

## How to Define a Healthy Person?

Thousands of years before we had any test to measure our health, Classical Chinese medical doctors had diagnosed with accuracy by observing patient's signs and symptoms. And these signs and symptoms have recorded in Chinese medical classics "The yellow Emperor's Classics" (黃帝內經) little by little. What signs indicate a perfectly healthy individual? (summarized based on Dr. Haisha Ni's lectures).

- Warm hands, warm feet, cool head. The palm of the hands is slightly warmer than the back of the hands. The plantar side of the feet is slightly warmer than the dorsal side of the feet. The temperature on the forehead is slightly cooler than both of the hands and feet.
- Appropriate appetite: feeling hungry for all three meals, especially in the morning, but not excessive, able to taste different kinds of food.
- Normal sense of thirsty: slight feeling of thirst. Desire to drink 4-5 cups of liquid a day.
- Normal bowel movement: at least once a day with formed stool without strange odor, easy to pass with enough force.
- Normal urination: 3-7 times daily with slightly yellow colored urine when with normal thirst and with normal fluid intake.
- Good and sound sleep: can sleep through the night without wake up (or wake up just a very short time) from 11:00pm to 5:00am. Wake up with good energy.
- Good energy: feel energetic for most of the daily activities.
- Appropriate sexual desire and ability.
- There is no pain anywhere in the body.

Every symptom indicates certain aspect of a person's health. When our body is imbalanced and unhealthy, it will show with certain sign that contradict with the signs and symptoms mentioned above.