

The Wood Element Cheat Sheet

Organ association: Liver and Gallbladder

The Wood Element in balance: free and healthy emotional expression; ability to dream, visualize, create; healthy hair, nails, eyes, tendons, ligaments; qualities of kindness and equanimity directed both inward and outward

Symptoms of an over-active or depleted Wood element: easily frustrated

or annoyed, irritable outbursts, uneven energy levels (sluggish and tired one minute yet impatient and driven the next); tight, dry tendons ligaments and muscles that lack mobility; intense headaches; dull headaches behind the eyes, teeth-grinding; disrupted digestion and elimination (especially a tendency to fluctuate between loose stool and constipation); dry, itchy, irritated eyes or floaters, increased incidence of tremors, tics, muscle spasms. For women, irregular or painful periods and PMS are common when the Liver is out of balance.

Acupressure to balance your Wood element: **KIDNEY-1** (grounding, calming, good for headaches); **LIVER-3** (promotes even emotional and physical energy flow, regulates menses, clears the head and eyes, calms spasms); **SPLEEN-6** (harmonizes the liver, invigorates blood, calming); **LARGE INTESTINE-4** (relieves headaches, alleviates all types of pain including dental, calms mind and spirit), **GALLBLADDER-21** (relieves neck, shoulder tension - *do not press if pregnant*), **GALLBLADDER-20** (relieves headaches, allergy and cold symptoms, clears blurry vision, relieves “brain fog”, soothes insomnia); **CONCEPTION VESSEL-12** (soothes digestive upsets, balances appetite, calms mind).

Aromatherapy to support and balance Wood: cedar wood, cypress, fir, eucalyptus (basically any woody essential oil). Diffuse in an infuser or combine 2-3 drops with about 2 tablespoons base oil such as almond or sunflower and massage entire body after showering.

Foods that nourish Wood (Liver, Gallbladder): GO GREEN! Eat lots of deep leafy greens such as dandelion, kale, collards and chard. Supplement with superfoods like spirulina and chlorella. Drink cleansing teas such as nettle, dandelion, burdock (nettle is especially good for relieving allergies); limit caffeine (try green tea instead) and eliminate or reduce alcohol intake.

