



YOUR FIVE ELEMENT PROFILE

Wood



Spring · Liver and Gall Bladder

Wood is the energy of growth, like a tree reaching for the light. It gives us vision, the ability to plan, and the drive to move forward. It's also the element of anger: how we deal with frustration when growth is blocked.

EMOTION

Anger

COLOUR

Green

VOICE

A shouting tone

TASTE

Sour

CLIMATE

Wind

SENSE

Sight

In balance

- Clear vision and good plans
- Assertive and determined, yet flexible
- Keeps growing and bounces back from setbacks
- Makes decisions with confidence

Out of balance

- Frustration or irritability when things feel blocked
- Stubborn or rigid thinking
- Finding it hard to relax or switch off
- Overplanning, or struggling to decide at all

The officials

In Chinese medicine, the Liver keeps energy flowing smoothly, like a good planner, and the Gall Bladder makes clear decisions and judgements. These are Chinese medicine ideas about function, not descriptions of the physical organs.



WHITE WILLOW ACUPUNCTURE
five element acupuncture & holistic healing

LIVING WITH THE SEASON

Looking after your Wood

Simple ways to support Wood all year, and especially in spring.

- 1 Move every day: walking, stretching, yoga or tai chi all suit Wood
- 2 Spend time outdoors among trees and green spaces
- 3 Set goals, but keep them flexible
- 4 When frustration builds, move it: a brisk walk helps
- 5 Rest your eyes from screens

“Go to bed at night and rise early. Walk freely in the garden, loosen your hair and let your body relax.”

Huangdi Neijing, Suwen chapter 2, on spring

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.