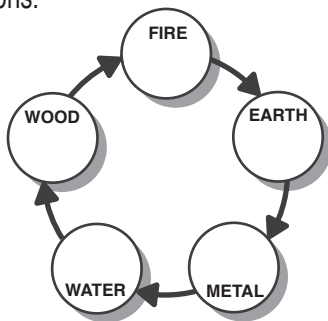


# The Big Chart (all the element attributes)

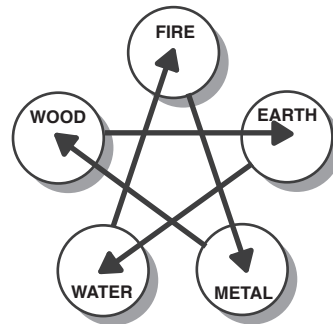
Figure 18

THE FIVE ELEMENTS							
ELEMENT	ORGAN	BOWEL	SUPERFICIAL	OPENING	TRAIT	MENTAL PART	TASTE
WATER	kidney	bladder	bones	ears	anxious	will power	salty
WOOD	liver	gallbladder	nerves (brains)	eyes	irritable	mental activity	sour
FIRE	heart 7 glands	small intestine	blood vessels	tongue	moody	joy, peace, intuition	bitter
EARTH	spleen pancreas	stomach	muscles	mouth	worried	pondering	sweet
METAL	lungs	large intestine	skin	nose sinus	sad	sensitive	spicy

This chart above is a representation of the one that Joel carries with him to lectures and is often referenced throughout the course. It is the Master list of the elements and their connections in the body. Below the cycles are shown as a quick reference for the "Generation" and "Control" interactions.



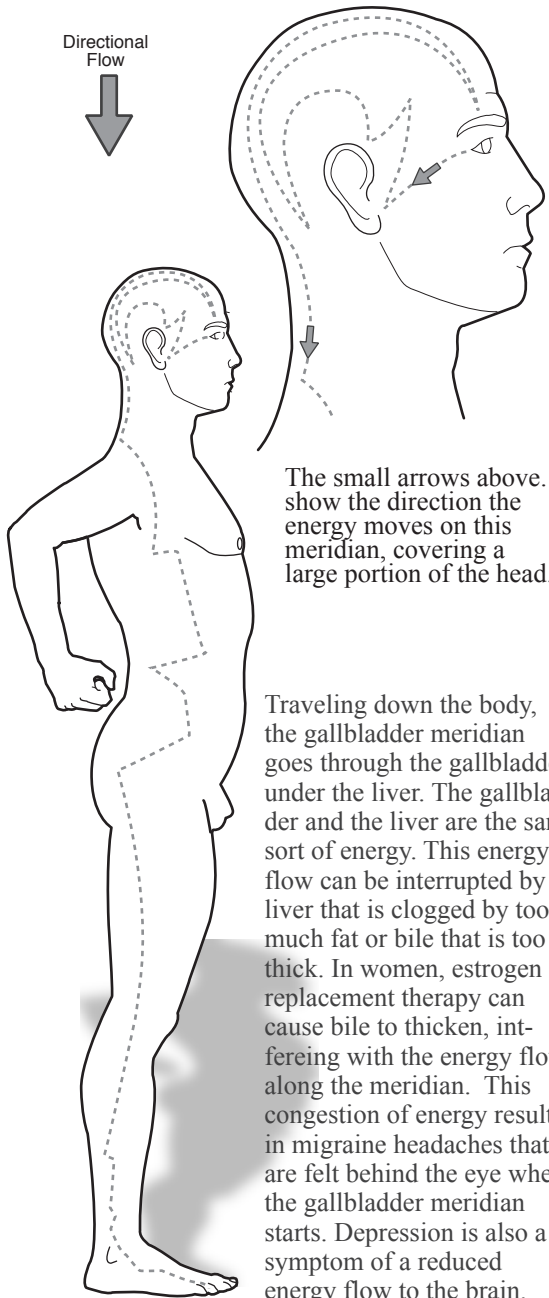
Generation Cycle



Control Cycle

In practical use, notice how these cycles are used in conjunction with the chart above. One example is how deep breathing helps to control nervousness. Deep breathing stimulates the lungs, (Metal Element) which controls the nerves (Wood Element).

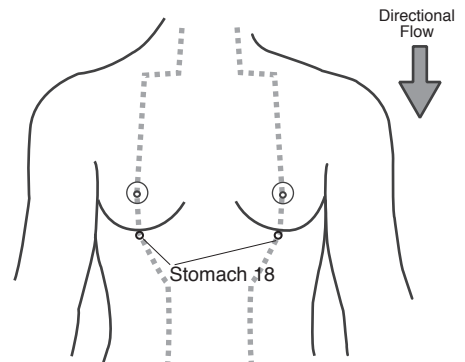
## Figure 24 Gallbladder Meridian



The small arrows above show the direction the energy moves on this meridian, covering a large portion of the head.

Traveling down the body, the gallbladder meridian goes through the gallbladder under the liver. The gallbladder and the liver are the same sort of energy. This energy flow can be interrupted by a liver that is clogged by too much fat or bile that is too thick. In women, estrogen replacement therapy can cause bile to thicken, interfering with the energy flow along the meridian. This congestion of energy results in migraine headaches that are felt behind the eye where the gallbladder meridian starts. Depression is also a symptom of a reduced energy flow to the brain.

## Figure 25 Stomach 18



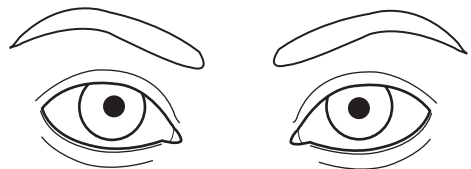
When certain types of bras push on the acupuncture meridian at the point STOMACH 18, it blocks the natural lymphatic flow and eventually can cause fibrocystic breasts.

## Figure 26 Spasm Spot



When the Liver is "not right", this spot under the shoulder blade will become sensitive.

## Figure 27 Sanpaku



A Japanese word meaning three whites. from when the white of the eye shows under the iris. This indicates anger, and a mental disturbance, caused by a liver problem.