

| | | | | | |
|-----------|----------|----------|---------|------------|----------|
| Element | Fire | Earth | Metal | Water | Wood |
| Color | Red | Yellow | White | Blue/black | Green |
| Flavor | Bitter | Sweet | Pungent | Salty | Sour |
| Sense | Tongue | Mouth | Nose | Ears | Eyes |
| Emotion | Joy | Worry | Sadness | Fear | Anger |
| Tissue | Pulse | Muscles | Skin | Bones | Tendons |
| Climate | Heat | Humidity | Dryness | Cold | Wind |
| Sounds | Laughing | Singing | Crying | Groaning | Shouting |
| Odor | Scorched | Fragrant | Rotting | Putrid | Rancid |
| Seasons | Summer | Autumn | Autumn | Winter | Spring |
| Direction | South | Center | West | North | East |

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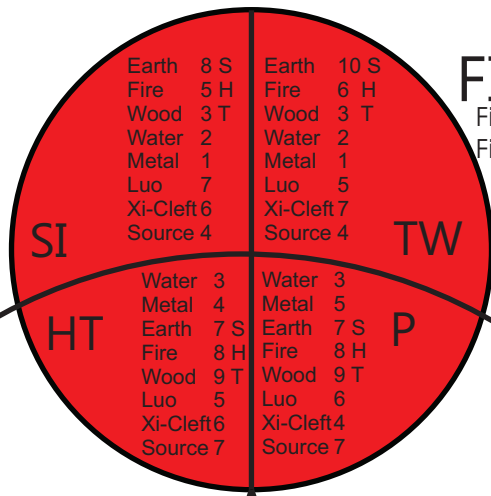
YIN
Negative
Solid
Organs
Inner
(shadow)
Front

YANG
Positive
Hollow
Organs
Outer (light)
Back
Heat



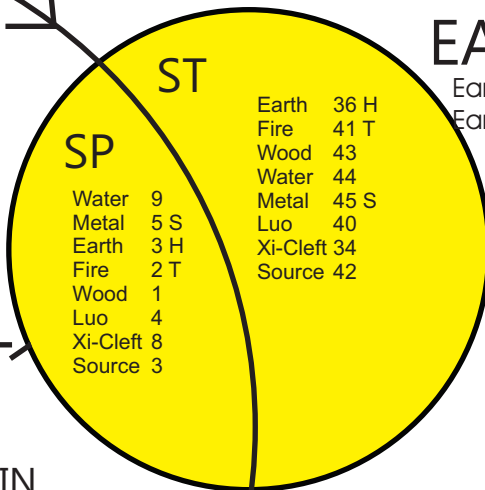
FIRE

Fire promotes earth
Fire controls metal



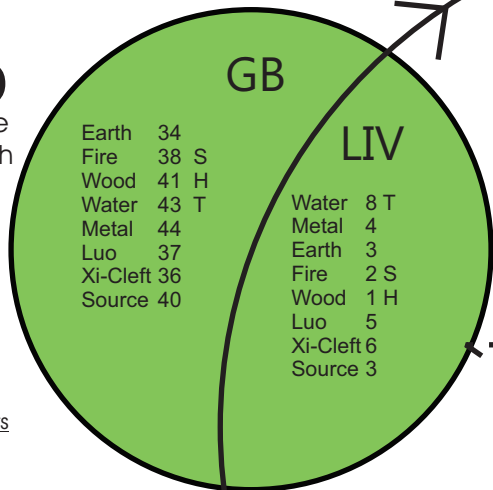
EARTH

Earth promotes metal
Earth controls water



WOOD

Wood promotes fire
Wood controls earth



GB

First point on
Elbow or knee

- Earth 34
- Fire 38 S
- Wood 41 H
- Water 43 T
- Metal 44

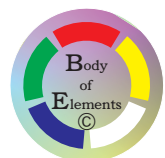
Fifth point on Finger tips
or Toe tips
(Tsing points)

S = Sedation point
H = Horary point
T = Tonification point

KO
Destructive

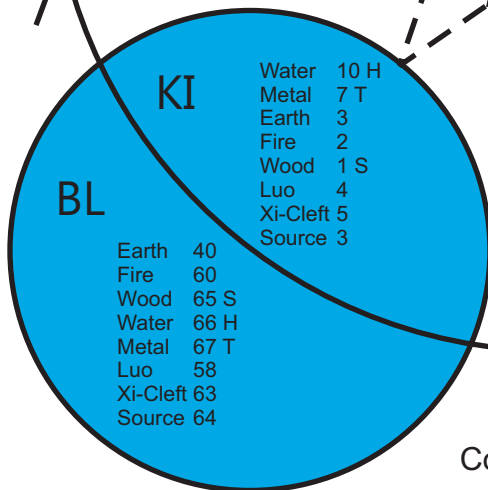
YIN
Zang organs

YANG
Fu organs



WATER

Water promotes wood
Water controls fire



SHEN
Constructive

- Water 5 S
- Metal 8 H
- Earth 9 T
- Fire 10
- Wood 11
- Luo 7
- Xi-Cleft 6
- Source 9

LU



METAL

Metal promotes water
Metal controls wood

