

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



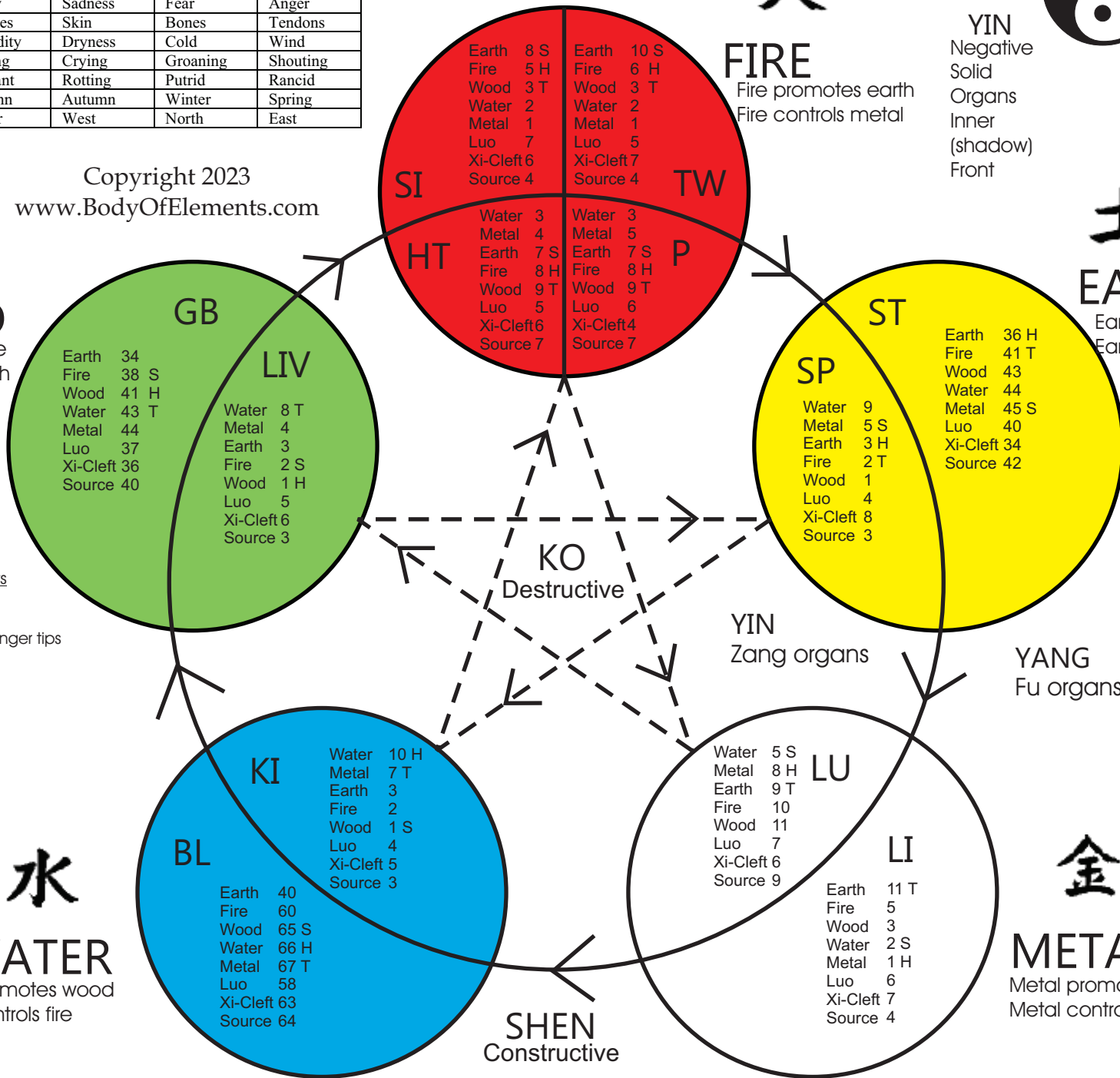
FIRE
Fire promotes earth
Fire controls metal



EARTH
Earth promotes metal
Earth controls water



WOOD
Wood promotes fire
Wood controls earth



GB

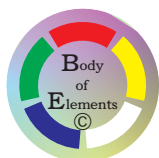
Earth 34
Fire 38 S
Wood 41 H
Water 43 T
Metal 44

First point on Elbow or knee

Command Points
"Element Points"

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

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



WATER
Water promotes wood
Water controls fire



METAL
Metal promotes water
Metal controls wood