



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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5 Element Relationships

<u>ELEMENT</u>	<u>WOOD</u>	<u>FIRE</u>	<u>EARTH</u>	<u>METAL</u>	<u>WATER</u>
<u>CLIMATE</u>	Wind	Heat	Humid	Dry/Frost	Cold/Ice
<u>SEASON</u>	Spring	Summer	Late Summer	Autumn	Winter
<u>SOUND</u>	Shouting	Laughing	Singing	Weeping	Groaning
<u>COLOR</u>	Green	Red	Yellow	White	Blue
<u>ODOR</u>	Rancid	Scorched	Fragrant	Rotten	Putrid
<u>TASTE</u>	Sour	Bitter	Sweet	Pungent	Salty
<u>EMOTION</u>	Anger	Joy	Sympathy	Grief	Fear
<u>FORTIFIES</u>	Ligaments	Arteries	Muscles	Skin & Hair	Bones
<u>POWER</u>	Birth	Mature	Decrease	Balance	Emphasize
<u>VIRTUE</u>	Benevolence	Propriety	Integrity	Righteous	Wisdom
<u>TOXIC STATE</u>	Resentment	Bitterness	Disgust	Disdain	Paranoia
<u>BEHAVIOR</u>	Passive Aggression	Lying	Ingratiation	Pontification	Secrecy
<u>DISPLAY</u>	Seething	Sarcastic / Teasing	Complaining	Snide	Intimidating