

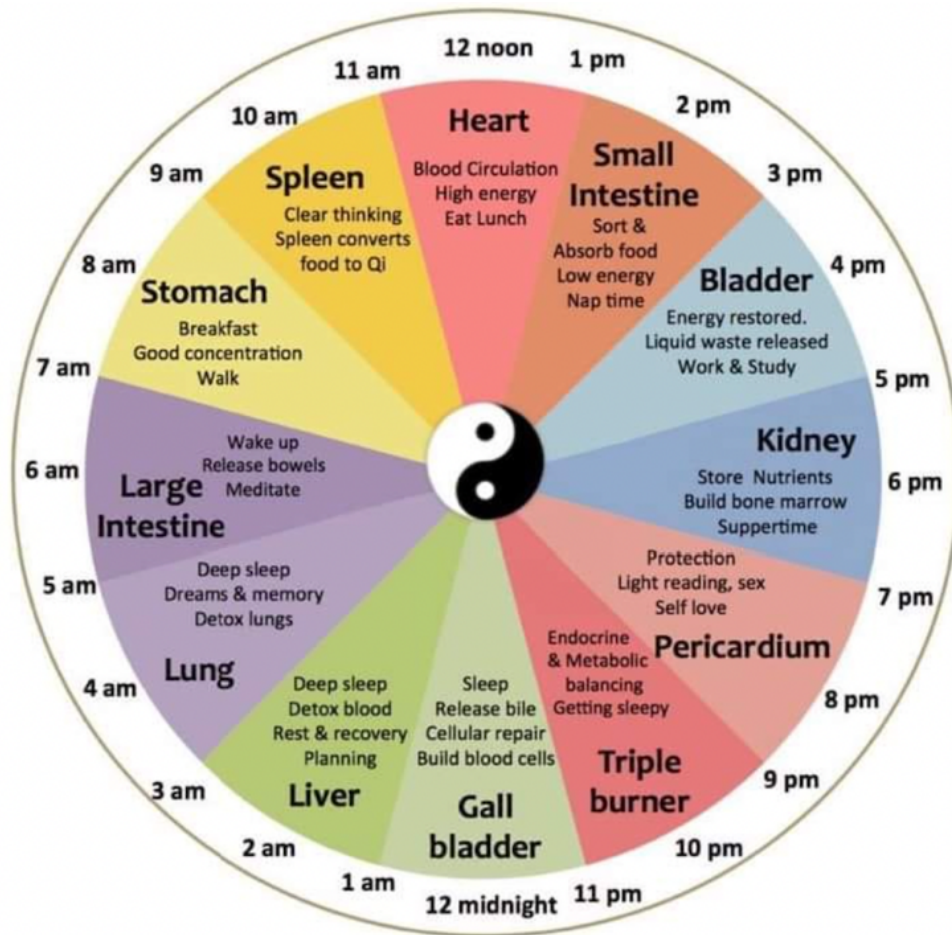


## CHINESE 5 ELEMENTS

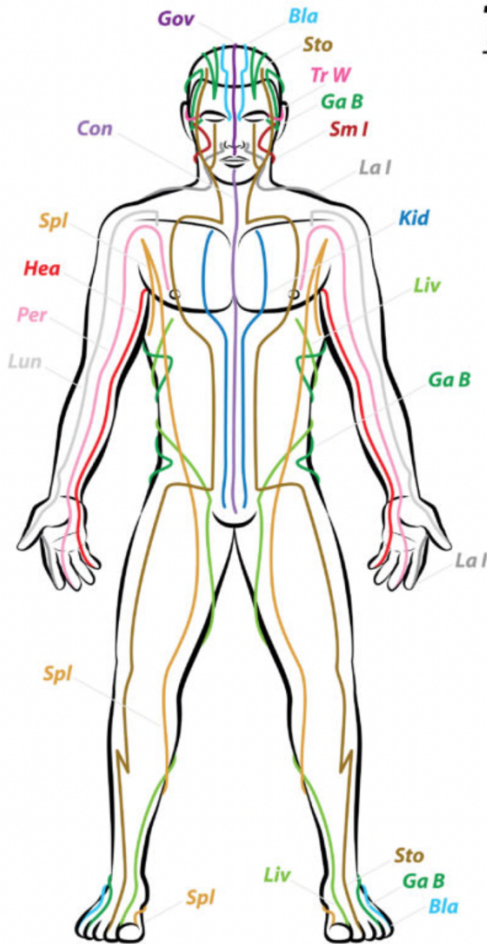
Element Meridians	HBs, Herbs, Symptoms
<b>Fire</b> Heart & Small Intestine Pericardium (heart protector) Circulation Sex & Triple Warmer	HBs: H: Heart & Circulation, V: Varicose veins, F & F+ - Female Hormone Balancer (hot flushes), D: Digestion, F & F+: Female Hormone Balancer, O: Orchitis Triple Warmer (adrenals / thyroid): M: Marina, G: Glandula, E: Emotional Stress, Serena Herbs for the heart: hawthorn, chickweed, garlic, olive leaf, lavender, green tea, oregano, cayenne. Dandelion, celery, sesame seeds, rocket, kale, bitter greens. Flavour of the heart & small intestine is bitter. <b>Fire Symptoms</b> Insomnia, palpitations, cold extremities, red / blotchy complexion or very pale, blush when nervous, spontaneous sweating, hot flushes, easily overheat. Skin eruptions (acne, pimples, boils, rashes) that feel hot or inflamed. Varicose veins or haemorrhoids. Red, sore tongue. Speech problems (stammering, stuttering, slurring words, speaking too quickly).
<b>Earth</b> Stomach & Spleen / Pancreas	D: Digestion, P: Pancreas, L: Liver, B: Blood & Lymph (spleen), Carcina # 21 (Blood Purifier) U: Urine & Oedema (dandelion), Serena, Z: Zest (worn out from over-caring, lack of self-nurture), Nutria <b>Earth Symptoms</b> Low blood sugar / hypoglycaemia or diabetes, poor digestion, abdominal pains or fullness. Cold sores, spaced out, foggy head. Energy fluctuates. Thick mucus in nose mouth and throat. Gain weight easily & hard to lose. Crave sweet & starchy foods. Gum issues (swollen sore, receding or bleeding).
<b>Metal</b> Lungs & Large Intestine	HBs: R: Respiratory / lungs, Pleura: Deep Lungs, C: Colds & Catarrh, I: Immune / Infection, Dynama, Serena, EMF Protect, G: Gastrointestinal, W: Wart, Psora, S: Skin, A: Allergy, Lacta Herbs & Nutrients: astragalus, fennel, goldenseal, liquorice, thyme <b>Metal Symptoms</b> Tendency to get colds or coughs. Hay fever or other allergies. Asthma. Constipation or diarrhoea. Itching or rashes. Introverted. Dry hair or split ends. Sinus congestion. Moles or warts, eczema or psoriasis.
<b>Water</b> Kidney & Bladder	HBs: K: Kidney, U: Urine & Oedema, B: Blood & Lymph (burdock), Marina, S: Skin, Psora, Plura, Detoxa, Dynama, G: Glandula, V: Varicose Veins, Cerebra, Lacta, Nutria, Orchitis, Pulexit Herbs & nutrients: WATER, sea vegetables, bladderwrack, burdock root, corn silk, gotu kola, juniper berries, parsley, uva ursi, red clover, nettle, Himalayan or Celtic sea salt. <b>Water Symptoms</b> Oedema or swelling, pain in knees or ankles, loss of sexual desire, frequent urination or at night, lower back pain. Overly cautious, avoid taking risks. Darkish hue around or under eyes. Teeth problems. Osteopenia or osteoporosis. Hearing problems, ringing in the ears.
<b>Wood</b> Liver & Gallbladder	HBs: L: Liver & Gall, S: Skin, B: Blood & Lymph, D: Digestion, G: Gastrointestinal, K: Kidney, Carcina #21, Plura, Wart Herbs & nutrients: dandelion, peppermint, burdock, milk thistle, St Mary's Thistle, celandine (Chelidonium) <b>Wood Symptoms</b> Quick tempered, anger. Migraines. Blurred vision. Weak or breaking nails. Oily skin (especially around the face, nose and scalp). Dry, red, itchy or teary eyes. Chronic tension in the neck and / or shoulders. Menstrual problems (cramping, irregular, with irritability or mood swings), tendency to have muscle and tendon injuries. Heartburn.

Book Recommendations: -

The Five Elements of Healing by Warren King  
Nine Ways to Body Wisdom by Jennifer Harper



## The Body Meridians



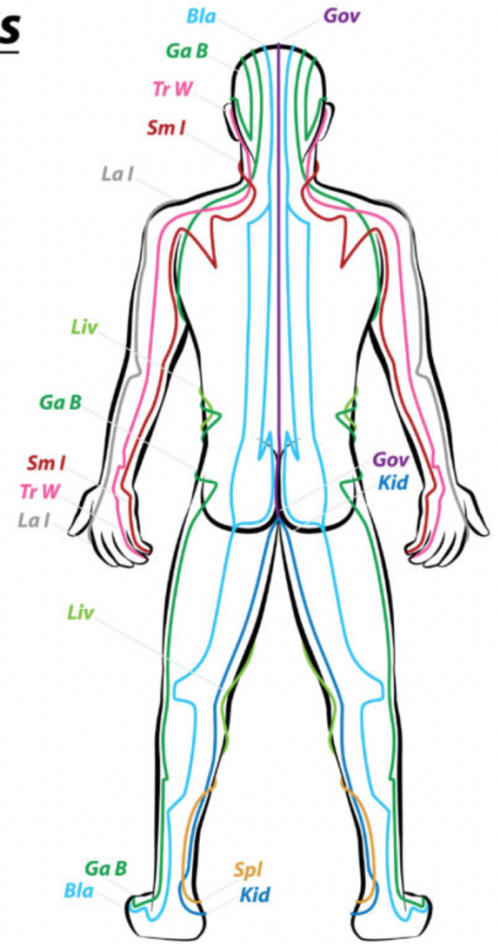
anterior view

### Two Centerline Meridians:

Conception Vessel  
Governing Vessel

### Twelve Principal Meridians:

Stomach Meridian  
Spleen Meridian  
Small Intestine Meridian  
Heart Meridian  
Bladder Meridian  
Kidney Meridian  
Pericardium Meridian  
Triple Warmer Meridian  
Gall Bladder Meridian  
Liver Meridian  
Lung Meridian  
Large Intestine Meridian



posterior view