

5 Element Diagnosis

abdomen: air/fire/earth	knees: earth (fire)
adrenals: earth (air)	labia: air, water
ankles: air (also may be bones, cartilage, tendons)	large intestine: air, earth
anus: earth	ligaments: earth
appendix: air, earth	liver: fire
arteries: fire	lungs: air (water)
arms: air	lymph glands: water
back: earth, also...	lymphatic system: water
- cervical: ether	mind:
- thoracic: air	- difficulty concentrating / thinking: air, fire
- upper to mid-lumbar: fire	- overactive: air
- lower lumbar: water	also see: emotions
- sacrum: water	mouth: water
- coccyx: earth	mucous membranes: water
bladder: water	muscle: fire, water, earth
blood: water, earth	nails: earth, plus see relevant finger or toe
bones: earth	neck: ether (air, fire, water, earth)
brain: fire	nerves: air
breasts: water	- central nervous system: air
calves: air	- sympathetic: (air) fire
capillaries: fire	- parasympathetic: (air) water
cartilage: earth	nose: earth
chest: air (water)	ovaries: water
coccyx: earth	pancreas: fire
colon: air, earth	pelvis: water
connective tissue: earth	penis: water
duodenum: fire	pineal: crown chakra
ears: ether (fire)	pituitary: brow chakra
- inner: ether, earth	prostate: water
emotion: ether	rectum: earth
- addictions/compulsions/obsessions/ sexual issues: ether, water	reproductive system: water
- anger/powerless/depression: ether, fire	reproductive organs: water
- anxiety/nervousness/worry: ether, air	sacrum: water (earth)
- blocking/repressing emotions: ether (water)	saliva: water
- fear ether, earth	scalp: air - skin, fire – head
- grief: ether	senses:
- guilt: ether, water	- hearing: ether
- shame: ether, fire	- sight: fire
issues with –	- smell: earth
• asserting self / honesty/ making decisions /aggression / abusing power: fire	- taste: water
• expressing self: ether	- touch/feeling: air
• grounding / safety / security /routines: earth	shoulders: air (fire)
• sexuality / nurturing (or over- nurturing)self or others: water	sinuses: water (fire - head)
• valuing self/ judging self or others: air	skin: air (plus cross-reference with area of the body concerned)
eyes: fire	small intestine: air, earth
fat: water	sperm: water
feet: water	sebaceous glands: water
fingers: air	spleen: water
- thumb: ether	stomach: fire
- first: air	sweat glands: air, water
- middle: fire	tears: ether, water
- ring: water	teeth: earth (fire - jaw, water - mouth)
- little: earth	tendons: earth
gallbladder: fire	testes: water
gums: water	thighs: fire
hair: ether	throat: ether
hands: air	thymus: air, water
head: fire	thyroid: ether (fire)
hearing: ether	tongue: water (fire - head)
heart: air, fire, water	toes: water
hips: fire, (ether - joints, earth - bone and cartilage)	- big: ether
hypothalamus: brow chakra	- first: air
immune system: air	- middle: fire
insomnia:	- fourth: water
- from emotional causes: ether (see also: emotions)	- little: earth
- from indigestion: fire	urine: fire, water
jaw: fire	uterus: water
joints: ether	vagina: water
kidneys: air (water)	vulva: air, water
	veins: fire
