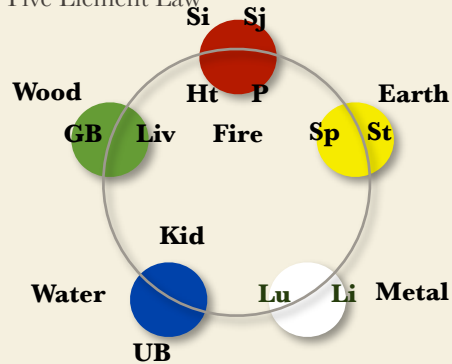


THIS PANEL USES THE 5 ELEMENT LAW OF TRADITIONAL CHINESE MEDICINE

The 5 Elements are; Fire, Earth, Metal, Water and Wood. These elements are expressed as; Sounds, Smells, Emotions, Tastes, Tissues, Senses and Climate.

Five Element Law



The body functions correspond to the seasonal cycles of transformation

including birth, growth, ripening, harvesting, and decaying or death.

Fire

Ht=Heart, P=Pericardium,

Sj=San Jiao, Si=Small Intestine

Earth

St=Stomach, Sp=Spleen

Metal

Lu=Lung, Li=Large Intestine

Water

UB=Urinary Bladder, Kid=Kidney

Wood

GB=Gall Bladder, Liv=Liver

Heart deals with the circulation of blood. Tongue. The emotion is laughter.

Pericardium deals with mental activity.

Small intestine, deals with the separation and transportation of food and waste to the large intestine.

Sanjiao also called triple warmer or triple heater, maintains homeostasis of the body.

Spleen, deals with digestion and water metabolism as well as circulation of blood and immunity. Muscles of the limbs. Mouth and lips. The emotion is singing.

Stomach, deals with indigestion, digestion, transportation of food and water.

Lung deals with respiration. Nose. The emotion is crying.

Large intestine deals with excretion of wastes.

Urinary bladder, deals with water balance and genital functions.

Kidney, deals with regulation of blood pressure growth of bone, cartilage, teeth, nails and head hair. Also deals with genital functions. Ear problems. The emotion is groaning.

Gallbladder, deals with storage of bile and mental activity.

Liver deals with bile secretion and transport, regulation, storage and transportation of blood, control of tendons and endocrines. Deals with nerves, metabolism and muscles and tendons. Eye problems. The emotion is anger.



Meridian Screen

融洽

Energy can be likened to oil in a lamp, when the wick is lit, the oil goes down until the flame is extinguished. The flame is like life, it glows brightly until the oil is gone and life dies.

The body is born with a certain amount of energy (Qi) When its used up we die

“Life is like a flame in a lamp, soon to be extinguished when the fuel (Qi) is exhausted”

THE BODY IS BORN WITH A CERTAIN AMOUNT OF CHI (QI)

This Qi is depleted by our daily activities, and is replaced by eating, drinking, and breathing. If there is balance, then growth and health are found, if there is blockage in Qi, or if the balance is unbalanced by excess or deficiency, then illness or death can result.

The relationship of the five elements are represented as organs, some solid called Zang organs, some hollow called Fu organs.

Zang organs are heart, pericardium, spleen, lung, kidney, and liver.

Fu organs are Sanjiao, small intestine, stomach, large intestine, kidney and liver.

Zang Fu Organs are paired, one solid and one follow to each of the elements Fire, Earth, Metal, Water, and Wood.

Energy circulates around the five elements in a clockwise direction on the chart.

Fire produces earth, all life and growth upon the earth is dependent on fire, the sun. Any items burned will produce ash and return to the earth.

Earth produces metal. Metals are mined from the Earth.

Metal produces water. In China, metal means gold, where there is

gold there will also be a spring or water.

Water produces wood. Wood needs water to sustain life and grow.

Wood produces fire. Wood is consumed by fire and produces heat and warmth that helps sustain life.

The five element theory is one of the major systems of thought within Chinese medicine. From a historical perspective it is an important underpinning of medical theory and serves as one of the major diagnostic and treatment protocols.

In modern clinical practice the five element theory is used in varying degrees depending on the practitioner and their style of practice.

For practitioners of traditional Chinese medicine, the theory may be used to help form a diagnosis when there is conflicting signs and symptoms.

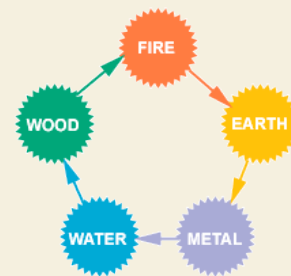
Additionally, elements of the theory are useful for assisting patients with nutritional imbalances and/or working through emotional issues.

Within the five Element Theory there are four main relationships or ways in which the elements interact.

The first of these is a generating cycle often called the Mother and Child cycle. This cycle describes ways in which each element, serving as a mother, promotes the growth and development of the following child element. At times this generating cycle can also be called the Shen cycle.

Examples of this cycle are the wood element providing the generative force for fire, fire provides a generated force for Earth, etc.

This relationship provides the foundation for understanding the Five Elements Theory and consequently where imbalances may arise within the cycle. If Earth, for example, is weakened from a poor diet and overwork you will see more nourishment is requested from the Fire element to nourish Earth. Additionally, if Earth is weakened the Metal element may also be affected.



Generating (Sheng) Cycle