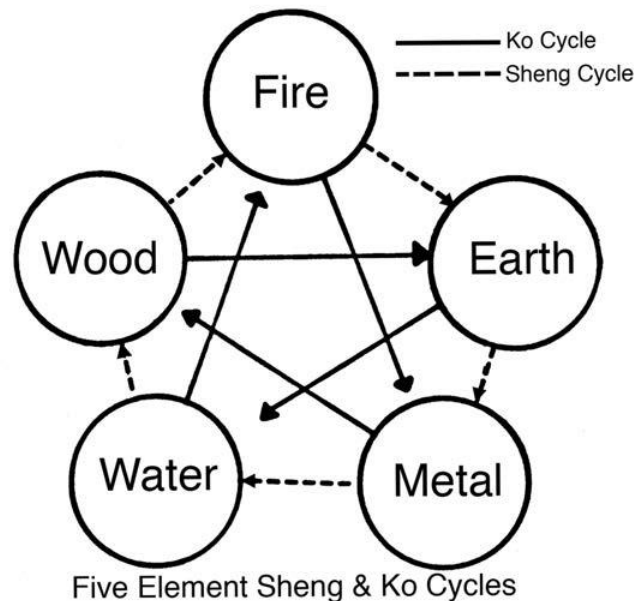


## The Five Elements: A Simple Guide to Balance and Health



### 1. What are the Five Elements?

The Five Elements (Wood, Fire, Earth, Metal, Water) are an ancient Chinese concept that helps us to understand how everything in nature – and in our bodies – is connected. Each element represents specific organs, emotions and seasons, and keeping them in balance supports good health.

### 2. The Five Elements at a Glance

| Element | Organ  | Season      | Emotion             | Key Traits               |
|---------|--------|-------------|---------------------|--------------------------|
| Wood    | Liver  | Spring      | Decisiveness, Anger | Growth, Flexibility      |
| Fire    | Heart  | Summer      | Joy, anxiety        | Passion, Connection      |
| Earth   | Spleen | Late Summer | Intention, Worry    | Stability, Nurturing     |
| Metal   | Lung   | Fall        | Inspiration, Grief  | Organization, Letting go |
| Water   | Kidney | Winter      | Willpower, Fear     | Reflection, Endurance    |

### 3. How the Five Elements Relate to Your Health

Each element supports the other, they make up an interdependent system, like the diagram above. When one or more elements are out of balance it can affect your physical health, emotions and energy. For example:

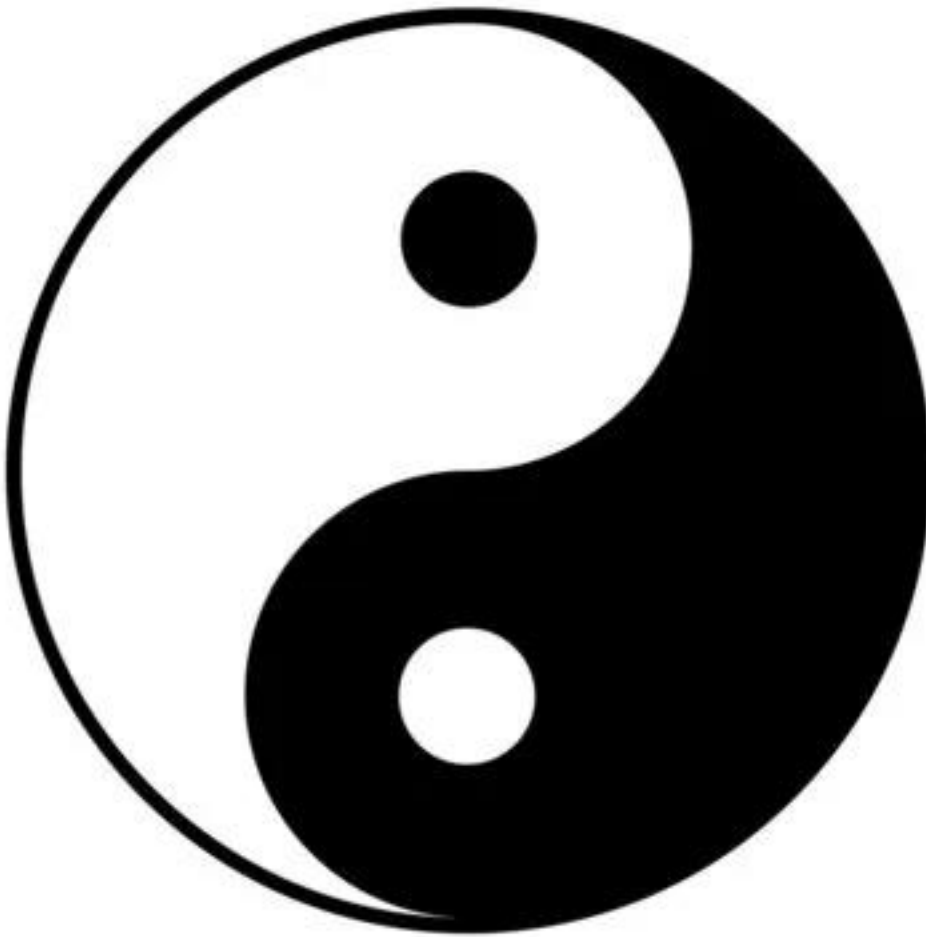
- Too much *Worry (earth)* might weaken your *digestion (spleen)*
- Overworking (*kidney*) could leave you feeling burned out (*kidney*) and *anxious (heart)*.

#### **4. Tips to Balance Each Element**

- Wood (Liver): Stretch daily, spend time in nature and eat green leafy vegetables
- Fire (Heart): Laugh more, connect with loved ones and avoid overstimulation
- Earth (Spleen): Eat warm, nourishing foods and practice mindfulness
- Metal (Lungs): Take deep breaths, declutter your space and focus on gratitude
- Water (Kidneys): Rest more, stay hydrated and eat warming foods in winter

#### **5. Why Balance Matters**

Balancing the Five Elements can help you feel calmer, healthier and more connected to your mind-body and the environment.



(Taiji Symbol / Yin Yang)