

The Kicotan Three Treasures™ Grey Hair Assessment

Understanding Your Hair Through Jing • Qi • Shen

A Step-by-Step Guide to Supporting Healthy Aging, Hair Vitality & Inner Balance

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Introduction

Grey hair is a natural part of aging. In Traditional Chinese Medicine philosophy, hair reflects the relationship between Jing (Essence), Qi (Vital Energy), and Shen (Spirit). This assessment helps you understand supportive wellness practices for healthy aging.

The Three Treasures

Jing: Foundation, essence, and healthy aging.

Qi: Energy, circulation, and nourishment.

Shen: Emotional balance, awareness, and inner harmony.

Step 1: Jing Assessment — Foundation & Healthy Aging

Score each area from 0 Never to 3 Frequently.

- Hair became grey earlier than expected.
- Hair feels thinner or less strong.
- Hair or scalp feels dry.
- I often feel physically depleted.
- Sleep is not deeply restorative.
- Recovery after stress is slower.

Jing Score: _____

Step 2: Qi Assessment — Energy & Nourishment

Score each area from 0 Never to 3 Frequently.

- I experience daily fatigue.
- Energy decreases during the day.
- I have poor circulation or cold hands/feet.
- I do not consistently eat nourishing meals.
- I do not move my body regularly.
- Digestion needs support.

Qi Score: _____

Step 3: Shen Assessment — Stress & Inner Balance

Score each area from 0 Never to 3 Frequently.

- I experience ongoing stress.
- My mind feels constantly busy.
- I have difficulty relaxing.
- I carry emotional burdens.
- I struggle to make time for myself.

Shen Score: _____

Your Three Treasures Grey Hair Profile

Record your results:

Jing Score: _____ Foundation & Healthy Aging

Qi Score: _____ Energy & Nourishment

Shen Score: _____ Inner Balance

Primary Treasure Needing Support: _____

Step-by-Step Grey Hair Wellness Guide

Step 1: Nourish Jing

Support rest, nourishment, healthy aging, and energy preservation.

Step 2: Strengthen Qi

Support movement, circulation, hydration, and daily vitality.

Step 3: Restore Shen

Support calm, reflection, gratitude, and emotional balance.

Grey Hair Ritual

Create your personal daily ritual.

Morning Ritual

- Hydration
- Nourishing breakfast
- Gentle movement
- Positive intention

Evening Ritual

- Gentle scalp massage
- Relaxation practice
- Gratitude reflection
- Rest preparation

Reflection

What has my grey hair taught me about myself?

What does healthy aging mean to me?

Personal Commitment

I honor my body's wisdom. I support my Jing, nourish my Qi, and cultivate my Shen as I embrace every stage of my journey.

Date: _____ Signature: _____

Educational Disclaimer

This assessment reflects Traditional Chinese Medicine philosophy and wellness principles. It is not intended to diagnose, treat, cure, or prevent medical conditions.