

Signs of Sub-health

Shortness of breath

Hair loss

Frequent urination

Irritability

Tinnitus

Depression

Cold hands and feet

Neck and shoulder pain

Insomnia

Fatigue easily

Lack of concentration

Dizziness when standing up

Stuffy nose and allergy

Palpitation

Blurring vision

Constipation

Eyestrain

Dizziness and headache

