

FIVE ELEMENT CHART

<i>Element</i>	Wood	Fire	Earth	Metal	Water
Organs	LIVER / GALL- BLADDER (LV/GB)	HEART / SMALL INTESTINE (HT/SI)	SPLEEN / PANCREAS / STOMACH (SP/ST)	LUNGS / LARGE INTESTINE (LU/LI)	KIDNEYS / BLADDER (KI/UB)
Season	Spring	Summer	Indian Summer	Autumn	Winter
Climates	Windy	Heat	Damp	Dry	Cold
Flavor	Sour	Bitter	Sweet	Pungent or Spicy	Salty
Sickness Window	Eyes	Tongue	Mouth/Lips	Nose	Ears
Senses	Sight	Touch	Taste	Smell	Hearing
Tissue	Tendons	Arteries	Muscles	Skin	Bones and Teeth
Feature	Nails	Complexion	Breast	Breath	Hair
Body Fluid	Tears	Sweat	Saliva	Nasal Discharge/ Mucus	Urine
Emotions	Anger	Joy	Worry, Overthinking	Grief	Fear
Voice Sound	Shouting	Laughing	Singing	Weeping	Groaning

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(Chart summarized from
The Acupuncturists Clinical Handbook,
by Jeffrey Jacob, L.Ac., 1996.)