

Five Elements

I tend to be...

<u>Wood</u>	<u>Fire</u>	<u>Earth</u>	<u>Metal</u>	<u>Water</u>
1. Disciplined	Heart Problems	Unhurried	Sensitive to smells	Easily overwhelmed
2. Self motivated	Emotional	Worry	Stiff joints	Burned out
3. Impatient	Poor circulation	Generous	Dry throat	Ringing in ears
4. Restless	Chest pains	React to mold	Fair complexion	Abdominal pain
5. Type A	Artistic	Belch and burp	Sad or cry easily	Bone/joint pain
6. Stubborn	Creative	Eating disorder	Disconnected	Hesitant/unsure of self
7. Dislike change	Learn quickly	Sweet tooth	Spice/pungent food	Sleepy between 3-5 p.m.
8. Decide quickly	Palpitations	Stomach ulcers	Wrist pain/numbness	Crave salty food
9. Controlling	Ambitious	Lonely	Dislike Autumn	Tremors and shaking
10. Headaches	Varicose veins	Easy going	Neat and tidy	Fearful
11. Dizzy & Vertigo	Passionate	Blood sugar imbalance	Nasal congestion	Bone loss
12. Vision problems	Vivid dreaming	Acid reflux	Dislike dry weather	Dry mouth
13. High blood pressure	Panic attacks	Hairy	Skin rashes	Poor memory
14. Lump in throat	Stressed out	Mucous	Sweat easily/not at all	Sense of dread/foreboding
15. Sprains and strains	Dislike change	Loose bowels	Wake up between 3-5 a.m.	Heel pain
16. Constipation	Laugh & giggle	Yellow	Disdain mess	Easy going
17. Depressed	Sensitive	Over indulge	Intellectual	Hair loss
18. Neck/shoulder tension	Intuitive	Weight problem	Detailed	Dislike winter
19. Irritable	Sweaty hands/feet	Pensive	Hoarse voice	Easily persuaded
20. Like sour	Tongue tied when nervous	Weak muscles	Dislike spicy food	Feeling of sinking/falling

60 Year cycle

0-12	Water
12-24	Wood
24-36	Fire
36-48	Earth
48-60	Metal