



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

Susan L. Levy, D.C., DABCO, FACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

www.YourBodyCanTalk.com

YourBodyCanTalk2@Gmail.com

5 Element Relationships

| | | | | | |
|-------------------------|------------------|-----------------|--------------------|------------------------|------------------|
| <u>ELEMENTS</u> | Wood | Fire | Earth | Metal | Water |
| <u>SEASONS</u> | Spring | Summer | Late Summer | Autumn | Winter |
| <u>EMOTIONS</u> | Anger | Joy | Sympathy | Grief | Fear |
| <u>CLIMATE</u> | Wind | Heat | Humid | Dry/Frost | Cold/Ice |
| <u>ODORS</u> | Rancid | Scorched | Fragrant | Rotten | Putrid |
| <u>TASTE</u> | Sour | Bitter | Sweet | Pungent | Salty |
| <u>SOUNDS</u> | Shouting | Laughing | Singing | Weeping | Groaning |
| <u>COLORS</u> | Green | Red | Yellow | White | Blue |
| <u>FORTIFIES</u> | Ligaments | Arteries | Muscles | Skin & Hair | Bones |
| <u>POWER</u> | Birth | Mature | Decrease | Balance | Emphasize |