

TAO-Five Element Theory Chart ©, pg 1

Element: name and color	Wood Hun		Fire Shen		Earth I(ee)		Metal Po		Water Chih(she)	
Meridians	Yin	Yang	Yin	Yang	Yin	Yang	Yin	Yang	Yin	Yang
Organs related to meridians:	Liver	Gallbladder	Heart/ Pericardium	Small Intestine/Tri ple Warmer	Spleen	Stomach	Lung	Large Intestine	Kidney	Bladder
Time of heightened meridian function:	1am-3am	11pm-1am	11am-1pm 7pm-9pm	1pm-3pm 9pm-11pm	9am-11am	7am-9am	3am-5am	5am-7am	5pm-7pm	3pm-5pm
Areas effected based on meridian lines:	Ribs, diaphragm, groin, inner leg	Head,hips, shoulders, sides of the body	Chest, armpits, inner arms, 3rd finger	Temples, ears, shoulders, outer arms	Ribs, groin, Inner legs, big toe	Face, chest, outer legs	Chest, inner arms, thumbs	Outer arms, teeth, sinuses	Chest, inner legs, ankles	Neck, back, buttocks, back of legs
Season:	Spring Time of new growth, increasing vitality		Summer Greatest warmth/light, greatest activity/growth		Indian Summer/Aug-Oct Harvest time, food is plentiful, relaxing, warm		Fall/Autumn Trees lose leaves as energy withdraws		Winter Dark & cold, activity only occurs deep in the roots	
Sense organ:	Eyes/Sight Soul resides in the eyes in the day, liver at night		Tongue/Speech Excessive talking, speechless, stuttering		Mouth/Taste Lips show - spleen state if dry, cracked or pale		Nose/Smell Rhinitus, difficulty with sense of smell		Ears/Hearing Most sensitive to changes in bodies water level	
Body part effected:	Ligaments, Tendons		Heart, Blood Vessels		Muscles, Flesh		Skin, body hair, armpits, hands		Teeth, Bones, Bone Marrow, Head Hair	
Body opening effected	Eyes		Ears		Mouth		Nose		Genitals, Urethra, Anus	
Bodily fluid effected:	Tears		Perspiration		Saliva		Mucous		Urine	
Body odor:	Rancid		Scorched		Fragrant/Flowery		Rotten		Putrid	
Balancing grain:	Wheat		Corn		Millet/rye		Rice		Buckwheat	
Balancing vegetable:	Young Greens		Bitter Greens		Yams		Horseradish/Ginger		Leeks/Beans	
Balancing fruit:	Peach		Plum		Apricot		Chestnut		Dates	
Balancing meat:	Chicken		Mutton/Lamb		Beef		Pork		Fish	
Injured by excessive:	Exercise		Eye Use		Sitting		Reclining		Standing	
Control:	Menstrual blood		Speech		Diet		Elimination		Reproduction	
Addictions:	Work, Alcohol, Drugs		Relationships, Pleasure, Smoking		Food, Sugar		Objects, Hoarding		Sexual Activity, Adrenaline Junky	

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Meridian:	Wood Hun	Fire Shen	Earth I(ee)	Metal Po	Water Chih(she)
Color: preference and/or complexion	Green	Red	Yellow	White	Blue/Black
Climate: symptoms affected by	Wind	Heat	Humidity	Dryness (Fall in China)	Cold
Sound: of voice/speech	Shouting/Sighing	Laughing/Giggling	Singing/Monotone/ Quavering	Weeping/Poor Me	Groaning/Gravely
Emotion: predominant/acute	Excitability Anger/Frustration	Happiness Joy/Pretense	Pensiveness Sympathy/Worry	Despondent Grief/Sadness	Anxiousness Fear/Trepidation
Life Aspect: Challenge/strength	Soul/Ambition	Spirit/Vitality for life	Ideas/Opinions	Instinct	Will Power
Attributes: Emotional affects, Mental challenges and/or struggles. Also, conversely successes and skill sets	Ability to say No Iritability Boundry issues Control Issues Planning/Motivating Indecision, esp. with career Judgemental Implosive Anger: Blaming Self: guilt, depression Explosive Anger: blaming others, resentments, hatred, enemies Having initiative Entrepreneurship Courage Flexibility in thought & action Creativity Open to growth	High energy Seperation of Pure from Impure Know what you love Spiritual Deprivation Mental Control Inappropriate laughter Mania/depression Hysteria/anxiety Communication Relationship issues Personal growth Inner Joy Nervousness/Stressed Melancholy/depression Discord in Relationships Nervous Excitement Lively and infectious Hyperactive/Hectic Makes friends easily Sexually intimate Radiate warmth	Helpfulness Empathy Compassion Nurturing Boundries Lack of consideration Mother Issues Reflection Obsessions Excessive Sympathy Excessive Worry Rumination Pragmatic Laziness Lack of Concentration Balanced Digestive Problems Food Allergies Grounded/earthy Caring/giving Lack of empathy Reliability	Abandonment Envy/Jealousy Midlife Crisis Emotional walls Problems Receiving Instinctual Father issues Stoic Behavior Feeling of being deprived of something Life changes regarding sadness and loss Empty Nest syndrome Depression Easy to cry Honesty Hypersensitivity Isolation Despairing Lack of ability to cry Living in the past Reminiscence	Extreme fear Fearing Nothing Flight or Fight Phobias Safety issues Darkness issues Weakness of Will Narrow Mindedness Indicisiveness Faithful Insecure Determination Reliability Respect for Traditions Stubbornness Punctual Excessive Fear of Change Lack of Flexibility Pedantry Compulsive Controlling Ability to try new things
Spiritual Resources available:	Assertiveness Who you are Spiritual Faculties	Peace/Harmony How you carry it out Joie De Vivre	Meditation Grounding Connect to Higher Self	Letting In Letting Go Animal Spirit	Disernment Trust in God/Self/Universe Faith

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Meridian:	Wood Hun		Fire Shen		Earth I(ee)		Metal Po		Water Chih(she)	
Organs:	Liver	Gallbladder	Heart	Small Intestine	Spleen	Stomach	Lung	Large	Kidney	Bladder
Some Traditional Indications for Use or Signs of Imbalance:	Addictions: Alcohol Work, Drugs Allergies to Airbornes Ankle problems Arthritis Digestion Problems: especially of fats Eye Problems Fourth toe stiff Gall Bladder problems Hepatitis Hernia Inflammations/Tendinitis Jaw problems Liver Problems Menstrual Problems Migraines/Headaches Muscle spasms/cramps Nails cracking/soft Nausea Neck Problems Pain around ears Paralysis Sciatica Shoulder Problems Sides of body aching Sighing Frequently Stiff Muscles Urinary Problems		Arm pain or paralysis Arthritis in arms, hands or shoulders Boils/Complexion problems Chest pain Children's Nightmares Chilling Cold (especially arms) Colds Confusion Constipation or Diarrhea Cough with Fever Deafness or tinnitus Diabetes Dry Cough/Bronchitis Epilepsy Extreme sweating/thirst Eye problems: blurred vision Headaches Heart Issues/Pain Hot Palms Insomnia Jaw Problems Menopause Menstrual problems Muteness: and other speech disorders Psychosomatic problems Red face/puffy cheeks Regulation of temperature:incl. Thyroid Shoulder tension Shock Skin problems Sore throat/tonsillitis Speech & Communication Stiff elbow or arm Toothaches		Abdominal cramping Anorexia Arthritis of leg & knee Big Toe Problems Breast Problems Cancer Chronic Fatigue Constipation Cough, emphysema Deafness Depression Diabetes Diarrhea Edema Epilepsy Eye Problems Fatigue Fibromyalgia Flatulence Food Addiction/Allergy Genital Disorders Headache Hemorrhage Hemorrhoids Hernia Hypoglycemia Indigestion Insomnia Jaw (Mouth) problems Leg Pain, Paralysis Menstrual Cramps MS Muscle Spasms Tonsillitis Vomiting		Anxiety Arm pain or paralysis Arthritis Asthma Boils Breathing Problems Bronchitis Carpal Tunnel Chest Pain Congestion Constipation Coughing Depression Diarrhea Difficult Breathing Edema in face Eczema Headache Hypersalivation IBS Insomnia Lung Cancer/problems Mouth dry Mucous excessive Nose Bleeds Paralysis in arms or face Pharynx Rashes Sense of smell weak Skin Problems Shoulder pain Sore throat Throat spasms Tonsillitis Toothache		Adrenal Burnout Back trouble Cold in limbs Chest Problems Cystitis, urinary Chronic Fatigue Diabetes Diarrhea Ear problems/ringing Edema Epilepsy Eye problems Fibromyalgia Genital disorders Hair Falling out Headaches Hemorrhoids Hip pain, sciatica Hysterectomy Impotence Insomnia Kidney stones Little Toe Stiff Menstrual disorders Neck pain Night sweats Nose Bleeds Osteoporosis Pain or spasms in calf Paralysis Sensitive to cold Sterility Tiredness Urinary problems	