





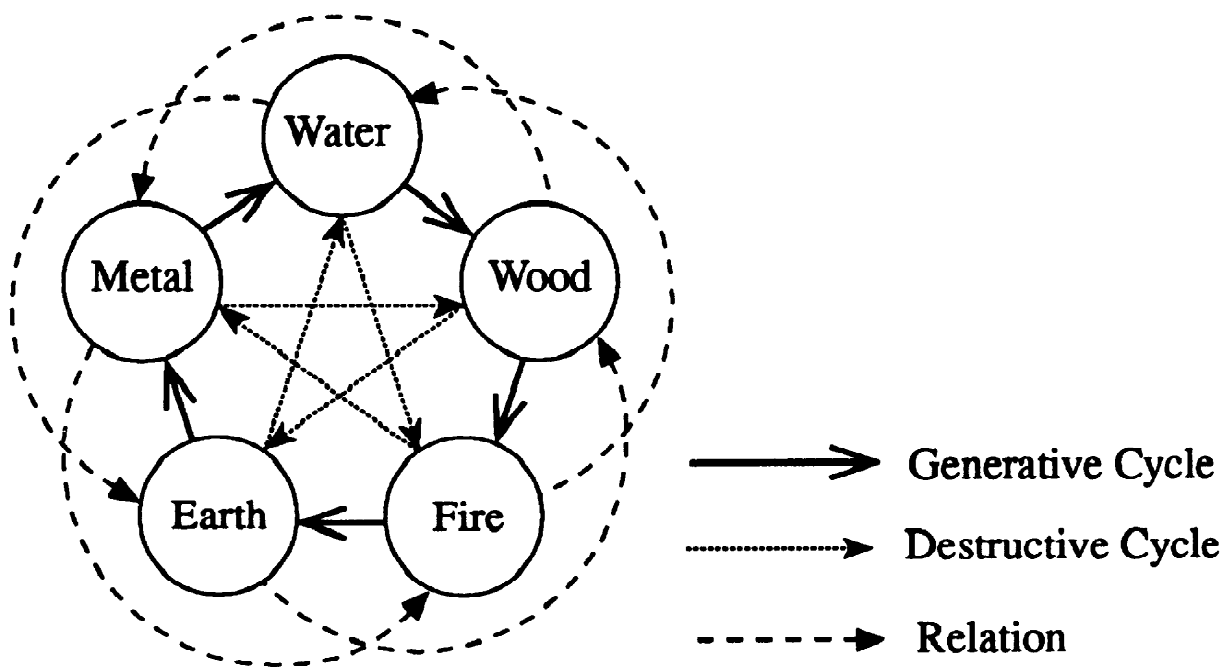






**The Five Categories of Things Classified According to the Five Elements**

| <i>Five Elements</i> | <i>Human Body</i> |                 |                          |                     |                    | <i>Nature</i>  |                              |                                 |               |               |                     |
|----------------------|-------------------|-----------------|--------------------------|---------------------|--------------------|----------------|------------------------------|---------------------------------|---------------|---------------|---------------------|
|                      | <i>Viscera</i>    | <i>Bowels</i>   | <i>Five Sense Organs</i> | <i>Five Tissues</i> | <i>Emotions</i>    | <i>Seasons</i> | <i>Environmental Factors</i> | <i>Growth &amp; Development</i> | <i>Colors</i> | <i>Tastes</i> | <i>Orientations</i> |
| <i>Wood</i>          | Liver             | Gall Bladder    | Eye                      | Tendon              | Anger              | Spring         | Wind                         | Germination                     | Green         | Sour          | East                |
| <i>Fire</i>          | Heart             | Small Intestine | Tongue                   | Vessel              | Joy                | Summer         | Heat                         | Growth                          | Red           | Bitter        | South               |
| <i>Earth</i>         | Spleen            | Stomach         | Mouth                    | Muscle              | Meditation         | Late Summer    | Dampness                     | Transformation                  | Yellow        | Sweet         | Middle              |
| <i>Metal</i>         | Lung              | Large Intestine | Nose                     | Skin & Hair         | Grief & Melancholy | Autumn         | Dryness                      | Reaping                         | White         | Spicy         | West                |
| <i>Water</i>         | Kidney            | Urinary Bladder | Ear                      | Bone                | Fright & Fear      | Winter         | Cold                         | Storing                         | Black         | Salty         | North               |



### Generative Cycle (Shen)

Fire creates Earth: When volcanos erupt or Wood burns out, the ash remains and becomes part of the Earth. Therefore, Fire is the mother of Earth, and Earth is the child of Fire.

Earth creates Metal: Metal is usually found in the Earth. Therefore, Earth is the mother of Metal, and Metal is the child of Earth.

Metal creates Water: Ancient Mirrors were made of Metal. Water condensed on their surface overnight, thus Metal creates Water by condensation.

Water creates Wood: Wood grows by absorbing Water. Water is the mother of Wood, and Wood is the child of Water.

Wood creates Fire: Fire can be made from Wood. Therefore, Wood is the mother of Fire, and Fire is the child of Wood.

### Destructive Cycle (Ke)

Wood destroys Earth: Wood and its rooting systems can break apart soil and Earth.

Earth destroys Water: Earth dams can stop Water.

Water destroys Fire: Water can put out Fire.

Fire destroys Metal: Metals can be melted by Fire.

Metal destroys Wood: Metal tools can cut Wood.

**Appendix B. Ten Celestial Stems and Twelve Earthly Branches**

The ten celestial stems and twelve earthly branches is a traditional Chinese system of time keeping.

A complete cycle using ten and twelve items equals sixty.

There are ten celestial stems. They are Jia, Yi, Bing, Ding, Wu, Ji, Geng, Xin, Ren, and Gui.

There are twelve earthly branches. They are Zi, Chou, Yin, Mao, Chen, Si, Wu, Wei, Shen, You, Xu and Hai. Each of these corresponds to an animal, a constellation, and the hours in a day. It is also called a duodecimal cycle (see Table 1).

**Table 1. The Twelve Earthly Branches (The Duodecimal Cycle)**

|   | <u>Branches</u> | <u>Animals</u> | <u>Zodiac</u> | <u>Hours</u> |
|---|-----------------|----------------|---------------|--------------|
| 子 | Zi              | Rat            | Aries         | 11-1 a.m.    |
| 丑 | Chou            | Ox             | Taurus        | 1-3 a.m.     |
| 寅 | Yin             | Tiger          | Gemini        | 3-5 a.m.     |
| 卯 | Mao             | Hare           | Cancer        | 5-7 a.m.     |
| 辰 | Chen            | Dragon         | Leo           | 7-9 a.m.     |
| 巳 | Si              | Serpent        | Virgo         | 9-11 a.m.    |
| 午 | Wu              | Horse          | Libra         | 11-1 p.m.    |
| 未 | Wei             | Sheep          | Scorpio       | 1-3 p.m.     |
| 申 | Shen            | Monkey         | Sagittarius   | 3-5 p.m.     |
| 酉 | You             | Cock           | Capricorn     | 5-7 p.m.     |
| 戌 | Xu              | Dog            | Aquarius      | 7-9 p.m.     |
| 亥 | Hai             | Pig            | Pisces        | 9-11 p.m.    |

**Appendix C. Acupuncture Points Mentioned in the Text (Ling Shu).**

**Lung**

- L-2 Cloud Door
- L-3 Celestial Mansion
- L-5 Cubit Marsh
- L-7 Crack of Lightning
- L-8 Channel Ditch
- L-9 Major Abyss
- L-10 Fish Border
- L-11 Minor Shang

**Large Intestine**

- LI-1 Shang Yang
- LI-2 Second Interval
- LI-3 Third Interval
- LI-4 Joining Valleys
- LI-5 Yang Stream
- LI-6 Side Passage
- LI-11 Crooked Pond
- LI-13 Five Distances
- LI-14 Outer Side of the Arm
- LI-15 Shoulder Bone
- LI-18 Supporting Chimney

**Stomach**

S-2 Lower Gate  
 S-5 Great Welcome  
 S-6 Jaw Carriage  
 S-8 Head Border  
 S-9 Man's Receptor  
 S-12 Broken Dish  
 S-25 Celestial Pivot  
 S-30 Qi Road or Qi Rushing  
 S-31 Thigh Gate  
 S-32 Crouching Rabbit  
 S-35 Calf's Nose  
 S-36 Three Distances  
 S-37 Great Hollow Upper Passage  
 S-39 Great Hollow Lower Passage  
 S-40 Abundant Mound  
 S-41 Lower Mound or Released Stream  
 S-42 Rushing Yang  
 S-43 Sinking Valley  
 S-44 Inner Court  
 S-45 Tip Exchange

**Spleen**

Sp-1 Hidden White  
 Sp-2 Great Capital  
 Sp-3 Pure White  
 Sp-4 GrandFather Grandson  
 Sp-5 Shang Mound  
 Sp-6 Three Yin Junction or Three Yin Crossing  
 Sp-9 Yin Mound Spring  
 Sp-21 Big Envelope

**Heart**

H-5 Penetrating Inside  
 H-7 Spirit Door  
 H-8 Minor Mansion  
 H-9 Little Capillary

**Small Intestine**

SI-1 Little Marsh  
 SI-2 Front Valley  
 SI-3 Back Stream  
 SI-4 Wrist Bone  
 SI- 5 Yang Valley  
 SI-6 Caring for the Old  
 SI-7 Branch Regulator  
 SI-8 Small Sea  
 SI-16 Celestial Window  
 SI-17 Celestial Appearance  
 SI-19 Window Basket or Listening Palace

**Bladder**

B-1 Eyes Bright  
 B-2 Drilling Bamboo  
 B-5 Five Places  
 B-6 Receiving Light  
 B-7 Penetrating Heaven  
 B-8 Connect and Withdraw  
 B-9 Pillow Bone  
 B-10 Celestial Pillar  
 B-11 Big Shuttle  
 B-29 Middle of the Back  
 B-39 Yielding Yang  
 B40 Yielding Middle  
 B-57 Supporting Mountain  
 B-58 Flying About  
 B-59 Footbone Yang  
 B-60 Kun Lun Mountain  
 B-64 Level Bone  
 B-65 Bound Bone  
 B-66 Penetrating Valley  
 B-67 Extremity of Yin

**Kidney**

K-1 Gushing Spring  
 K-2 Blazing Valley  
 K-3 Major Stream  
 K-4 Big Bell  
 K-6 Shining Sea  
 K-7 Returning Stream  
 K-10 Yin Valley

**Pericardium**

P-1 Celestial Pool  
 P-3 Crooked Marsh  
 P-5 Messenger Go-Between  
 P-6 Inner Gate  
 P-7 Great Mound  
 P-8 Labor's Palace  
 P-9 Middle Capillary

**Triple Heater**

TH-1 Capillary Gate  
 TH-2 Fluid Door  
 TH-3 Middle Islet  
 TH-4 Yang Pond  
 TH-5 Outer Gate  
 TH-6 Brand Ditch  
 TH-10 Celestial Well  
 TH-16 Celestial Shutters  
 TH-18 Convulsions Channel or Ear Clear Channel  
 TH-20 Minor Corner  
 TH-21 Ear Door  
 TH-23 Silk Bamboo Hollow

**Gallbladder**

Gb-2 Hearing Center  
 Gb-3 Master of Man or Upper Gate  
 Gb-5 Skull Suspension  
 Gb-12 Final Bone  
 Gb-15 Above the Tears  
 Gb-16 Eye Window  
 Gb-17 True Management  
 Gb-18 Receiving Spirit  
 Gb-19 Brain Hollow  
 Gb-20 Wind Pond  
 Gb-22 Abyss of the Armpit  
 Gb-30 Ball Joint  
 Gb-31 Wind Market  
 Gb-34 Yang Mound Spring  
 Gb-37 Bright Light  
 Gb-38 Yang Support  
 Gb-40 Mound Dwellings  
 Gb-41 Descending Tears  
 Gb-43 Narrow Stream  
 Gb-44 Cavity of Yin

**Liver**

Li-1 Big Stump  
 Li-2 Walking In Between  
 Li-3 Great Rushing  
 Li-4 Middle Seal or Center Seal  
 Li-5 Insect Grove  
 Li-8 Bending Spring  
 Li-13 Chapter Gate

**Conception Vessel**

Cv-4 Gate of Origin

Cv-6 Throat of the Umbilicus or Sea of Qi

Cv-12 Great Granary or Middle Duct

Cv-15 Dove Tail

Cv-17 Center of Breathing

Cv-18 Beautiful Jade or Jade Foyer

Cv-19 Purple Palace

Cv-22 Celestial Chimney

Cv-23 Middle of the Throat or Angular Spring

Cv-24 Receiving Fluids

**Governing Vessel**

Gv-1 Long and Strong

Gv-8 Contracted Muscle

Gv-13 Kiln Path

Gv-14 Big Vertebra

Gv-15 Mute Door

Gv-16 Wind Mansion

Gv-17 Skull Gathering

Gv-19 Posterior Summit

Gv-20 Hundred Meetings

Gv-21 Anterior Summit

Gv-23 Upper Star

Gv-26 Middle of Man

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