

| 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 | Spicy | 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.