

FIVE ELEMENTS		WOOD	FIRE	EARTH	METAL	WATER
HUMAN BODY	Emotions	Anger	Joy	Pensiveness	Sorrow	Fear
	Anatomy	Tendons	Blood Vessels	Muscles	Skin & Hair	Bones
	Specific Openings	Eyes	Tongue	Mouth	Nose	Ears
	Bowels	Gall Bladder	Small Intestine	Stomach	Large Intestine	Urinary Bladder
	Viscera	Liver	Heart	Spleen	Lungs	Kidneys
NATURE	Directions	East	South	Center	West	North
	Seasons	Spring	Summer	Late Summer	Autumn	Winter
	Weather	Wind	Hot	Wet	Dry	Cold
	Developments	Production	Growth	Transformation	Harvest	Storage
	Colors	Green	Red	Yellow	White	Black
	Tastes	Sour	Bitter	Sweet	Splcy	Salty

Table 1-1

organs (elements) and the possible adverse conditions, the illness of one organ can also indicate problems in the corresponding organs.

Mutual Nourishment refers to the cyclic enhancement or interpromoting pattern of the Five Elements. In this normal cycle, each element gives and receives nourishment in the cyclic pattern. Mutual Restraint refers to the cyclic neutralizing of the elements in order to keep each other in check and balance. Mutual Nourishment and Restraint cycles are not independent cycles. They interact with each other and are closely related. Drawing 1-3 is a typical representation of the normal cyclic interactions of the Five Elements.