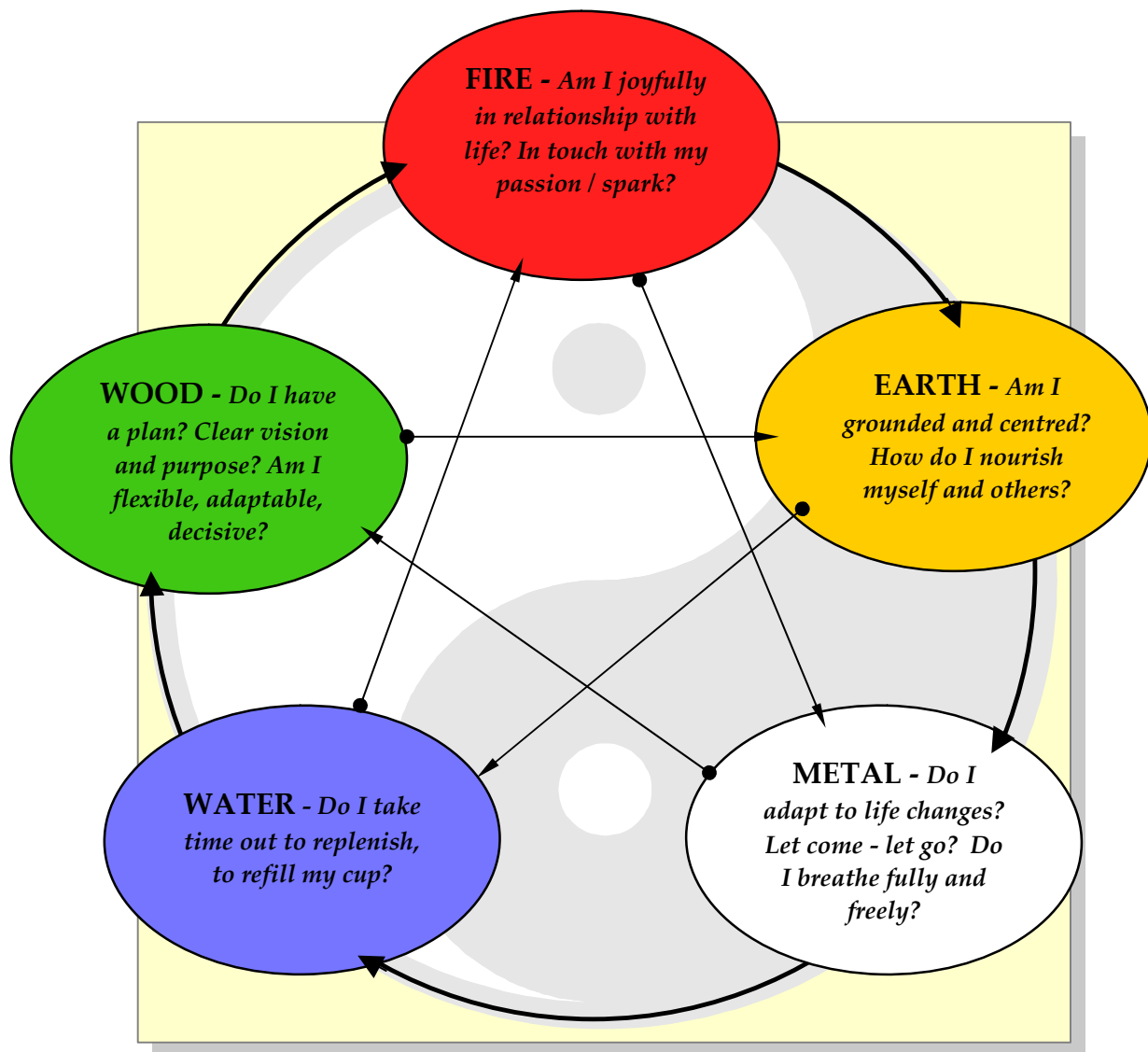


Five Elements (Phases) Diagram

A visual reminder of interconnectedness



Water - Kidney/Bladder: Winter, storage, personal will, autonomic nervous system, salty taste, fluidity; courage-fear, hearing/ears

Wood - Liver/Gall Bladder: Spring, re-birth, vision, planning, flexibility, smooth flow of energy, sour taste tendons/ligaments, sight/eyes humour-anger

Fire - Heart/Small Intestine: Summer, spirit, love, relationship, bitter taste, blood vessels, speech/tongue, joy-hysteria,

Earth - Stomach/Spleen/Pancreas: Digestion, nourishment, home, intellect, muscles, sweet taste, sympathy/self pity/worry,

Metal (Gold) - Lung/ Large Intestine: Fall, adapting to change, pungent taste, mucous, smell/nose, adaptability – grief/melancholy

(See: Five Element Correspondences table)

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"What I do is help people to get back in touch with the positive energy that heals 'dis-ease', and is the foundation of health."