



WHITE WILLOW ACUPUNCTURE
five element acupuncture & holistic healing

YOUR FIVE ELEMENT PROFILE



Metal

Autumn · Lung and Large Intestine

Metal is about clarity, value and letting go. Like the sharp edge of a blade, it knows what's precious and what can be released. It's the element of grief, and of how we recognise what truly matters.

EMOTION
Grief

COLOUR
White

VOICE
A weeping tone

TASTE
Pungent

CLIMATE
Dryness

SENSE
Smell

In balance

- Clear-minded, focused and organised
- High standards and an eye for quality
- Able to grieve, let go and move on
- Sets clear boundaries

Out of balance

- Holding on to grief or the past
- Perfectionism: never quite good enough
- Feeling distant, critical or cut off
- Emotionally held in or rigid

The officials

The Lungs take in fresh air and inspiration; the Large Intestine lets go of what's no longer needed. Together: taking in, and letting go.



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LIVING WITH THE SEASON

Looking after your Metal

Simple ways to support Metal all year, and especially in autumn.

- 1 Breathe deeply, ideally outdoors in fresh air
- 2 Declutter: keep your space simple and clear
- 3 Journal or talk things through to help you let go
- 4 Set realistic goals instead of perfect ones
- 5 Notice and appreciate simple, good things

“Go to bed early and rise early, with the cockerel. Keep your mind calm and steady.”

Huangdi Neijing, Suwen chapter 2, on autumn

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.