

FIVE ELEMENT'S CHART

Elements	Wood	Fire	Earth	Metal	Water
Organs	Liver/ Gallbladder	Heart/ Small Intestine	Spleen/ Stomach/ Pancreas	Lungs/ Large Intestine	Kidney/ Bladder
Tissues	Muscles, Tendons, Nerve	Brains, Blood Ves- sels	Limbs	Skin, Body Hair	Bones, Cartilage, nails, teeth, Head, Hair
Sensory Organs	Eyes	Tongue	Mouth	Skin	Ears
Emotion	Anger, Shouting, Depression, Anxiety Frustration	Joy, Impatient	Worry Anxiety	Sadness Grief	Fear
Smell/Taste	Rancid Sour	Scorched Bitter	Sweet Fragrant	Rotten Pungent Spicy	Salt Putrid
Fluids	Tears	Sweat	Lymph	Mucus	Saliva
Colors	Green	Red	Yellow	White	Blue Black