

調和陰陽，平衡為本 探索你的九型體質

陰虛質 Drynn



常見表現：常見表現：手足心熱，口燥咽干，鼻微干，喜冷飲，大便干燥，舌紅少津，脈細數。

飲食調理：宜選用甘涼滋潤的食物，如百合、黑芝麻、蜂蜜、海蜇、海參、甘蔗、銀耳、燕窩等。少吃蔥、姜、蒜、椒等辛辣燥烈品。

痰濕質 Slimy Sam



常見表現：面部皮膚油脂較多，多汗且黏，胸悶，痰多，口黏膩或甜，喜食肥甘黏膩，苔膩。

飲食調理：宜選用健脾助運、祛濕化痰的食物，如冬瓜、白蘿蔔、薏苡仁、赤小豆、荷葉、山楂、生薑、薺菜、紫菜、海帶等。少食肥、甜、油、黏（膩）的食物。

特稟質 Sneezy



常見表現：容易對花粉、藥物、食物、氣味、季節等產生過敏反應，表現為鼻塞、流涕、皮膚瘙癢、起紅疹、哮喘等

飲食調適：飲食宜均衡、粗細糧食搭配適當、葷素配伍合理，儘量少食辛辣、不食含致敏物質的食品，如蠶豆、白扁豆、羊肉、鵝肉、鯉魚、蝦、蟹、茄子、辣椒、濃茶等。

濕熱質 Swelly



常見表現：油光滿面，毛孔粗大，易生痤瘡，身重困倦，大便黏滯不暢或秘結。舌質偏紅，苔黃膩。

飲食調適：多吃甘寒、苦寒、或甘平等清利濕熱的食物，如綠豆、綠茶、芹菜、薏米仁、冬瓜、西瓜、白菜、。少吃內臟等肥厚油膩之品。

平和質 Libra



常見表現：膚色潤澤，頭髮稠密有光澤，目光有神，唇色紅潤，精力充沛，耐受寒熱，睡眠良好，胃納佳，二便正常，舌色淡紅，苔薄白，脈和緩有力。

飲食調適：飲食要均衡，不偏食，多吃五穀雜糧、蔬菜瓜果，少食過於油膩及辛辣食品。

氣虛質 Weakie Qi



常見表現：平素語言低弱，氣短懶言，容易疲勞，精神不振，易出汗，舌淡紅，舌邊有齒痕，脈弱。

飲食調理：宜選用性平偏溫、健脾益氣的食物，如大米、南瓜、胡蘿蔔、山藥、香菇、蓮子、白扁豆、黃豆、豆腐、雞肉、雞蛋、牛肉等。不宜多食生冷苦寒、辛辣燥熱的食物。

氣鬱質 Moody Qi



常見表現：神情抑鬱低沉，容易緊張、焦慮不安，多愁善感。容易胸悶和失眠，常覺得咽喉有東西卡住等

飲食調適：理氣解鬱作用的食物，如菊花、玫瑰花、茉莉花、大麥、金橘、柑橘、柚子等。少食收斂酸澀的食物，如石榴、烏梅、草莓、酸棗、檸檬、南瓜、泡菜等。

陽虛質 Chilly Yang



常見表現：平素畏冷，手足不溫，喜熱飲食，精神不振，舌淡胖嫩，脈沉遲。

飲食調理：選用甘溫補脾陽、溫腎陽為主要的食物，如雞肉、蝦、韭菜、腰果、紅茶、生薑等。少食生冷、苦寒食物，如苦瓜、西瓜、香蕉、梨、綠豆、冷凍飲料等。

血瘀質 Cloggy



常見表現：膚色晦黯，色素沉著，容易出現瘀斑，口唇黯淡，舌黯或有瘀點，舌下絡脈紫黯或增粗，脈澀。

飲食調適：宜選用具有調暢氣血作用的食物，如醋、玫瑰花、桃仁、黑豆、油菜、可少量飲用葡萄酒等。少食寒涼物，如烏梅、石榴、苦瓜、以及高脂肪、高膽固醇食物。

***本資料僅供參考。如需醫療指引，請務必諮詢醫生。

Circle of Life | 平衡之境

@circleoflifehk #FindYourEquilibrium #ArtWithoutLimits #AwarenessUnlocksWellness | #覺知開啟健康之門

九型體質大解密！ 測測你是哪種中醫體質？

- 1 你的精力狀態通常...
 - 容易亢奮但突然虛脫 (陰虛質 Drynn 🔥)
 - 長期疲倦 (氣虛質 Weakie Qi 😴)
 - 時好時壞像坐雲霄飛車 (氣鬱質 Moody Qi 😡)
- 2 面對壓力時，你會...
 - 「立刻需要躺平」 (氣虛質 Weakie Qi 😴)
 - 「憋到內傷然後大爆炸」 (血瘀質 Cloggy 🚫)
 - 「狂流汗+煩躁」 (濕熱質 Swelly 🌡️)
- 3 你的天敵是？
 - 冷氣 (陽虛質 Chilly Yang ❄️)
 - 梅雨季 (痰濕質 Slimy Sam 💧)
 - 換季花粉 (特稟質 Sneezy 🤧)
- 4 你的皮膚狀況偏向...
 - 乾燥/脫屑 (陰虛質 Drynn 🔥)
 - 油膩/長痘痘 (濕熱質 Swelly 🌡️)
 - 蒼白+黑眼圈 (血瘀質 Cloggy 🚫)
- 5 理想的週末是...
 - 氈一張，熱茶一杯。(陽虛質 Chilly Yang ❄️)
 - 麻辣鍋配啤酒 (濕熱質 Swelly 🌡️)
 - 10步驟護膚儀式 (陰虛質 Drynn 🔥)

氣血不調，是全身性的失衡。它不僅是疲勞無力、臉色黯沉，更會由內而外顯現：內在臟腑功能減弱，導致心悸失眠、抵抗力下降；外在則呈現肌膚乾燥、掉髮，並加速整體老化。

若長期氣血不順，堆積的影響將更為深遠：情緒會變得焦躁不穩，身體各處出現莫名酸痛，甚至雙眼的神采與健康，也會因失去氣血濡養而逐漸黯淡。

***本資料僅供參考。如需醫療指引，請務必諮詢醫生。

唯有讀懂臟腑信號，才能適時調整 回復平衡



高精度壓力傳感器、氣泵+氣囊式壓力測量系統

內置中醫脈診，
臟腑辨證系統

同步測量血壓、
血氧、心率、睡眠監測

配備服藥提示以及
「子午流注」中醫時
辰養生功能

中西技術結合，手指檢測，結果清晰可見。
方便之餘，更能精準掌握個人體質變化。

即刻擁有 PPG 智能把脈手錶

Circle of Life | 平衡之境

 circleoflife.hk  852-93841919

@circleoflifehk #FindYourEquilibrium #ArtWithoutLimits #AwarenessUnlocksWellness | #覺知開啟健康之門



Harmonize Yin and Yang, with Balance as the Foundation Discover Your Nine Body Constitutions

YIN DEFICIENCY CONSTITUTION

Drynn



Common Manifestations: Hot sensations in palms and soles, dry mouth and throat, slightly dry nose, preference for cold drinks, dry stools, red tongue with reduced moisture, thready and rapid pulse.

Dietary Guidance: Prioritize moistening and cooling foods such as lily bulb, black sesame, honey, jellyfish, sea cucumber, sugarcane, snow fungus, and bird's nest. Reduce pungent and drying foods like onion, ginger, garlic, and peppers.

PHLEGM-DAMPNESS CONSTITUTION

Slimy Sam



Common Manifestations: Oily facial skin, sticky sweating, chest tightness, excessive phlegm, sticky or sweet taste in the mouth, preference for greasy and sweet foods, greasy tongue coating.

Dietary Guidance: Prioritize foods that strengthen the spleen, promote digestion, and resolve dampness and phlegm. Examples include winter melon, white radish, barley coix seed, adzuki beans, lotus leaf, hawthorn, ginger, shepherd's purse, seaweed, and kelp. Reduce intake of fatty, sweet, oily, and sticky (greasy) foods.

HYPERSENSITIVITY CONSTITUTION

Sneezy



Common Manifestations: Prone to allergic reactions (e.g., pollen, medications, foods, odors, seasonal changes), presenting as nasal congestion, runny nose, itchy skin, rashes, or asthma.

Dietary Adjustments: Maintain a balanced diet with a mix of whole grains and refined foods, and pair animal-based and plant-based ingredients appropriately. Minimize spicy foods and avoid common allergens such as broad beans, white hyacinth beans, mutton, goose meat, carp, shrimp, crab, eggplant, chili, and strong tea.

DAMP-HEAT CONSTITUTION

Swelly



Common Manifestations: Greasy complexion, enlarged pores, prone to acne, heavy body sensation with fatigue, sticky and difficult bowel movements or constipation. Reddish tongue with yellow greasy coating.

Dietary Guidance: Prioritize sweet-cold, bitter-cold, or sweet-neutral foods that clear and drain damp-heat, such as mung beans, green tea, celery, coix seeds, winter melon, watermelon, and napa cabbage. Reduce greasy and rich foods like animal organs.

BALANCED CONSTITUTION

Libra



Common Manifestations: Glowing skin, thick and lustrous hair, bright and spirited eyes, rosy lips, abundant energy, good tolerance to cold and heat, sound sleep, healthy appetite, normal urination and bowel movements, pale red tongue with thin white coating, moderate and forceful pulse.

Dietary Guidance: Maintain a balanced diet without bias towards specific flavors. Emphasize whole grains, vegetables, and fruits, while minimizing overly greasy and spicy foods.

QI DEFICIENCY CONSTITUTION

Weakie Qi



Common Manifestations: Typically soft-spoken, shortness of breath with reluctance to speak, prone to fatigue, low energy, spontaneous sweating, pale red tongue with teeth marks, weak pulse.

Dietary Guidance: Prioritize neutral to warm-natured foods that strengthen the spleen and replenish qi, such as rice, pumpkin, carrot, Chinese yam, shiitake mushroom, lotus seed, white hyacinth bean, soybean, tofu, chicken, egg, and beef. Minimize raw, cold, bitter, pungent, or drying foods.

STAGNANT QI CONSTITUTION

Moody Qi



Common Manifestations: Depressed or low spirits, prone to tension, anxiety, and sentimental feelings. Often experience chest tightness, insomnia, and a sensation of a lump in the throat.

Dietary Guidance: Prioritize foods that regulate qi and relieve stagnation, such as chrysanthemum, rose bud, jasmine flower, barley, kumquat, tangerine, and pomelo. Reduce astringent and sour foods like pomegranate, dark plum, strawberry, sour jujube, lemon, pumpkin, and pickled vegetables.

YANG DEFICIENCY CONSTITUTION

Chilly Yang



Common Manifestations: Chronic cold intolerance, cold hands and feet, preference for hot foods and drinks, low energy, pale and swollen tongue, deep and slow pulse.

Dietary Guidance: Focus on warm-natured foods that strengthen spleen yang and kidney yang, such as chicken, shrimp, leeks, cashews, black tea, and ginger. Reduce raw, cold, and bitter-cold foods like bitter melon, watermelon, banana, pear, mung beans, and chilled beverages.

BLOOD STAGNATION CONSTITUTION

Cloggy



Common Manifestations: Dull and dark complexion, pigmentation, prone to bruising, dull lips, dark tongue or with petechiae, purplish and engorged sublingual veins, choppy pulse.

Dietary Guidance: Prioritize foods that promote qi and blood circulation, such as vinegar, rose buds, peach kernels, black soybeans, rapeseed greens, and a moderate amount of wine. Reduce cold-natured foods like dark plum, pomegranate, bitter melon, as well as high-fat and high-cholesterol foods.

*****The information is for reference only. Always seek a doctor's advice for medical guidance.**

Circle of Life | The Equilibrium Experience

@circleoflifehk #FindYourEquilibrium #ArtWithoutLimits #AwarenessUnlocksWellness | #覺知開啟健康之門

***The information is for reference only. Always seek a doctor's advice for medical guidance.**

Unlock the 9 Body Types!

Discover Your Traditional Chinese Medicine Constitution

- 1** How's your energy level usually?
 - ☐ Easily excited but suddenly drained (Yin Deficiency | Drynn 🔥)
 - ☐ Constantly tired (Qi Deficiency | Weakie Qi 😞)
 - ☐ Up and down like a roller coaster (stagnant Qi | Moody Qi 😡)
- 2** When facing stress, do you...
 - ☐ Need to lie down immediately (Qi Deficiency | Weakie Qi 😞)
 - ☐ Bottle it up until I explode (Blood Stagnation | Cloggy 🚫)
 - ☐ Sweat heavily + feel irritable (Damp-Heat | Swelly 🩸)
- 3** Your Natural Nemesis is?
 - ☐ Air Conditioning (Yang Deficiency | Chilly Yang ❄️)
 - ☐ Rainy Season (Phlegm-Dampness | Slimy Sam 🌧️)
 - ☐ Seasonal Pollen (Hypersensitivity | Sneezy 🤧)
- 4** Your skin tends to be...
 - ☐ Dry/Flaky (Yin Deficiency | Drynn 🔥)
 - ☐ Oily/Acne-prone (Damp-Heat | Swelly 🩸)
 - ☐ Pale + Dark Circles (Blood Stagnation | Cloggy 🚫)
- 5** Your ideal weekend is...
 - ☐ A blanket and a hot tea (Yang Deficiency | Chilly Yang ❄️)
 - ☐ Spicy hot pot with beer (Damp-Heat | Swelly 🩸)
 - ☐ 10-step skincare routine (Yin Deficiency | Drynn 🔥)

Imbalanced Qi and Blood: A Systemic Disharmony:

This is more than fatigue and a dull complexion—it's a whole-body imbalance that manifests from the inside out. Internally, it weakens organ function, leading to heart palpitations, insomnia, and lowered immunity. Externally, it appears as dry skin, hair loss, and accelerated aging.

When Qi and Blood remain stagnant long-term, the effects deepen: emotions become irritable and unstable, unexplained aches emerge throughout the body, and even the brightness and health of the eyes gradually fade due to lack of nourishment.

***The information is for reference only. Always seek a doctor's advice for medical guidance.

Circle of Life | The Equilibrium Experience

 circleoflife.hk  852-93841919

@circleoflifehk #FindYourEquilibrium #ArtWithoutLimits #AwarenessUnlocksWellness | #覺知開啟健康之門

*The information is for reference only. Always seek a doctor's advice for medical guidance.



Understand Your Body's Signals

RESTORE YOUR BALANCE



Integrating Eastern and Western technologies, finger detection provides clear, visible results.
Beyond convenience, it enables precise tracking of individual constitutional changes.

GET YOUR PPG SMART PULSE WATCH TODAY!

Circle of Life | The Equilibrium Experience

 circleoflife.hk  852-93841919

@circleoflifehk #FindYourEquilibrium #ArtWithoutLimits #AwarenessUnlocksWellness | #覺知開啟健康之門