



WHITE WILLOW ACUPUNCTURE
five element acupuncture & holistic healing

YOUR FIVE ELEMENT PROFILE

Water

水

Winter · Kidney and Bladder

Water is about strength, flow and courage. Like a river, it can be still or powerful, and it always finds a way around obstacles. It's the element of fear: how we meet risk, change and the unknown.

EMOTION

Fear

COLOUR

Blue

VOICE

A groaning tone

TASTE

Salty

CLIMATE

Cold

SENSE

Hearing

In balance

- Steady, determined and quietly confident
- Adapts to change without losing direction
- Thinks deeply and reflects before acting
- Rich inner life and understanding of others

Out of balance

- Fear or anxiety that feels overwhelming
- Stuck, over-cautious or unable to decide
- Withdrawing from others to feel safe
- Running on empty

The officials

In Chinese medicine, the Kidneys hold your deepest reserves of energy, like a battery you draw on for the whole of your life, and the Bladder stores and releases.



WHITE WILLOW ACUPUNCTURE
five element acupuncture & holistic healing

LIVING WITH THE SEASON

Looking after your Water

Simple ways to support Water all year, and especially in winter.

- 1 Rest well, especially in winter: earlier nights help
- 2 Keep your lower back and feet warm
- 3 Choose nourishing, warming food like soups and stews
- 4 Break big challenges into small steps
- 5 Spend time near water: a river, lake or the sea

“Go to bed early and rise late, waiting for the sun's light. Keep your thoughts quiet, as though hidden away.”

Huangdi Neijing, Suwen chapter 2, on winter

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.