

Jing Markers for Women



		Date														
		Start	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Metabolism	BBT															
	Weight															
	Energy?															
	Fluid where not wanted															
Gut	Bowels daily?															
	Comfortable digestion?															
	Heartburn etc?															
	Medication needed?															

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Sleeping	Easy to sleep?															
	Asleep all night?															
	Awaken happily?															
	Pee how many times?															
	Hot feet out of covers at night															
	Tooth grinding															
	Snoring															
	Memory fine															
	Feel sane															
	Stress/tension?															
	Head clear, easy to think															

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Sex	Feel like sex?															
	Enough lubrication naturally															
	Orgasm easily															
	Painful sex															

Blood energy quality	Fingernails strong, grow fast															
	Complexion - clear or pimples															
	Head hair lustrous, growing well															
	Greying/full colour															
	Teeth - strong, white, healthy															

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Miscellaneous	Gums healthy															
	Haemorrhoids															
	Varicose veins															
	Prolapses															
Periods	Regular															
	Flow length															
	Pain															
	Colour															
	Discharges															
Eyes	Clear, Vision good															
	Dry, red, irritated															

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Additional																