



WHITE WILLOW ACUPUNCTURE
five element acupuncture & holistic healing

YOUR FIVE ELEMENT PROFILE



Earth

Late summer · Stomach and Spleen

Earth is nourishment, support and stability: the harvest. It governs how we give and receive care, and how we take in and digest, both food and life's experiences. It's the element of sympathy and worry.

EMOTION

Sympathy, worry

COLOUR

Yellow

VOICE

A singing tone

TASTE

Sweet

CLIMATE

Damp

SENSE

Taste

In balance

- Caring, supportive and grounded
- Gives care, and can receive it too
- Understands what others need
- Feels secure and settled

Out of balance

- Worrying and overthinking
- Looking after everyone except yourself
- Feeling needy, unsettled or unsupported
- Finding it hard to let things go

The officials

In Chinese medicine, the Stomach receives, and the Spleen turns what you take in into energy and carries it to the whole body. Again, these are Chinese medicine ideas about function.



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LIVING WITH THE SEASON

Looking after your Earth

Simple ways to support Earth all year, and especially in late summer.

- 1 Eat regular, warm meals, sitting down and without a screen
- 2 Let other people look after you sometimes
- 3 Practise grounding movement like qigong or tai chi
- 4 Set kind boundaries around how much you give
- 5 Spend time in nature, especially in the garden

Remember: the Five Elements are a traditional way of understanding people, not a medical diagnosis. This guide is for general wellbeing. If you're worried about your health, speak to your GP or call NHS 111.

Want to know your element for sure?

In Five Element acupuncture, your element is found in person, from subtle signs a quiz can't capture. That's the heart of your first consultation (up to 1½ hours, £45). Call or WhatsApp **07799 904918** to book. Daytime, evening and weekend appointments.