The background is a traditional Chinese medical diagram, likely from a classical text like the 'Yellow Emperor's Inner Canon'. It depicts a human figure with a network of lines representing the meridians (Jingluo) and various points (acupuncture points). The diagram is rendered in a traditional ink-wash style with some red ink used for emphasis or specific points. The text 'THE RELATIONSHIP BETWEEN THE MERIDIAN SYSTEM, 5 ELEMENT AND HUMAN EMOTIONS' is overlaid in a large, white, sans-serif font. To the right of the main text, there are vertical columns of Chinese calligraphy and several red square seals, which are typical of traditional Chinese medical manuscripts.

THE RELATIONSHIP BETWEEN THE MERIDIAN SYSTEM, 5 ELEMENT AND HUMAN EMOTIONS

DR. ANA CECILIA NIEVES

ORIENTAL MEDICINE

Human organism is just like a miniature version of the universe.

The five basic elements (fire, earth , metal, water, wood) interplay and are inter-related.

They are constantly interacting in between the opposing and unifying forces the yin and yang.

Health is achieved when the equilibrium can be maintained or sickness will appear when it is out of balance.

This is basic law that human and nature all have to follow.



Three Treasures

3

- ▶ The sky has three treasures ... the sun, the moon, and the stars ... human kind has three... JING, QI AND SHEN...
- ▶ JING... essence... intrinsic nature...
- ▶ QI energy
- ▶ SHEN ... spirit
- ▶ Shen comes down the sky... denses to turn in to energy qi... gets form to it self and crystalizes in matter .. jing

JING ... ESSENCE

4

- ▶ The physical constitution that we inherit from our ancestors.
- ▶ The prenatal experience has a profound influence on the amount of the Jing we come in with.
- ▶ Personal mixture of strengths, predispositions in physical , emotional and mental abilities combined with personality traits and individual spirit.
- ▶ Essence or essential substance on which we depend.
- ▶ Described as a battery (different size and capacity) we are born with a fully charged battery , although is not accessible upon demand.

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JING ... ESSENCE

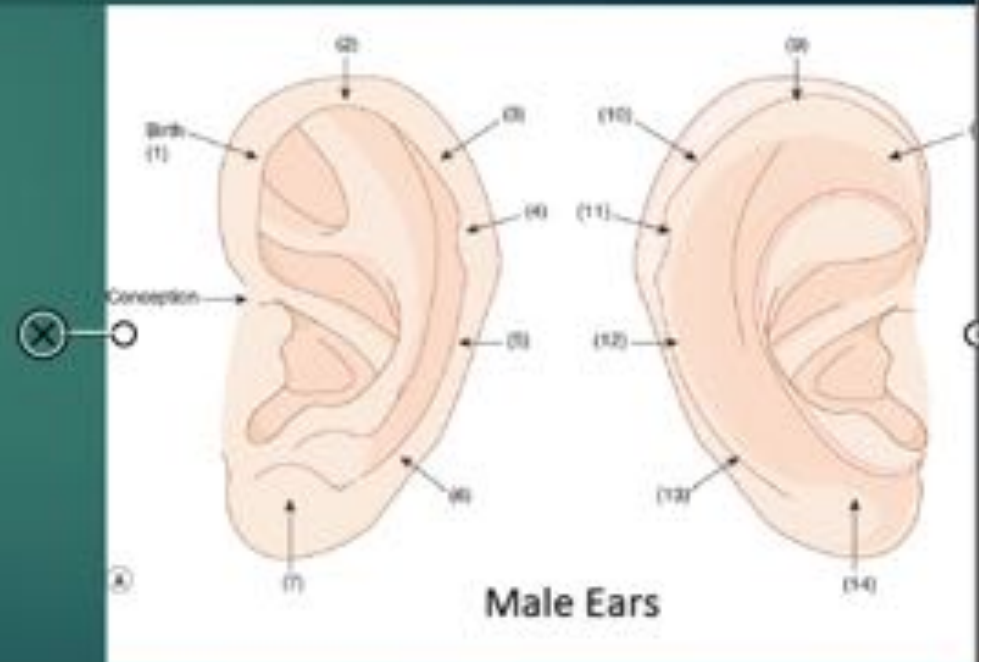
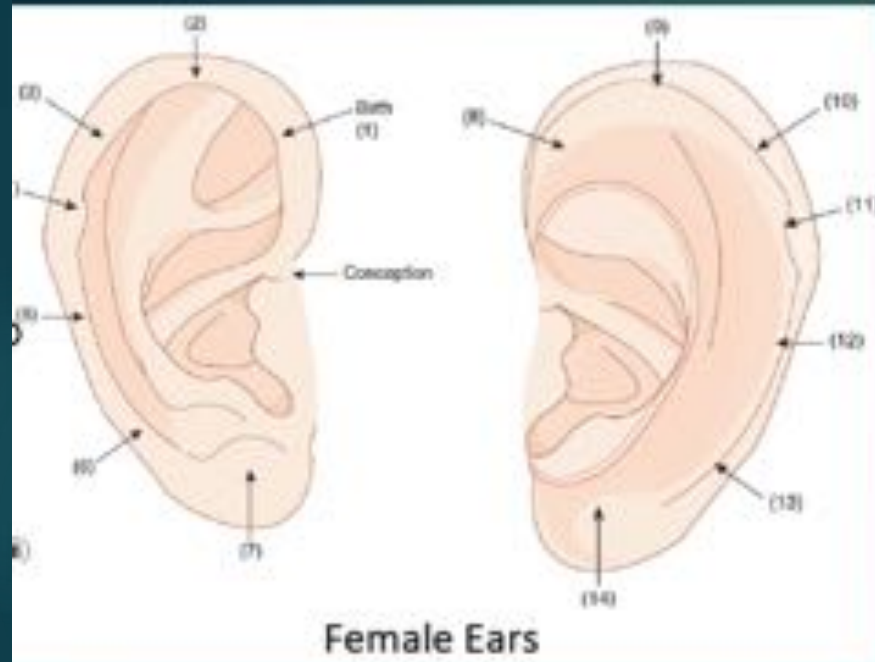


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JING ... ESSENCE

4



QI... ENERGY

5

- ▶ The markings and coloration in certain areas of the face show current functioning of the related organs.
- ▶ The basic colors are:
- ▶ Red – Inflammation (HEAT) 
- ▶ White – Frozen (COLD)
- ▶ Dark – Stagnation (PAIN)
- ▶ Green – Toxicity (PAIN)
- ▶ Yellow – Putrefaction/Phlegm (HEAT)

SHEN.... SPIRIT

6

- ▶ Shen is the backlighting behind the eyes and skin that make the eyes bright and the skin glow .
- ▶ Radiating a strong amount of shen is a good sign of mental and physical health .
- ▶ It is considered one of the most important aspects in diagnosis and gives significant clues about health from the coloring of the skin.

SIGNS FROM THE SHEN

7

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- ▶ Green – Toxicity (PAIN)
- ▶ Yellow – Putrefaction/Phlegm (HEAT)



If we bring harmony to emotions, to the stability and serenity of the heart , which is rooted and anchored in the kidneys, the shen will return ...



Peter Firebrace

The five element human emotions

9

- ▶ **Excitement** { joy } fire / heart
- ▶ **Worry** Earth / Spleen
- ▶ **Grief** Metal / lung
- ▶ **Fear** water / kidneys
- ▶ **Anger** wood / liver



These are the human emotions and are useful and protective in daily interactions and for interpersonal communication. However, they can be overused and underused, which cause harm to the body.

Nei Jing

10

- ▶ Feeling
- ▶ Expressing
- ▶ Repressing



All these emotions have an effect on the body and eventually shows on the face markings of the face ...

FIRE

11



Nei Jing

12

"When one is joyous, the qi disperses....."



HEART FIRE ELEMENT/ YANG PAIR SI

13





Five Element

Heart is the mother of the stomach and tonifies it.

The Five Element Human Emotions



Heart (FIRE): **Excitement** makes the Qi scatter and becomes chaotic

Stomach (EARTH): **Worry** makes the Qi become stagnant

Lungs (METAL): **Grief** causes the Qi to become exhausted

Kidneys (WATER): **Fear** causes Qi to descend

Liver (WOOD): **Anger** forces the Qi to rise upward and concentrate

These are the human emotions and are useful and protective in daily interactions and for interpersonal communication.

However, they can be overused and underused, which cause harm to the body.

Joy or Excitement

16

- ▶ Burns up the Qi... and causes your energy to become scattered and chaotic.
- ▶ The use in moderation of fire element is ok ... however, living off the adrenals and constantly seeking higher levels of excitement and sensory experiences is exhausting and ultimately harmful to the body.
- ▶ It is a very attractive emotion.
- ▶ Excitement is fun in the short term and exhausting in the long term.
- ▶ After a period of intense excitement comes letdown and sadness.



Overuse of Heart (joy or excitement) Fire Problems with speech and thinking

17



The Healing Transcendent Emotions



Happiness & Love slows, warms and opens the Heart
(HEART-FIRE)

Learned Instinct moves you in the right direction (STOMACH-
EARTH)

Gratitude lightens grief (LUNG-METAL)

Wisdom calms fear (KIDNEY-WATER)

Human Kindness pacifies anger (LIVER-WOOD)

THE FIVE ELEMENT LIFESTYLE



- ▶ Kidneys – “To Be”: Rest, Soup, Sleep, Time Alone, Quiet
- ▶ Liver – “To Do”: Be in Nature, Moving Meditation, Right Action, Focus
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- ▶ Lungs: “To Aspire”: Peace and Calm, Creating Order, Beauty, Boundaries

JOY OR EXCITEMENT/ FIRE ELEMENT

20

- ▶ Moderation of all emotions especially fire element.
- ▶ Joy.... a very glad feeling, happiness , great pleasure.
- ▶ However .. living off your adrenals and seeking higher levels of excitement and sensory experience is harmful to the body .



HEART

21

PRIMARY ACTION

- ▶ Live, play

PHYSICAL HEALING ACTIONS

- ▶ Have fun
- ▶ Open heart to new experiences and intimacy
- ▶ Travel
- ▶ Choose happiness
- ▶ Try new hot and bitter foods
- ▶ Rediscover, childlike wonder
- ▶ Communicate
- ▶ Smile, laugh, love



HEART

22

HARMFUL EMOTIONS

- ▶ Excess excitement
- ▶ Sadness



HEART

23

EMOTIONAL REACTION

- ▶ Anxiety
- ▶ Nervousness
- ▶ Seriousness



HEART

24


TRANSCENDENT HEALING EMOTIONS

- ▶ Happiness
- ▶ Unconditional love

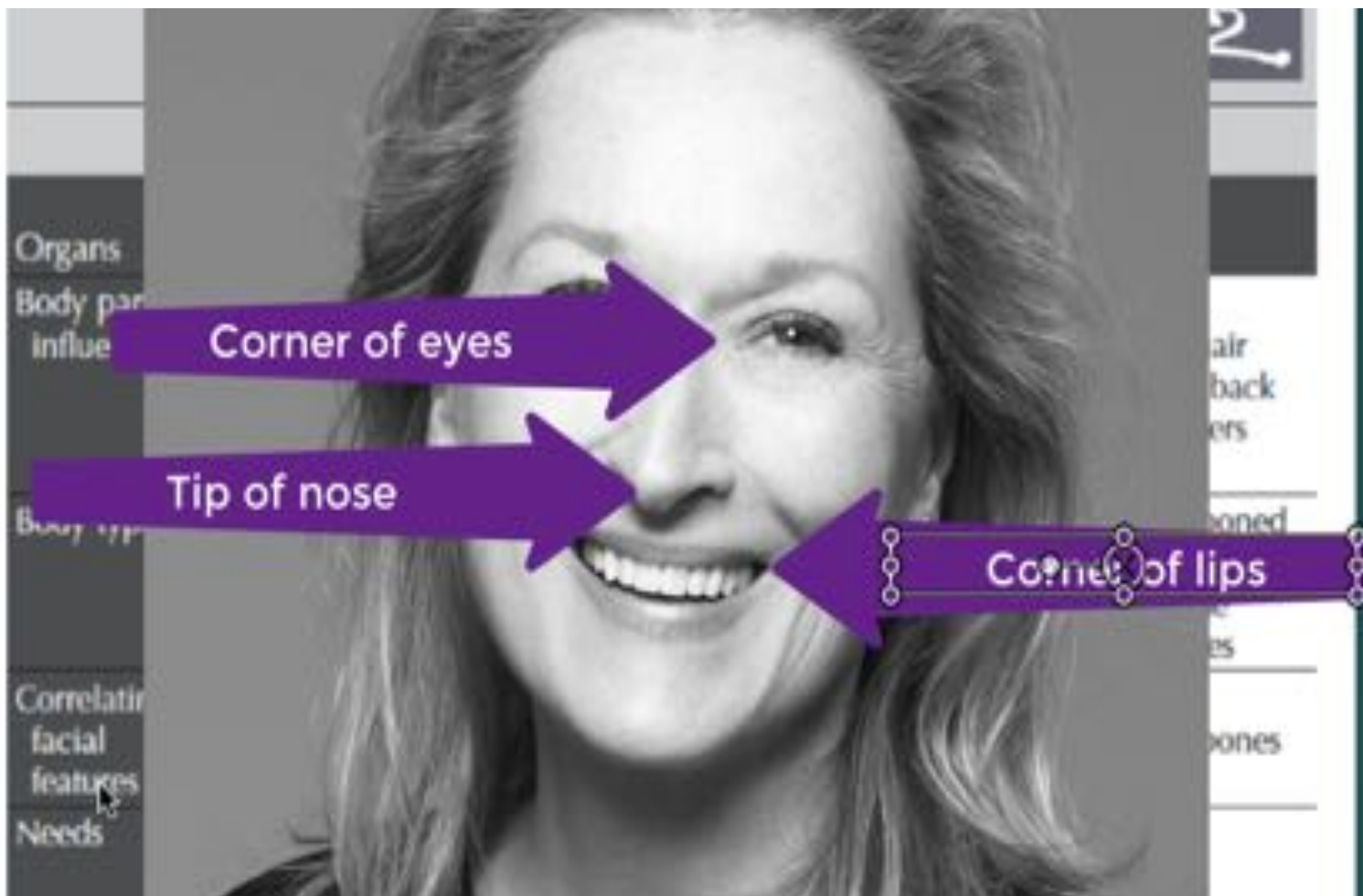








	Water	Wood	Fire	Earth	Metal
Organs	Kidney	Liver	Heart	Spleen/ Stomach	Lungs
Body parts influenced	Low back Knees Brain	Tendons Neck Head	Hands Chest Ribs	Pancreas Large Muscles Midback Abdomen	Skin Body hair Upper back Shoulders
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Needs	Being Water Time alone Creativity	Doing Trees, plants Focus Intensity	Playing Color Light, heat Talking	Family and friends Comfort Things	Order Purity Boundaries Space and time



HEART SHAOYIN MERIDIAN OF THE ARM

▶ YANG PAIRED MERIDIAN

- ▶ Small Intestine
- ▶ Arteries
- ▶ Eyes
- ▶ Hands
- ▶ Chest/ribs
- ▶ Complexion
- ▶ Tongue
- ▶ Corner of Eyes
- ▶ Blood
- ▶ Perspiration
- ▶ Hands
- ▶ Pericardium



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- ▶ Earth – Plump, Large Muscles, Large Feet, Peach and Cream Skin
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EARTH

28



Nei Jing

29

"When one worries too much, the qi stagnates ..."



Nei Jing

29

"When one worries too much, the qi stagnates ..."



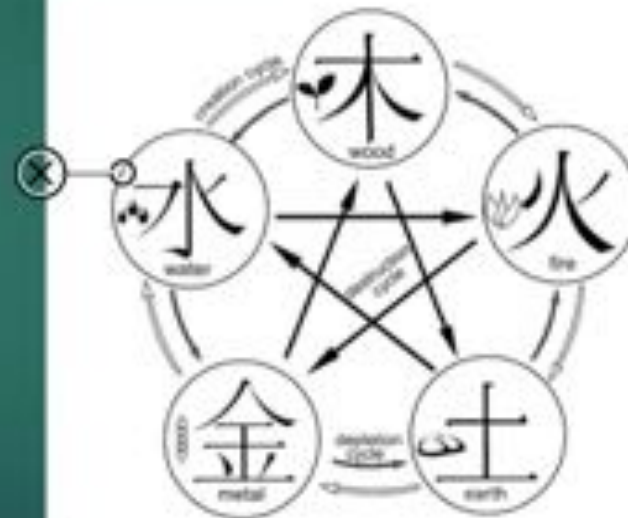


Five Element

Spleen (Earth) is the mother of The Lung (Metal) and tonifies it.

SPLEEN Earth Element/ Yang Pairs

13



Worry and confusion

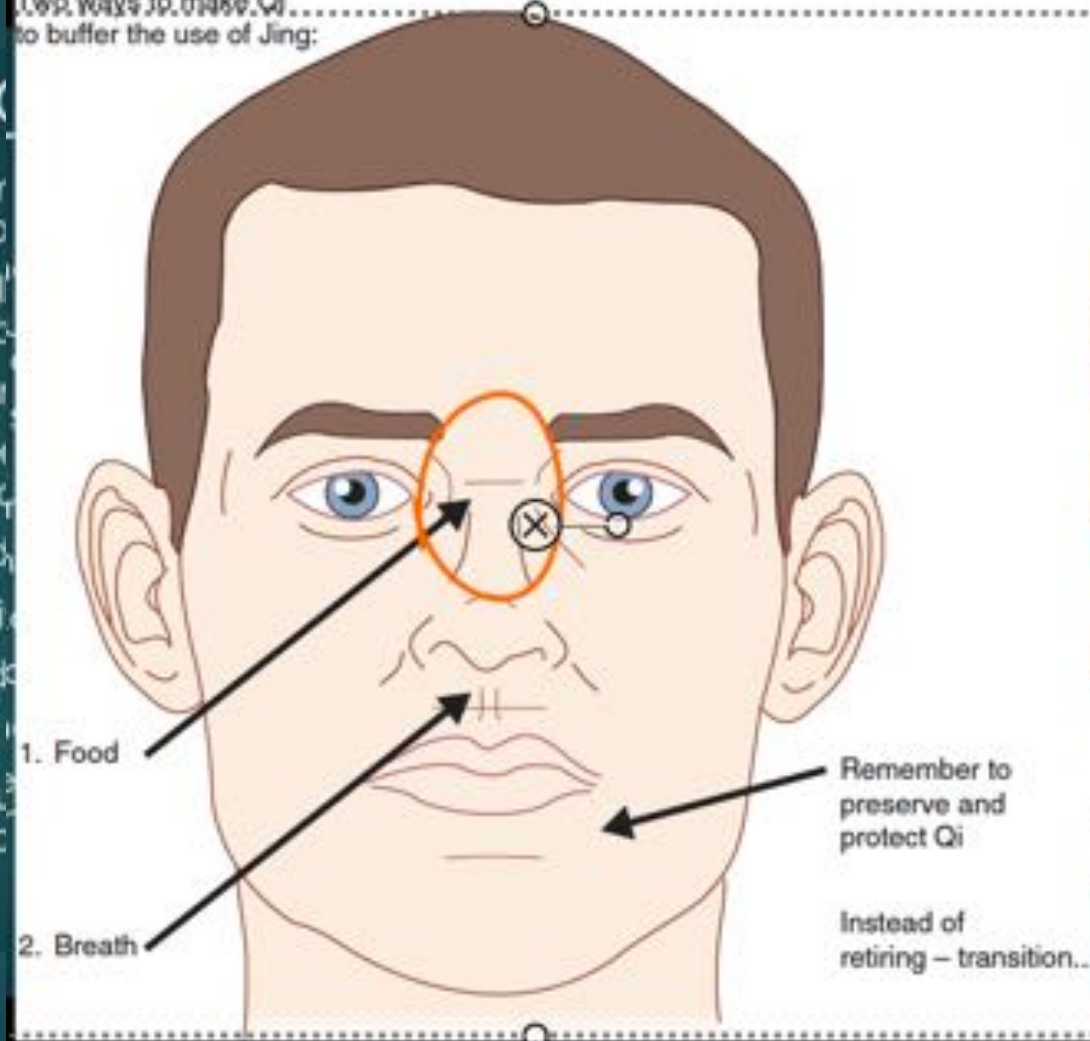
- ▶ The earth element is represented in the body by the spleen and stomach.
- ▶ Worrying usually involves someone else, as people with a lot of earth energy are very other-directed.
- ▶ Leads to stagnation of the mind and body.
- ▶ Worry has no resolution, it is a repetitive process ... like a hamster on an exercise wheel.
- ▶ Confusion and obsessive thinking.
- ▶ Worry.. excessive sympathy.
- ▶ Lack of boundaries.
- ▶ Causes the Qi to stagnate.
- ▶ Energy gets stuck in the brain and in the stomach, resulting in unclear thinking and incomplete digestion.



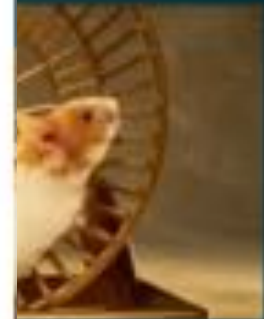
Worry

- ▶ The earth element spleen and stomach
- ▶ Worrying usually associated with a lot of eating
- ▶ Leads to stagnation
- ▶ Worry has no rest like a hamster on a wheel
- ▶ Confusion and anxiety
- ▶ Worry.. excessive
- ▶ Lack of boundaries
- ▶ Causes the Qi to stagnate
- ▶ Energy gets stuck resulting in undigested food

Two ways to make Qi...
to buffer the use of Jing:



33



Overuse of Spleen (worry and confusion)Earth

34

- ▶ Anorexia, bulimia
- ▶ Diabetes



The Healing Transcendent Emotions



Happiness & Love slows, warms and opens the Heart (HEART-FIRE)

Learned Instinct moves you in the right direction
(STOMACH-EARTH)

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Wisdom calms fear (KIDNEY-WATER)

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- ▶ Spleen/Stomach/Pancreas: “To Nurture”: Self Care, Connect, Create, Comfort
- ▶ Lungs: “To Aspire”: Peace and Calm, Creating Order, Beauty, Boundaries

SPLEEN

- ▶ Primary Action
 - ▶ Connect
 - ▶ Nurture

- ▶ Physical Healing Actions
 - ▶ Be Involved
 - ▶ Nurture self
 - ▶ Give freely
 - ▶ Indulge in sensual pleasures of life
 - ▶ Garden
 - ▶ Make Bread
 - ▶ Keep good company
 - ▶ Eat sweet foods
 - ▶ Relax
 - ▶ Hug



Spleen

- ▶ HARMFUL EMOTIONS

- ▶ Worry
- ▶ Confusion
- ▶ Sympathy



Spleen

- ▶ EMOTIONAL REACTION

- ▶ Indecision
- ▶ Over nurturing
- ▶ Under nurturing
- ▶ Smothering



SPLEEN

- ▶ TRANSCENDENT HEALING EMOTIONS

- ▶ Instinct
- ▶ Right Action









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	火	土	金
		Earth	Metal
		Spleen/ Stomach	Lungs
		Pancreas Large Muscles Midback Abdomen	Skin Body hair Upper back Shoulders
		Wide hips Rounded Fleshy Plumpness	Small boned Fair skinned Aquiline features
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SPLEEN TAI YIN MERIDIAN OF THE LEG

▶ **YANG** PAIRED MERIDIAN **STOMACH**

- ▶ Pancreas
- ▶ Muscles
- ▶ Midback
- ▶ Lips
- ▶ Mouth
- ▶ Eyelids
- ▶ Lymph
- ▶ Saliva
- ▶ Diaphragm
- ▶ Large Muscles



SPLEEN TAI YIN MERIDIAN OF THE LEG

- ▶ Generates and regulates fluids
- ▶ Regulate volume and flow of blood and lymph
- ▶ Combined with Pericardium points – moves blood
- ▶ Treats OB/GYN problems
- ▶ Treatments of the meridian regulates blood sugar
- ▶ Also used to treat problems of the inner knee

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METAL

45



Nei Jing

46

"When one is sad, the qi becomes exhausted..."





Five Element

Lung (metal) is the mother of the kidneys (water) and used to tonify them.

LUNG Metal Element/ Yang Pairs

13



The Five Element Human Emotions



Heart (FIRE): **Excitement** makes the Qi scatter and becomes chaotic

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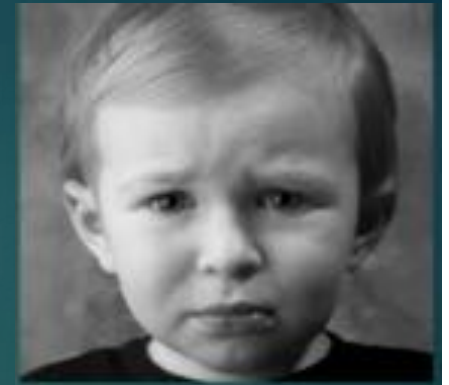
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Grief

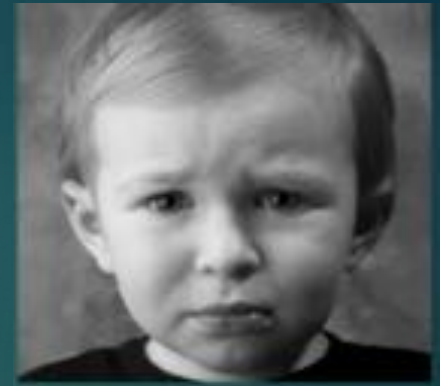


- ▶ Metal emotion
- ▶ This emotion is felt the deepest and compromises the immune system
- ▶ This is not an emotion that in the Western world is socially allowed to express
- ▶ We admire people who hold their emotions in and keep themselves controlled and composed



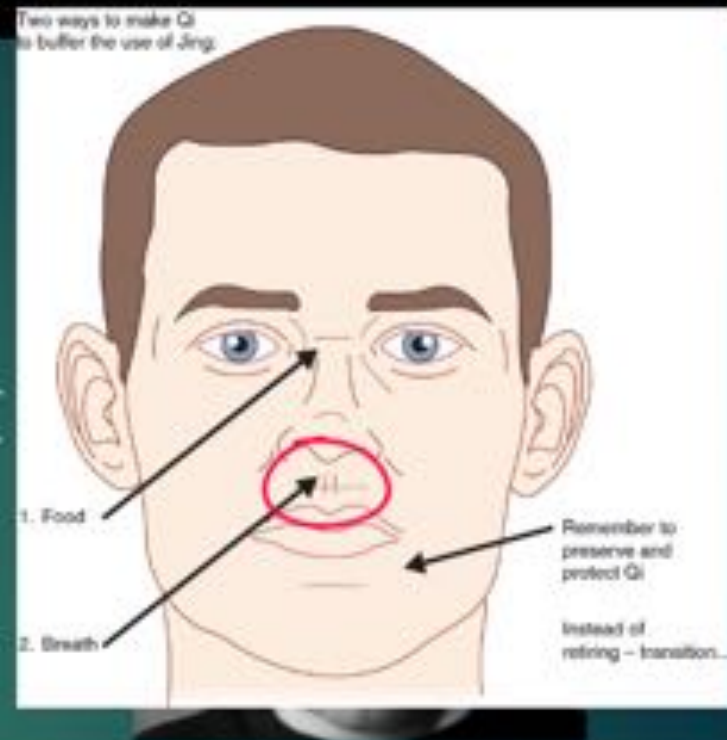
Grief

- ▶ Causes Qi to become exhausted
- ▶ Compromises the immune system
- ▶ Diminishes the Capacity of the lungs to take air in and compromises the ability to breath out the toxins
- ▶ Needs to stay in present and enjoy life



Grief

- ▶ Causes Qi to become exhausted.
- ▶ Compromises the immune system.
- ▶ Diminishes the Capacity of the lungs to take air in and compromises the ability to breathe out the toxins.
- ▶ Needs to stay in present and enjoy life.



Overuse of Lung (Grief) Metal

52



The Healing Transcendent Emotions



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LUNG

PRIMARY ACTION

- ▶ Control, aspire
- ▶ Stay in the present

PHYSICAL HEALING ACTIONS

- ▶ Use discipline
- ▶ Create order
- ▶ Be surrounded with elegance
- ▶ Beauty
- ▶ Refinement
- ▶ Be Grateful
- ▶ Breath on purpose



LUNG

EMOTIONAL REACTION

- ▶ Perfectionism
- ▶ Lack of self-esteem
- ▶ Grandiosity
- ▶ Claustrophobia



LUNG

TRANSCENDENT HEALING EMOTIONS

- ▶ Gratitude
- ▶ Mindfulness









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LUNG YIN MERIDIAN OF THE ARM

▶ **YANG** PAIRED MERIDIAN: **LARGE INTESTINE**

- ▶ Skin problems, skin healing
 - ▶ Eczema, psoriasis
- ▶ Shoulders
- ▶ Colon
- ▶ Sinus
- ▶ Bronchi
- ▶ Respiratory disorders
 - ▶ Coughing
 - ▶ Asthma
 - ▶ COPD
 - ▶ Pneumonia
 - ▶ Colds, Flu
- ▶ Allergies
- ▶ Shortness of Breath



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WATER

63



Nei Jing

64

"When one is fearful and frightened, the qi descends ..."

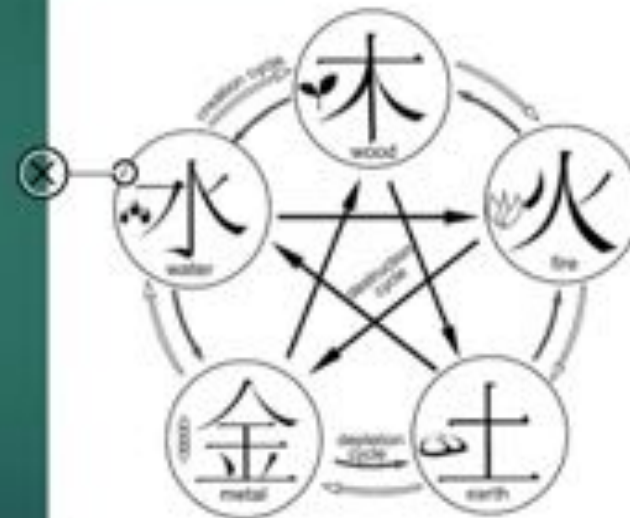




Five Element

Kidney (water) is the mother of The liver (wood) and tonifies it.

KIDNEY Water Element/ Yang Pairs



The Five Element Human Emotions



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Fear

- ▶ Most primal of all the emotions.....
- ▶ The one that we arrive with from the trauma of our birth experience
- ▶ It is an ongoing battle to fight our fears
- ▶ Fear arises with most new and different circumstances
- ▶ Fear is also common when people imagine future scenarios of loss or pain
- ▶ The energy drops down to protect the vital organs
- ▶ Qi descends
- ▶ Fight or flight mode
- ▶ Overuse of fear depletes the kidneys



Overuse of kidney (Fear) Kidney

69



Kidney Depletion – False Heat: Red rim in lower eyelid



Overuse of kidney (Fear) Kidney



dark bags
under eyes

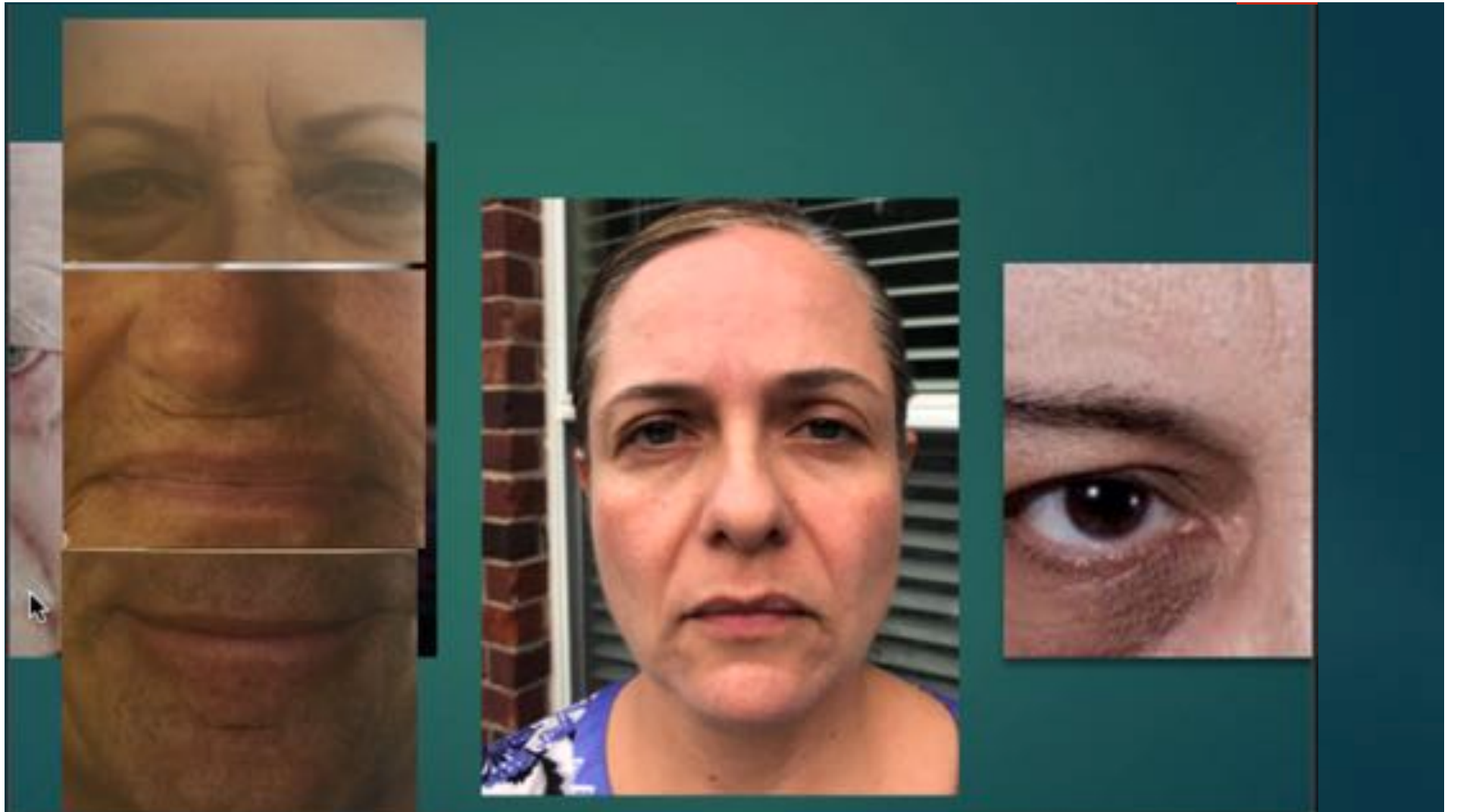
Overuse of kidney (Fear) Kidney

69



Chin reflects the Kidney





The Healing Transcendent Emotions

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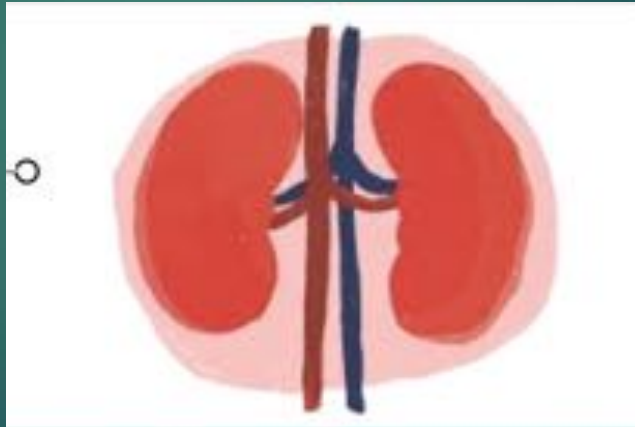
KIDNEY

PRIMARY ACTION

- ▶ Be, hydration

PHYSICAL HEALING ACTIONS

- ▶ Good Water
- ▶ Make Soup
- ▶ Sleep
- ▶ Rest
- ▶ Meditate
- ▶ Eat salty foods
- ▶ Bathe
- ▶ Swim
- ▶ Find Spirituality
- ▶ Cultivate mystical experiences



KIDNEY

HARMFUL EMOTIONS

- ▶ Fear
- ▶ Willfulness



KIDNEY

EMOTIONAL REACTION

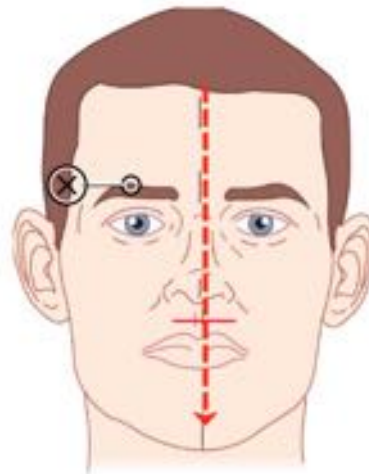
- ▶ Freezing/ Flight
- ▶ Stubbornness
- ▶ Lack of flow



KIDNEY

EMOTIONAL REACTION

- ▶ Freezing/ Flight
- ▶ Stubbornness
- ▶ Lack of flow



KIDNEY

TRANSCENDENT HEALING EMOTIONS

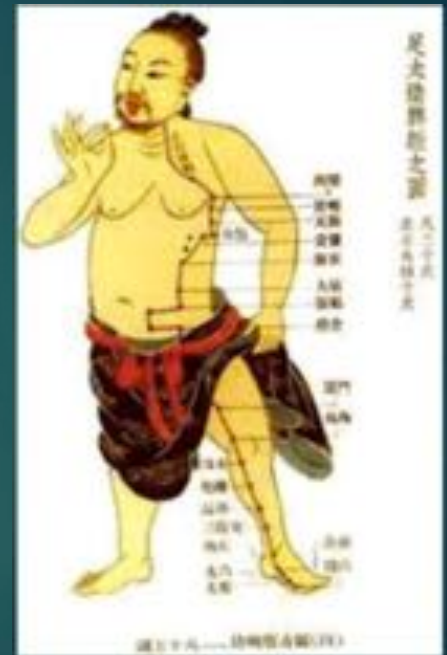
- ▶ Wisdom
- ▶ Allowing



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	Water	Wood	Fire	Earth	Metal
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KIDNEY SHAO YIN MERIDIAN OF THE LEG

- ▶ Related to treatments of the adrenal gland
- ▶ Kidneys
- ▶ Urinary Bladder
- ▶ Ovaries
- ▶ Bronchi
- ▶ Glands (parathyroid, thyroid and lymph glands)
- ▶ Detoxify
- ▶ Tan tien, center of energy and breathing
- ▶ Kidney treats respiratory complaints
- ▶ Su wen, classic source, kidney related to the North (tan tien at CV3 named "north star")



100

- ▶ Brain
- ▶ Spinal Cord
- ▶ Bones
- ▶ Hips
- ▶ Knees, ankles
- ▶ Head hair
- ▶ Sphincters
- ▶ Pubic hair
- ▶ Teeth
- ▶ Inner ears
- ▶ Pupil of eye
- ▶ Ovaries/testes
- ▶ Bladder



THE FIVE ELEMENT BODY TYPE

- ▶ Water – Large/Heavy Bones, Wide Hips, Mysterious Eyes, Dark Skin
- ▶ Wood – Tall, Long Limbs, Ropey Tendons, Green Skin
- ▶ Fire – Small, Narrow Shoulders, Slim Hips, Active Hands, Red and Pink in Throat Area
- ▶ Earth – Plump, Large Muscles, Large Feet, Peach and Cream Skin
- ▶ Metal – Small Bones, Pale Skin, Symmetrical Facial Features, Fine Hair, Broad Shoulders

WOOD

80



Nei Jing

81

"When one is angry, the qi rises upward..."

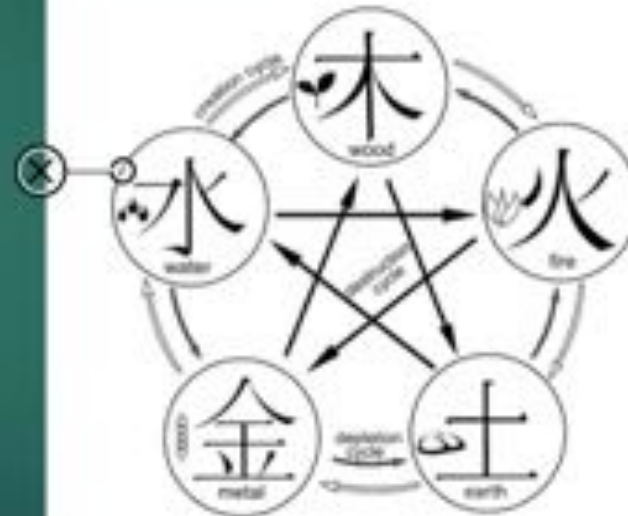




Five Element

Liver (Wood) is the mother of The Heart (fire) and tonifies it.

LIVER Wood Element/ Yang Pairs



The Five Element Human Emotions



Heart (FIRE): **Excitement** makes the Qi scatter and becomes chaotic

Stomach (EARTH): **Worry** makes the Qi become stagnant

Lungs (METAL): **Grief** causes the Qi to become exhausted

Kidneys (WATER): **Fear** causes Qi to descend

Liver (WOOD): **Anger** forces the Qi to rise upward and concentrate

These are the human emotions and are useful and protective in daily interactions and for interpersonal communication.

However, they can be overused and underused, which cause harm to the body.

ANGER

- ▶ It is a very powerful emotion used as a shield for defense and as a weapon
- ▶ It is the most expressed and validated emotion in the western world
- ▶ Anger destroys, creates change
- ▶ Qi rises upwards
- ▶ Anger is a focused emotion and creates hardness and tightness in the body in preparation for attack
- ▶ If anger is constant emotion it causes hardening of the body, leading to rigid thinking and problems with adaptation and change
- ▶ Correct use of anger is a valuable tool
- ▶ Powerful weapon and protective shield against abuse



Anger

- ▶ It is the foundation of power
- ▶ One must guard against the rigidity or the hardening of the tree because it becomes more susceptible to falling in the wind
- ▶ Flexibility and adaptability is an asset. Anger is best expressed as soon as it is felt so that it doesn't carry a charge



Overuse of liver (anger) Wood

87



Overuse of liver (anger) Wood

87

Strong, full eyebrows reflect liver type



The Healing Transcendent Emotions



Happiness & Love slows, warms and opens the Heart (HEART-FIRE)

Learned Instinct moves you in the right direction (STOMACH-EARTH)

Gratitude lightens grief (LUNG-METAL)

Wisdom calms fear (KIDNEY-WATER)

Human Kindness pacifies anger (LIVER-WOOD)

THE FIVE ELEMENT LIFESTYLE



- ▶ Kidneys – “To Be”: Rest, Soup, Sleep, Time Alone, Quiet
- ▶ Liver – “To Do”: Be in Nature, Moving Meditation, Right Action, Focus
- ▶ Heart – “To Play”: Communicate, Enjoy, Cultivate Little Happiness, Be Creative
- ▶ Spleen/Stomach/Pancreas: “To Nurture”: Self Care, Connect, Create, Comfort
- ▶ Lungs: “To Aspire”: Peace and Calm, Creating Order, Beauty, Boundaries

LIVER

PRIMARY ACTION

- ▶ Do, energize life with action, exercise

PHYSICAL HEALING ACTIONS

- ▶ Become flexible
- ▶ Take up a course
- ▶ Get something done
- ▶ Use herbs
- ▶ Eat sour food
- ▶ Spend time around trees
- ▶ Grow things
- ▶ Hike
- ▶ Walk
- ▶ Work



LIVER

HARMFUL EMOTIONS

- ▶ Anger
- ▶ Hate



LIVER

EMOTIONAL REACTION

- ▶ Depression
- ▶ Responsibility
- ▶ Overdoing or not doing



LIVER

TRANSCENDENT HEALING EMOTIONS

- ▶ Human kindness
- ▶ Compassion









	Water	Wood	Fire	Earth	Metal
Organs	Kidney	Liver	Heart	Spleen/ Stomach	Lungs
Body parts influenced	Low back Knees Brain	Tendons Neck Head	Hands Chest Ribs	Pancreas Large Muscles Midback Abdomen	Skin Body hair Upper back Shoulders
Body type	Shadowed eyes Big bones Wide hips	Tall/sleaky Short/ energetic	Small Narrow hips Redness or flush in neck	Rounded Fleshy Plumpness	Small boned Fair skinned Aquiline features
Correlating facial features	Ears Forehead Chin	Eyebrows Browbones Jaw	Eyes Lines/Tips/ corners	Mouth Lower cheeks Above lips	Nose Cheekbones Moles
Needs	Being Water Time alone Creativity	Doing Trees, plants Focus Intensity	Playing Color Light, heat Talking	Family and friends Comfort Things	Order Purity Boundaries Space and time

LIVER JUE YIN MERIDIAN OF THE LEG

► **YANG** PAIRED MERIDIAN **GALLBLADDER**

- Gallbladder
- Neck/head
- Ligaments
- Tendons
- Small muscles
- Iris of the eye
- Vagina
- Clitoris
- Penis
- Nails
- Skin color
- Hormones



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ELEMENT FEATURES

97

ELEMENT	WATER	WOOD	FIRE	EARTH	METAL
ORGAN	KIDNEY	LIVER	HEART	SPLEEN/ STOMACH	LUNG
VITAL FEATURE	EARS	EYEBROWS	EYES	MOUTH/ LIPS	NOSE
COROLLARY FEATURES	UNDER EYE CHIN PHILTRUM	JAW TEMPLE SEAT OF STAMP	TIP OF TONGUE TIP OF NOSE WRINKLES	UPPER EYELIDS BRIDGE OF NOSE MONEYBAGS	CHEEKBONES UPPER CHEEKS SKIN
BODY TYPE ASSOCIATED TRAITS	LARGE BONES WIDE HIPS SHADOWED EYES	TALL/SINEWY SHORT/ENERGETIC	RED SKIN NARROW HIPS AND SHOULDERS	FLESHY/ PLUMP LARGE MUSCLES GOOD SKIN	SMALL BONES WHITE SKIN AQUILINE FEATURES

DIAGNOSING QI OF ORGANS

- ▶ Heart Qi is seen
 - ▶ In the tip of the nose
 - ▶ In the tip of the tongue



DIAGNOSING QI OF ORGANS

- ▶ Stomach Qi is seen
 - ▶ In the area just above the upper lip



DIAGNOSING QI OF ORGANS

- ▶ Spleen/Pancreas Qi is seen
 - ▶ In the bridge of the nose



DIAGNOSING QI OF ORGANS

- ▶ Lung Qi is seen
 - ▶ In the nose
 - ▶ In the cheek area
 - ▶ In the quality of the skin



DIAGNOSING QI OF ORGANS

- ▶ Kidney Qi is seen
 - ▶ Under the eyes
 - ▶ The Chin



Fertility and Creativity
is seen in the Philtrum

DIAGNOSING QI OF ORGANS

- ▶ Liver Qi is seen
 - ▶ In the eyebrows
 - ▶ In the whites of the eyes (the sclera)



In the Seat of
the Stamp

