

# 5 Element Diagnosis

**abdomen:** air/fire/earth

**adrenals:** earth (air)

**ankles:** air (also may be bones, cartilage, tendons)

**anus:** earth

**appendix:** air, earth

**arteries:** fire

**arms:** air

**back:** earth, also...

- **cervical:** ether
- **thoracic:** air
- **upper to mid-lumbar:** fire
- **lower lumbar:** water
- **sacrum:** water
- **coccyx:** earth

**bladder:** water

**blood:** water, earth

**bones:** earth

**brain:** fire

**breasts:** water

**calves:** air

**capillaries:** fire

**cartilage:** earth

**chest:** air (water)

**coccyx:** earth

**colon:** air, earth

**connective tissue:** earth

**duodenum:** fire

**ears:** ether (fire)

- **inner:** ether, earth

**emotion:** ether

- **addictions/compulsions/obsessions/sexual issues:** ether, water
- **anger/powerless/depression:** ether, fire
- **anxiety/nervousness/worry:** ether, air
- **blocking/repressing emotions:** ether (water)
- **fear:** ether, earth
- **grief:** ether
- **guilt:** ether, water
- **shame:** ether, fire

**issues with –**

- **asserting self / honesty/ making decisions /aggression / abusing power:** fire
- **expressing self:** ether
- **grounding / safety / security /routines:** earth
- **sexuality / nurturing (or over-nurturing)self or others:** water
- **valuing self/ judging self or others:** air

**eyes:** fire

**fat:** water

**feet:** water

**fingers:** air

- **thumb:** ether
- **first:** air
- **middle:** fire
- **ring:** water
- **little:** earth

**gallbladder:** fire

**gums:** water

**hair:** ether

**hands:** air

**head:** fire

**hearing:** ether

**heart:** air, fire, water

**hips:** fire, (ether - joints, earth - bone and cartilage)

**hypothalamus:** brow chakra

**immune system:** air

**insomnia:**

- **from emotional causes:** ether (see also: **emotions**)
- **from indigestion:** fire

**jaw:** fire

**joints:** ether

**kidneys:** air (water)

**knees:** earth (fire)

**labia:** air, water

**large intestine:** air, earth

**ligaments:** earth

**liver:** fire

**lungs:** air (water)

**lymph glands:** water

**lymphatic system:** water

**mind:**

- **difficulty concentrating / thinking:** air, fire
  - **overactive:** air
- also see: **emotions**

**mouth:** water

**mucous membranes:** water

**muscle:** fire, water, earth

**nails:** earth, plus see relevant finger or toe

**neck:** ether (air, fire, water, earth)

**nerves:** air

- **central nervous system:** air
- **sympathetic:** (air) fire
- **parasympathetic:** (air) water

**nose:** earth

**ovaries:** water

**pancreas:** fire

**pelvis:** water

**penis:** water

**pineal:** crown chakra

**pituitary:** brow chakra

**prostate:** water

**rectum:** earth

**reproductive system:** water

**reproductive organs:** water

**sacrum:** water (earth)

**saliva:** water

**scalp:** air - skin, fire – head

**senses:**

- **hearing:** ether
- **sight:** fire
- **smell:** earth
- **taste:** water
- **touch/feeling:** air

**shoulders:** air (fire)

**sinuses:** water (fire - head)

**skin:** air (plus cross-reference with area of the body concerned)

**small intestine:** air, earth

**sperm:** water

**sebaceous glands:** water

**spleen:** water

**stomach:** fire

**sweat glands:** air, water

**tears:** ether, water

**teeth:** earth (fire - jaw, water - mouth)

**tendons:** earth

**testes:** water

**thighs:** fire

**throat:** ether

**thymus:** air, water

**thyroid:** ether (fire)

**tongue:** water (fire - head)

**toes:** water

- **big:** ether
- **first:** air
- **middle:** fire
- **fourth:** water
- **little:** earth

**urine:** fire, water

**uterus:** water

**vagina:** water

**vulva:** air, water

**veins:** fire