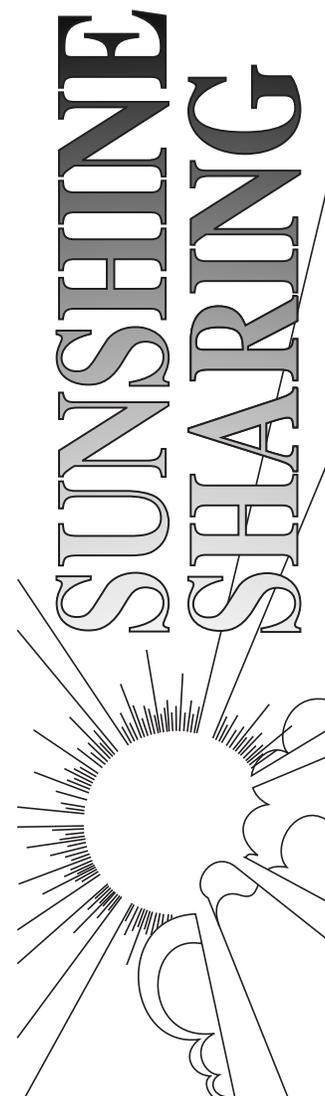


# What Element are You?

In Traditional Chinese Medicine (TCM), a 2,500 plus year-old system of healing, there are five basic constitutional types, based on the five Chinese elements: water, wood, fire, earth and metal. Balancing these elements is a key to maintaining health. To find out which element(s) you need to balance, look over the list of characteristics below. If the personality trait or health tendency currently describes you, put a 2 in the white box to the right of the characteristic. If it is a problem or trait you used to have, put a 1 in the box. Total your scores at the bottom.

Characteristics	Water	Wood	Fire	Earth	Metal
Abdominal pain or discomfort					
Angry and defensive					
Anxious and nervous					
Arthritis or osteoporosis					
Asthma, hayfever or bronchitis					
Bad breath or foul belching					
Burning or painful urination					
Cravings for sugar					
Discouraged or depressed					
Easily excited					
Fearful, indecisive or timid					
Feeling "burned-out"					
Feeling overwhelmed					
Food sits heavy on stomach					
Forgetful or absent-minded					
Frequent colds					
Frequent digestive problems					
Frequent respiratory problems					
Frequent urinary problems					
Gallbladder problems					
Headaches or migraines					
Intestinal gas and bloating					
Irritable and impatient					
Lack of muscle tone or underweight					
Loss of appetite or poor appetite					
Low back pain or backache					
Muscle tension or cramps					
Morning fatigue or sluggishness					
Nervous and excitable					
Prostate or vaginal problems					
Reserved and analytical					
Restless sleep or disturbed dreams					
Sinus headaches or congestion					
Skin problems (acne, rashes, etc.)					
Tightness in chest					
Waking up frequently at night					
Water retention or edema					
Weak knees, legs or ankles					
Wheezing or shortness of breath					
Withdrawn, grieving or sad					
<b>Total each column here:</b>					

**Learn what your scores mean inside....**



**Your guide to better health the natural way.**

**Vol. 17 No. 2**

### Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

*Sunshine Sharing* is an independent educational publication and receives no financial support from any herb or health product manufacturer. Your comments, questions and personal experiences are welcome. Send them to *Sunshine Sharing*, P.O. Box 911239, St. George, UT 84791-1239 or [comments@treelite.com](mailto:comments@treelite.com).

**Copyright © 2005 by Tree of Light Publishing** (a division of Kether-One, Inc.). Photocopying this publication for distribution is strictly forbidden. If you receive a photocopy of this publication, the distributor of said photocopies is in violation of copyright law.

Managing Editor/Writer: Steven Horne  
 Research: Kimberly Balas  
 Associate Editors: Carolyn & Hugh Hughes, Sharon Grimes, Mark Montgomery

## What Do My Results Mean?

Each of the five elements of Chinese medicine—wood, fire, earth, metal and water—represent certain basic biochemical processes that take place in the body. Unlike Western medicine, which seeks to isolate individual biochemical processes to create “magic bullet” drugs, Oriental medicine looks at the “big picture” of what is going on in the body as a whole. This holistic approach works better with herbs, because herbs (being complex mixtures of nutrients and bioactive substances) also work on whole body processes.

Whichever element you score the highest in is probably the primary biological process that could use some balancing in the body. By taking an herbal formula designed to balance these basic metabolic functions, you bring your whole body into greater balance and harmony, and hence, greater health.

Read the description of the element you scored highest in first. If the description fits you, you’ll want to try one of the Chinese herbal formulas that balance that element.

If you scored fairly evenly in two or three categories, the person who gave you this newsletter can also help you determine which is the most important one for you to work on. They have other tools, and a more detailed questionnaire to help you determine which Chinese formula would be best for you.



### Are You a Wood Person?

Wood is symbolic of life and the process of renewing life. In Chinese philosophy, it is associated with assertiveness, aggressiveness, strong drives and anger. When the wood element is weak, that

drive is diminished, making a person feel discouraged or depressed. If you are a wood person, you are prone to these types of emotional responses.

Wood relates to the organs of the liver and gallbladder. The liver is the biochemical mastermind of the body. It is the major center for neutralizing environmental toxins and the primary organ for preparing nutrients for transport through the blood stream. This is why the Chinese say that the liver builds the blood. The gallbladder helps digest fats, which are essential to healthy skin, nerves and glands. It also serves as an avenue for eliminating certain types of toxins.

When the liver is stressed and overworked, a person will tend to feel irritable and cranky. They may be restless and unable to get to sleep at night, but feel groggy and “hung-over” in the morning. Hypoglycemia, migraine headaches, PMS symptoms, allergies, abdominal pain and skin conditions can all occur when the liver is thus burdened. The **Chinese Liver Balance** formula (Tiao He) reduces this excess wood energy, supporting the liver and gallbladder in reducing the toxic load in the body.

People who are deficient in wood energy experience weakness in the liver and gallbladder. This results in an inability to

move forward in a constructive manner and possible feelings of discouragement and depression. Physically, this chronic weakness of the liver and gallbladder energy would result in fatigue, menstrual problems in women, intestinal inflammation, abdominal pain and chronic liver problems.

To strengthen this deficiency of wood energy the Chinese **Blood Build** formula (Bu Xue) would be the formula of choice. Blood Build is especially good for anemia in women or women with scanty menses or prolonged menstrual cycles. It is also helpful for people with vague health problems that doctors say are “all in their head,” making the person feel like a hypochondriac. Another formula that helps a weakened condition in the wood element is Chinese **Mood Elevator** (Jie Yu). This formula helps anxiety, depression, sagging energy and digestive problems.



### Are You a Fire Person?

It’s pretty easy to relate to what the element of fire symbolizes in the body. We talk about an excited person as being “all fired up” or a passionate person as being “hot” or “on fire.” Fire is the element of enthusiasm, drive, desire and passion. If you are a person who is full of fire you will be lively, dynamic, outgoing and enthusiastic. When that fire is deficient, you’ll feel “burned-out.”

In Chinese medicine, fire relates to the heart and circulatory system. Fire also relates to the nerves and glands, although in traditional Chinese medicine they didn’t really understand the function of the nerves and glands, so they called these systems the triple warmer and sex energy. Still, it’s pretty easy to understand that an excess of “fire” in Chinese medicine refers to a high-strung, highly stressed person.

So a person with excess fire might experience anxiety, insomnia, absent-mindedness, extremes of emotion, nervousness and tension, dizziness, light-headedness, mania or even heart palpitations. To quench this excess fire, the Chinese **Stress Relief** formula (An Shen) is a good choice. It “pacifies the spirit,” as the Chinese would say, or in other words, “calms the nerves.” The Western formula **Nutri-Calm** also works well here.

As we have indicated, a person who has lost their fire would feel “burned-out.” This manifests as fatigue with restless and disturbed sleep patterns. The person feels overwhelmed, tired, nervous but exhausted, and may suffer from emotional sensitivity, muddled thinking, mental confusion, loss of short term memory, loss of sexual desire, and sensations of pressure and pain in the chest that make them feel like something is wrong with their heart.

**Nervous Fatigue Formula** (Yang Xin) nourishes this deficient fire energy, helping the person to achieve restful sleep and restore their energy. It reduces feelings of stress and fatigue, while clearing the mind and helping to restore a sense of passion to a person’s life. In severe cases, the Western formula **Adrenal Support** may be needed.



## Are You an Earth Person?

Maybe you're not the "fired-up" kind. Maybe you're more "down to earth." Earth symbolizes the nurturing mother energy, sympathetic, nurturing, prone to worry and

fret and maybe over-mother people to the point of s-mothering sometimes. Earth people tend to try to do too much for others and wind up stressed as a result.

Considering the association of earth with mothering, it's very easy to understand how this earth energy could be associated with our digestive system, the stomach and pancreas (or spleen in Chinese medicine). The stomach receives our food and initiates the digestive process required to nourish us. The pancreas secretes enzymes to finish the process.

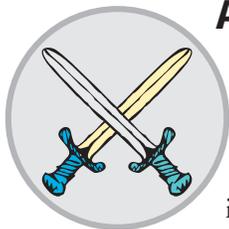
However, the Chinese concept doesn't stop with digestion. In Chinese medicine, the spleen was thought to be the organ that transforms the food we eat into flesh or muscle mass. So, the entire process of metabolizing food, and protein in particular, is associated with the Chinese concept of spleen.

We all recognize that worry and stress create stomach upset. "Don't worry too much, it will give you an ulcer." It's not a good idea to eat when we feel rushed and stressed, but in today's face-paced, fast-food world, many of us do it anyway. As a result we often wind up with a sour stomach, bloating, gas, and other signs of digestive upset.

The **Chinese Anti-Gas** formula (Xiao Dao) is an earth reducing formula that works well for occasional acute indigestion (acid stomach, acid reflux, gas, bloating, foul belching, etc.). It is also a good formula for the person who has a "do it all" kind of attitude where they take on too much trying to help other people. As a result they wind up with worry, stress and the frequent digestive upset that accompanies it.

For the person whose digestion has become weakened, so they are not assimilating nutrients (especially protein) very effectively, the earth increasing **Spleen Chi Activator** (Wen Zhong) is a better choice. This is an excellent formula for people who are thin, pale and unable to gain muscle mass. It warms and strengthens the digestive organs and improves metabolic efficiency.

## Are You a Metal Person?



Metal is the stuff that swords and shields are made of, so it should be of little surprise that the guarded, aloof, socially-correct person has a lot of "metal" in them. If you're a metal person, you may

have a lot of unacknowledged grief and sadness inside, so you may have shielded yourself to avoid experiencing more emotional pain.

The Chinese associate the metal element with the lungs and colon, but it might be more correct to say that the metal element is related to the mucus membranes which line both of these systems. These mucus membrane linings in the digestive tract, lungs and sinuses are the body's first line of immune defense. Most infections will enter through this route. So, metal is also symbolic of our immune response—swords and shields, again.

When there is a tendency to acute respiratory congestion, bronchitis, asthma, wheezing, coughing, allergies, sinus headaches, etc. the metal-reducing formula **Breathe EZ** (Xuan Fei) can help to open up the congested respiratory passages. The Western formula **AL-J** is also good for these conditions.

For chronic weakness of the lungs, prolonged grieving, chronic deep coughs, tightness of the chest and other conditions which suggest chronic weakness of the metal energy in the body, Chinese **Lung Support** (Fu Lei) is a metal supporting formula that strengthens this primary line of immune defense. It can also help deeply repressed grief and sadness and the inability to express this emotional pain. It's good for people who are aloof and emotionally distant.



## Are You a Water Person?

Water symbolically represents fluidity, or the ability to "go with the flow." Hence, if you're a person who is like water you will be yielding, flexible and easy-going. You may also be timid, fearful and "wishy-washy" at times. This is why an excess of fear is thought

to be harmful to the kidneys and bladder, the organs logically associated with the water element in Chinese medicine.

The kidneys do more than eliminate waste water, however. They also regulate pH in the blood and maintain fluid and mineral balance. This helps explain how the kidneys in Chinese medicine also came to be associated with the bones. Weak kidneys create weak bones. This is because waste acids

**Continued on page 4**

## Additional Help and Information

If you clearly fit one of these five patterns, you can try one of the Chinese formulas recommended for that type. If you want to learn more about Chinese herbal medicine, contact the person who gave you this newsletter. They have a more extensive questionnaire to help you determine which Chinese formula is right for you as well as handouts on many of the products discussed in this issue. You can also consult some of the following sources:

*Ancient Herbs: Modern Times* by Steven H. Horne

*TCM: Ancient Wisdom for Modern Health*, DVD featuring Steven Horne by Tree of Light Publishing

*The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light Publishing

Tree of Light Publishing is also developing a course in Traditional Chinese Medicine (TCM) which will be available in September 2006.

---

## *In This Issue*

# What Element Are You?

## Learn how Chinese constitutional herbal formulas can help you to better health.

- ✓ Water is related to the kidneys and bladder. Water people are calm, patient and peaceful.
- ✓ Wood is related to the liver and gallbladder. Wood people are bold, driven and decisive.
- ✓ Fire is related to the nerves, circulation and glands. Fire people are charismatic and charming.
- ✓ Earth is related to the stomach and pancreas. Earth people are nurturing, helpful and loyal.
- ✓ Metal is related to the lungs and colon. Metal people are precise, orderly and reserved.

*Learn more inside....*

---

### ***Continued from page 3***

can't be flushed efficiently from the body causing mineral loss from the bones.

When excess water and water-like personality tendencies are too strong in the body, the Chinese **Kidney Activator** formula (Qu Shi) will help to eliminate excess water from the body. This formula is helpful for edema, scant or clear urine, heavy sluggish feelings, bladder infections and burning urination. It can also help people who are timid, fearful and indecisive.

When there is a loss of the water-quality in the body, creating brittleness and stiffness, the Chinese formula **KB-C** (Jian Gu) will strengthen both the kidneys and the bones. This formula not only aids chronic urinary problems, it also builds the bones. It is

helpful for spinal misalignment, chronic backache (especially in the low back), weak knees and ankles, arthritis and osteoporosis. It is also helpful for people who lack "backbone" or have become so hardened, inflexible and rigid in their thought processes that they can no longer flow with the changes in their lives.

### **Using Chinese Formulas**

When using a Chinese formula pick the one that most closely matches your profile and use it first. After that area improves, you can try another formula if you have another strong imbalance. Be sure to take a sufficient dose. Many formulas call for as many as 3 or 4 capsules two or three times daily. Concentrated forms of these products are available, which reduces the number of capsules required.