



The 5 Elements

The following chart is to use for reference. It breaks down a complex system into easy to comprehend categories so that we can look at ourselves and our animals and understand where we might need to give ourselves support.

For example: I have a dog who has become defensive. She sometimes acts as if she is in her own little world. Her hair is dry and brittle.

This could be an example of Metal element needing support.

Another example: My horse recently hurt his tendon. He's been rather grumpy. Normally, he enjoys action and challenge, but with his new injury, I can tell he's feeling depressed due to having to be confined to a stall.

This could be an example of Wood element needing support.

It is important to remember that all things are all elements. They flow and are constantly changing. It is very difficult to know what our animal's true element is. The best way to use this chart is to understand behavior as an imbalance and to support the imbalanced element. When you have a difficult time knowing which element your animal is, it is likely because at that moment, all elements are equally balanced. And this, is what we want to strive for. Every element can be activated in one way or another throughout the day. The key is that they regain balance in an appropriate amount of time and do not hold onto the event that caused the imbalance in the first place. It takes 24 hours for the autonomic nervous system to "reset" after a "flight or fight" moment. Eliminating stressful triggers and supporting healthy habits keeps our energies flowing freely.

When we are out of balance, there is a block in energy. This is when we see behavior shifts, health conditions arise, or problems with the body. We can support these changes through nutrition, herbs, essential oils, and even by providing the healing space and energy our animals need in order to thrive.

Reference Chart

	Wood	Metal	Earth	Fire	Water
Meridian	Liver/Gall Bladder	Lung/Large Intestines	Spleen-Pancreas/Stomach	Heart/Small Intestines/HP	Kidney/Bladder
Emotion	Anger	Grief	Sympathy	Joy	Fear
Climate	Wind	Dryness	Damp	Heat	Cold
Controlled Body Parts	Eyes, Nails, tendons, ligaments	Skin, Nose, Body hair	Muscles, mouth, lips	Blood vessels, tongue	Ears, Bone, Head hair
Balanced	Chill, Motivated, Organized	Good teacher, Positive	Thoughtful, Caring, Supportive, "Mother Nature"	Self-aware, sensitive, joyful	Determined, Resourceful
In Excess	Tense, Rigid, Frustrated	Aloof, Defensive	Anxious, worried, over concern for others	Excitable, agitated, Overexuberant, scattered	Restless, reckless
When Deficient	Depression, lethargic, grumpy	Loss of instincts, no initiative	Confused, no concentration, emotionally demanding	Timid, lack of spirit	Overwhelmed, fearful
Typical Characteristics	Likes action, thrives with a challenge, impatient, dislikes confinement	Like structure, respects authority, sets high standards, polite	Agreeable, wants to be needed, enjoys routine, seeks company, can be lazy, slow to learn, and stubborn	Confident, loves intimacy, playful, center of attention even if shy, oversensitive to the mood of others	Self-contained, reserved, suspicious, slow to make friends, loyal
Likely Problems	Intolerance, mood swings, nerves, tendon problems, neck tension, IBS, compulsive behaviors	Ashma, constipation, stiff joints, dry skin and hair, sensitive to the environment, defensive aggression, poor communication skills	Obesity, swollen glands, water retention, digestive problems, poor muscle tone, obsessive thinking, fungal infections, food obsessions	Skin problems, heart problems, intolerance to heat and cold, circulatory issues, extreme shyness or over excitability	Arthritis, teeth and or bone problems, hypersensitive to noise or deafness, weak back, urinary problems, fear aggression
Healing Energy	Patience and Encouragement	Space and Order	Nurture and Routine	Affection and Playfulness	Reassurance and Quietness

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Nutritional Support	Carrots, green and yellow vegetables, olive oil, apple cider vinegar, Liver, Dandelion, Comfrey	Vitamin C, trace minerals, olive oil, Iron, zinc, probiotics, rosehips, meadowsweet	No sweets, limit refined carbohydrates, spleen/pancreas, tripe, trace minerals, B vitamins, alfalfa, enzymes, clay, calendula, green and yellow vegetables	Vitamin E, brewer's yeast, green vegetables, heart, rosehips, warming proteins (unless in excess), enzymes, meadowsweet, magnesium, pumpkin seeds	Vitamin A and C, cranberries, rosehips, seaweed, clean water (distilled/purified), kidney, dandelion root, barley grass