- Constipation, bloating, IBS
- Sinus congestion, allergies
- Neck, shoulder, upper back tension
- Immune system sluggish
- Skin issues (rashes, hives)
- **Repressed emotions, difficulty letting go**

STOMACH

When your Stomach pathway is out of balance, even the simple things—eating, walking, digesting—feel harder than they should..

Key Symptoms:

- Bloating, gas, indigestion, reflux
- Sugar cravings, appetite changes
- Knee pain, foot pain, heavy legs
- Headaches, jaw tension
- Fatigue after eating
- Digestive irregularity
- **Repressed emotions, difficulty letting go**

SPLEEN

When your Spleen pathway is out of balance, everything feels heavy—your body, your mind, and even your heart.

Key Symptoms:

- Fatigue, exhaustion
- Muscle aches, weakness
- Bloating, poor digestion
- Brain fog, difficulty concentrating
- Insomnia, restless sleep
- Sugar cravings
- **Worry, overthinking**

HEART

When your Heart pathway is out of balance, joy feels out of reach, and life feels like strain and survival.

Key Symptoms:

- Palpitations, anxiety
- Chest tension, arm/shoulder tension
- Insomnia, restless dreams, night sweats
- Tight chest, shortness of breath
- Racing thoughts, emotional overwhelm
- **Depression, sadness**

SMALL INTESTINE

When your Small Intestine pathway is out of balance, everything feels tangled and tense.

Key Symptoms:

- Neck, shoulder, jaw pain
- Pain radiating down the arm
- TMJ, headaches
- Digestive issues: bloating, constipation
- Ear ringing, dizziness
- **Anxiety, mental restlessness**

BLADDER

When your Bladder pathway is out of balance, you carry the weight of the world on your back until your body says “no more.”

Key Symptoms:

- Headache, neck pain, back pain
- Sciatica, knee pain, foot pain
- Frequent urination, incontinence
- Brain fog, mental fatigue
- Tension, tight muscles throughout the body
- Poor sleep, nervous system dysregulation
- **Trouble letting go—physically, emotionally, energetically.**

KIDNEY

When your Kidney pathway is out of balance, you lose faith in your own strength—physically, mentally, and emotionally.

Key Symptoms:

- Deep fatigue, exhaustion
- Low libido, hormonal issues
- Back pain, knee pain, foot pain
- Hair thinning, brittle bones
- Sleep disturbances, fearfulness
- Bladder issues, fluid retention
- **Fear of life transitions**

PERICARDIUM

When your Pericardium pathway is out of balance, it's hard to heal emotionally, hard to open up, and hard to trust that everything will be okay again.

Key Symptoms:

- Palpitations, chest pain
- Cold hands, poor circulation
- Muscle aches, swelling
- Nausea, digestive upset
- Insomnia, fragile nervous system
- **Anxiety, panic, overwhelm**

TRIPLE ENERGIZER

When your Triple Energizer pathway is out of balance, your body forgets how to flow—and everything feels like it's working against you.

Key Symptoms:

- Immune weakness, frequent illness
- Hormonal swings, hot flashes
- Digestive irregularity, bloating
- Jaw tension, headaches
- Swollen lymph, fluid retention
- Fatigue, poor metabolism
- **Trouble expressing emotions**

GALLBLADDER

When your Gallbladder pathway is out of balance, everything feels tight: your body, your thinking, and your ability to take action.

Key Symptoms:

- Headaches (temples, occipital)
- Jaw tension, TMJ
- Rib, hip, glute pain
- IT band, knee tension
- Sinus pressure, chronic congestion
- **Indecision, self-doubt, frustration**

LIVER

When your Liver pathway is out of balance, everything feels tense, stuck, and explosive—your body, your mind, and your mood.

Key Symptoms:

- Migraines, headaches
- Muscle tension, spasms
- Eye issues: twitching, dryness, blurry vision
- PMS, hormonal imbalance, libido changes
- Bloating, digestive upset
- **Mood swings, irritability, frustration**