

Element	Color	Flavor	Sense	Emotion	Body Part	Climate
Fire	Red	Bitter	Tounge	Joy	Pulse	Heat
Earth	Yellow	Sweet	Mouth	Worry	Muscles	Humidity
Metal	White	Pungent	Nose	Sadness	Skin	Dryness
Water	Black	Salty	Ears	Fear	Bones	Cold
Wood	Green	Sour	Eyes	Anger	Tendons	Wind

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FIRE

Fire promotes earth
Fire controls metal



YIN

Negative
Solid Organs
Inner (shadow)
Front
Cold

YANG

Positive
Hollow Organs
Outer (light)
Back
Heat



EARTH

Earth promotes metal
Earth controls water



WOOD

Wood promotes fire
Wood controls earth

GB

First point on
Elbow or knee

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

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

GB

Earth 34
Fire 38 S
Wood 41 H
Water 43 T
Metal 44
Luo 37
Xi-Cleft 36
Source 40

GB

LIV

Water 8 T
Metal 4
Earth 3
Fire 2 S
Wood 1 H
Luo 5
Xi-Cleft 6
Source 3

BL

Earth 54
Fire 60
Wood 65 S
Water 66 H
Metal 67 T
Luo 58
Xi-Cleft 63
Source 64

KI

Water 10 H
Metal 7 T
Earth 3
Fire 2
Wood 1 S
Luo 4
Xi-Cleft 5
Source 3

SI

Earth 8 S
Fire 5 H
Wood 3 T
Water 2
Metal 1
Luo 7
Xi-Cleft 6
Source 4

HT

Water 3
Metal 4
Earth 7 S
Fire 8 H
Wood 9 T
Luo 5
Xi-Cleft 6
Source 7

TW

Earth 10 S
Fire 6 H
Wood 3 T
Water 2
Metal 1
Luo 5
Xi-Cleft 7
Source 4

P

Water 3
Metal 5
Earth 7 S
Fire 8 H
Wood 9 T
Luo 6
Xi-Cleft 4
Source 7

KO

Destructive

YIN

Zang organs

YANG

Fu organs

SHEN
Constructive

SP

Water 9
Metal 5 S
Earth 3 H
Fire 2 T
Wood 1
Luo 4
Xi-Cleft 8
Source 3

ST

Earth 36 H
Fire 41 T
Wood 43
Water 44
Metal 45 S
Luo 40
Xi-Cleft 34
Source 42

LU

Water 5 S
Metal 8 H
Earth 9 T
Fire 10
Wood 11
Luo 7
Xi-Cleft 6
Source 9

LI

Earth 11 T
Fire 5
Wood 3
Water 2 S
Metal 1 H
Luo 6
Xi-Cleft 7
Source 4

METAL

Metal promotes water
Metal controls wood