

PLEASE CHECK ANY THAT APPLY TO YOU:

### **SOME COMMON SIGNS OF BEING WASTE-FULL**

Here are some common signs that ama has accumulated in your tissues.

- You wake up tired even after a good night's sleep.
- You feel lethargic.
- Your tongue is coated.
- You don't feel real hunger, even when you haven't eaten for several hours.
- You have generalized aches and pains.
- You lack mental clarity and energy.
- You feel a sense of heaviness in the abdomen, arms, or legs; or the body as a whole.
- You feel weary and unenthusiastic.
- You experience frequent indigestion, such as gas, bloating, or heartburn.
- You feel blocked anywhere in the body, including constipation, sinus congestion, and difficulty breathing.

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