



## Bodily Functions Assessment

<b>Name:</b>		<b>Date:</b>					
<b>Mucous Observation</b>							
<b>For color and consistency, circle the description that best describes your mucous.</b>							
<b>Color</b>	Clear	White	Light yellow	Dark yellow	Green	Brown	Red
<b>Consistency</b>	Thin		Thick			Ropey	
<b>Circle all that apply</b>		<b>Possible interpretation</b>					
Clear mucous		Allergies, cool, damp					
White mucous		Healthy mucous is clear or white. If excessive volume, it could indicate coldness, allergy, or in Chinese medicine terms, excess yin.					
Light yellow mucous		Sign of a healthy immune system at the beginning or end of fighting an upper respiratory viral infection.					
Dark yellow mucous		Infection – bacterial or in lower respiratory system					
Brown mucous		Commonly associated with dust and foreign matter mixed with mucous; mostly seen in current and/or past smokers					
Green mucous		Usually associated with a bacterial infection					
Pinkish/red mucous		This is due to blood in the mucous and is a sign of a lung or bronchial infection					
Thin mucous		Normal; or if profuse -- allergy					
Thick mucous		Infection in upper respiratory system					
Ropey mucous		Usually a serious infection in lungs					



Urine Observation						
Frequency (times per day)						
Circle the description that best describes your urine in each category.						
Volume	Scant	Low	Medium	High		
Color	Clear	Straw to amber	Dark yellow	Orange	Dark brown	Red
Clarity	Clear	Slightly cloudy	Very cloudy	Milky	Mucous	
Odor	Odorless	Sweet	Ammonia	Foul	Medicinal	
pH			Ideal 6.8 – 7.2			
Circle all that apply		Possible interpretation				
Clear		Normal or possible hyper hydration				
Dark yellow		Heat, excess yang, excess B vitamins				
Dark brown		Hepatitis				
Orange		Excess B vitamins, possible spleen or pancreas stress				
Cloudy and/or milky		Infection or excess protein, excess sediment				
Red		Blood, kidney stones				
Sweet odor		Diabetes				
Acrid odor		Kidney infections, liver stress				
Foul odor		Infection				



Ammonia odor	Kidney stress, acidic tissues resulting in ammonia for neutralization
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## Stool Observation

Circle the description that best describes your stool in each category.

Frequency	< 1 per day	1 per day	2 per day	3 per day	More than 3/day
Length	No form	<4 inches	4-8 inches	8-12 inches	>12 inches
Width	No form	Pencil thin	1-2	2-3	>= 3 finger widths
Consistency	Falls apart	Holds shape somewhat	Well formed, soft	Well formed, hard	Pellets
Odor	Pleasant	None	Unpleasant	Foul	Run away quick!
Color	Clay, light (insufficient bile)	Green (unconjugated bile)	Medium brown	Dark brown	Black (blood)
Fiber	Floats (normal)	Sinks (insufficient)			

Circle all that apply	Possible interpretation
Greasy or shiny	Poor fat digestion, which can be a sign of impaired liver; digestive enzymes and liver support are indicated here
Foul smelling	Sign of stagnation in your large intestine and possibly an overly acidic system; digestive enzymes and probiotics are indicated here; enemas and colonics may be indicated as well
Skidders	These leave skid marks in the bowl – usually a sign of excess mucous in the stool; this can be a result of dairy or wheat intake or other mucous producing foods or allergens
Pellets	Indicative of dehydration, low fiber intake or sluggish liver function



Lumpy	Similar to pellets, but the pellets are stuck together and formed into a sausage like shape
Pale colored	Low bile production from impaired liver function
<b>Circle all that apply</b>	<b>Possible interpretation</b>
Visible food particles	Not chewing enough; slow down and chew your food until it's a smoothie consistency
Pencil thin	Large intestine is clogged with stools hardened around the edges so only a narrow passage way remains open
Watery	Irritated bowel, toxin exposure or chronic dysbiosis ("bad" life in your colon)
Small curved pieces	Faster than normal transit time; the stools still have the shape of the small intestine because they have not been in the large intestine long enough to become dryer and take on the larger dimension
Loose, diarrhea	weak small intestine/spleen
Mucous	Colitis, infection, food allergy