



5 Elements Chart

Elements	Wood	Fire	Earth	Metal	Water
Seasons	Spring	Summer	18-Day Shift	Autumn	Winter
Tastes	Sour	Bitter	Sweet	Pungent	Salty
Yang Organs	Gallbladder	SI/San Jiao	Stomach	Large Intestine	U Bladder
Yin Organs	Liver	Heart/PC	Spleen	Lung	Kidney
Emotions	Anger/ Kindness	Mania/Joy	Pensiveness/ Clarity	Grief/ Acceptance	Fear/ Courage