

# Energetic Constitutions

## Air (Bird)

## Fire (Lion)

## Earth (Bear)

<i>Body</i>	Thin, tall, small features, long-limbs, dry hair/skin, low stamina	Medium build, muscular, freckled	Large build, padded joints, high endurance
<i>Mind/ Emotion</i>	Creative, expressive, inspired, playful	Sharp, strategic, intellectual, clarity	Easy-going, kind, loyal, forgiving, consistent
<i>Digestion</i>	Gas, bloating, constipation	Heartburn, colored stool, diarrhea	Heavy after eating, undigested stool
<i>Imbalanced emotion</i>	Worry, anxiety, fearful, overwhelmed, spacey, forgetful, inconsistent	Angry, resentful, jealous, critical, controlling, demanding	Sad, depressed, lethargic, greedy, resistant to change
<i>Other symptoms of imbalance</i>	Insomnia Dizzy Pain (neck, back, hip) Nervous system issues Large intestine issues	Infection/Inflammation Skin rash/acne Migraines Eyes/Liver/gallbladder Mid-back pain	Head/chest congestion Excess mucous Fluid retention Swelling