



WHITE WILLOW ACUPUNCTURE
five element acupuncture & holistic healing

YOUR FIVE ELEMENT PROFILE

Fire



Summer · Heart, Small Intestine, Heart Protector and Three Heater

Fire is warmth, joy and connection. It fuels enthusiasm, love and the way we reach out to other people. It's the element of joy: how we give and receive warmth.

EMOTION

Joy

COLOUR

Red

VOICE

A laughing tone

TASTE

Bitter

CLIMATE

Heat

SENSE

Speech

In balance

- Warm, joyful and good company
- Connects easily and communicates well
- Opens up to others, with healthy boundaries
- Clear-minded and quick to respond

Out of balance

- Restless, overexcited or anxious
- Swinging between joy and sadness
- Opening up too quickly, then feeling hurt
- Poor sleep, or burnout from giving too much

The officials

Fire is the only element with four officials. The Heart leads, the Heart Protector guards it, the Small Intestine sorts what's useful from what isn't, and the Three Heater keeps everything in balance and at the right temperature.



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LIVING WITH THE SEASON

Looking after your Fire

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

- 1 Make time for people who bring you joy
- 2 Calm the mind with slow breathing or meditation
- 3 Choose gentle exercise like swimming or yoga
- 4 Go easy on caffeine and sugar, especially later in the day
- 5 Notice small moments of contentment and gratitude

“Go to bed at night and rise early. Don't tire of the sunshine, and keep your mind free from anger.”

Huangdi Neijing, Suwen chapter 2, on summer

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.