Signs of Sub-health

Shortness of breath
Fatigue easily

Hair loss
Lack of concentration

Frequent urination
Dizziness when standing up

Irritability
Stuffy nose and allergy

Tinnitus
Palpitation

Depression
Blurring vision

Cold hands and feet
Constipation

Neck and shoulder pain
Eyestrain

Insomnia
Dizziness and headache

Constipation

Eyestrain

Dizziness and headache