

Five Element Characteristics and Balancing Suggestions

	FIRE	EARTH	METAL	WATER	WOOD
Yin Organs (Meridians)	<u>Heart</u> & <u>Pericardium</u> or “Circulation-Sex”	<u>Spleen</u>	<u>Lungs</u>	<u>Kidneys</u>	<u>Liver</u>
Yang Organs (Meridians)	<u>Small Intestine</u> & <u>Triple Heater</u> or “Triple Warmer” (Adrenal Glands and Thyroid)	<u>Stomach</u>	<u>Large Intestine</u>	<u>Bladder</u>	<u>Gall Bladder</u>
Time of Day “Peak” Meridian Organ Function (click here to view a Meridian Clock)	<u>Heart</u> : 11am-1pm <u>Circulation-Sex</u> : 7- 9pm <u>Small Intestine</u> : 1-3pm <u>Triple Warmer</u> : 9-11pm	<u>Stomach</u> : 7-9am <u>Spleen</u> : 9-11am	<u>Lungs</u> : 3-5am <u>Large Intestine</u> : 5-7am	<u>Kidney</u> : 5-7pm <u>Bladder</u> : 3-5pm	<u>Liver</u> : 1-3am <u>Gall Bladder</u> : 11pm-1am
Specialized Kinesiology meridian muscles (click each meridian organ to view its related muscles or click here to view the meridian muscles on the Touch for Health website)	<u>Heart</u> : Subscapularis <u>Circulation-Sex</u> : Gluteus Medius, Adductors, Piriformis (sciatic nerve), Gluteus Maximus <u>Small Intestine</u> : Quadriceps (Jejunum & Ileum), Abdominals – Oblique, Rectus, Transverse (Duodenum) <u>Triple Warmer</u> : Teres Minor (Thyroid), Sartorius (Adrenals), Gracilis (Adrenals), Soleus (Adrenals), Gastrocnemius (Adrenals)	<u>Stomach</u> : Pectoralis Major Clavicular, Anterior Neck Flexors, Brachioradialis, Posterior Neck Extensors, Levator Scapulae <u>Spleen</u> : Latissimus Dorsi (Pancreas), Middle Trapezius (Spleen), Lower Trapezius (Spleen), Opponens Pollicis Longus (Pancreas), Triceps (Pancreas)	<u>Lungs</u> : Anterior Serratus, Deltoids, Coracobrachialis, Diaphragm <u>Large Intestine</u> : Fascia Lata, Quadratus Lumborum, Hamstrings	<u>Kidney</u> : Psoas, Iliacus (associated with transfer of waste from small intestine to large intestine), Upper Trapezius (associated with function of the eyes and ears) <u>Bladder</u> : Peroneus, Sacrospinalis, Anterior Tibial, Posterior Tibial	<u>Liver</u> : Pectoralis Major Sternal (associated with Glaucoma, spots in front of the eyes, and liver conditions), Rhomboids <u>Gallbladder</u> : Anterior Deltoid, Popliteus
Sense Organs	Tongue	Mouth	Nose	Ears	Eyes

	FIRE	EARTH	METAL	WATER	WOOD
Tissues	blood, vessels	muscles	skin, mucous membranes	bones, teeth, bone marrow, nerves	tendons, ligaments, sinews (connective tissues)
Manifests	complexion	lips	body hair, skin	head hair	nails
Colors	red	yellow	white, grey	blue	green
Instinct	Spirit	Conscience	Health	Will	Emotion
Odour	scorched (burnt)	fragrant	rotten, rank	putrid (urine)	rancid
Sounds	laughing, talkative	singing	crying, weeping, wailing	groaning, complaining	shouting
Emotions (click here to view all the emotions associated with each organ or meridian)	joy, love, hate	anxiety, worry, pensiveness	grief, sadness, sorrow	fear, depression	anger, jealousy
Tastes (Food)	Bitter	Sweet	Pungent	Salty	Sour
Foods	arugula, asparagus collards, kale	root vegetables (carrots, potatoes, beets, yams) and sweet tasting food	ginger, garlic, mustard, raw onion	sea vegetables (kelp, dulse), sea salt	lemon, lime, sauerkraut, vinegars
Cooking	Sautéed, Stir Frying, Dry Roasting, Flambéing, Toasting, Dehydrating, Raw food	Roasting, Boiling, Stewing, Casserole, Mashing, Pureeing, Jams and Jellies, Caramelizing	Pressure Cooking, Baking, Composed Foods, Garnishes, Condiments, Finishing Sauces, Julienne, Mincing, Dicing	Soups, Boiling, Steaming, Poaching, Curing, Freezing	Grilling, Smoking, Searing, Pickling and Fermenting, Campfire Cooking
Seasons	Summer	Late Summer (Indian Summer)	Autumn	Winter	Spring
Direction	south	center	west	north	east
Energy direction	Outward (dispersing energy of the summer season)	Downward (balance or circling energy of fall season)	Inward (contracting energy of late fall season)	Floating (dormant energy of winter season)	Upward (rising energy of spring season)

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Environment (constitution)	Heat	Dampness	Dryness	Cold	Wind
Body Types	pointed features small hands quick energetic	large features strong legs calm generous	triangular features strong voice meticulous, strong willed	round features strong digestion loyal, enjoy movement	tall slender strong bones and joints hard workers
Developmental Stages	growth	transformation, change	harvest, decline	storage, death	birth
Personality	loves attention, talkative, sensitive	friendly, calm, generous, caring (motherly)	meticulous, strong-willed, focused worker, independent	loyal but few friends, smart, loves to play with family	Leader, hard worker, loves a challenge
Out of Balance	drama queen, paranoid	worried and over protective	anxious and oblivious, OCD	fearful	angry, mean, cranky
Strained by	Reading	Walking	Sitting	Lying down	Standing

Central Vessel Meridian:

- **Connected to brain function**
- **Color:** violet
- **Kinesiology meridian muscle:** [Supraspinatus](#) – relates to people who do a lot of thinking
- **Meridian muscle imbalance indication:** brain fatigue, learning difficulty (learning disabilities), anxiety, emotional stress
- **Click [here](#) to view balancing points such as:** spinal reflex points (C1 & C2), neurolymphatic massage points (shoulder creases) and neurovascular points (points on head)
- **Foods for balancing:** sardines, propolis (made by bees), bee pollen, spirulina, raw honey, water

Governing Vessel Meridian:

- **Connected to spine and nervous system function**
- **Color:** violet
- **Kinesiology meridian muscle:** [Teres Major](#) – relates to **pineal gland function** (day/night cycles)
- **Meridian muscle metaphor:** What burden or weight needs to be removed from your life?
- **Click [here](#) to view balancing points such as:**

- **Foods for balancing:** whole protein foods (meat, fish, eggs, dairy products) may be helpful

Reference websites:

[http://www.yinyanghouse.com/theory/chinese/five element acupuncture theory](http://www.yinyanghouse.com/theory/chinese/five_element_acupuncture_theory)

[http://www.5elementvet.com/Alternative Veterinary Medicine/5 element Theory.html](http://www.5elementvet.com/Alternative_Veterinary_Medicine/5_element_Theory.html)

[http://andrewsacupuncture.com/five elements.html](http://andrewsacupuncture.com/five_elements.html)