

5 ELEMENTS - TCVM

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VETERINARIAN



AGENDA



INTRO TO YIN |
YANG ENERGETICS



WHAT ARE THE 5
ELEMENTS



THE CIRCADIAN
RHYTHM CLOCK



THE 5 ELEMENTS AS
THEY RELATE TO
PERSONALITIES



QUESTIONS

INTRO TO YIN & YANG

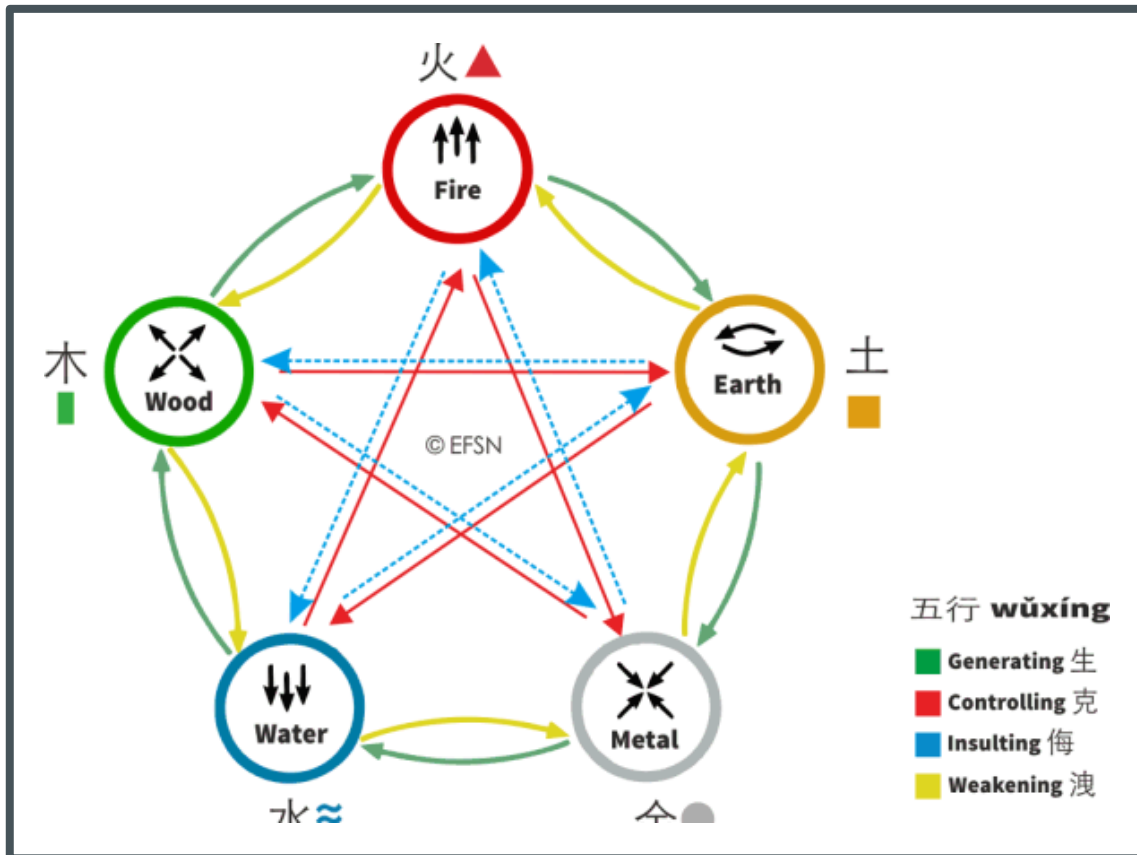
Yin	Yang
Cold	Hot
Night	Day
Slow	Fast
Inside	Outside
Female	Male
Quiet	Loud
Small	Large
Still	Active
Left	Right
Water	Fire
Down	Up



YIN | YANG WITH ANIMALS

Yin	Yang
Pants little	Pants a Lot
Sleeps under the covers (loves blankets in winter)	Sleeps on Cold floors/ ground
Snuggles	Does not like Snuggles
Loves to sleep in the sun	Prefers cold & loves snow
Couch potato/ lazy	Very active & restless
Dark colored coats	Light colored coats
Pale, wet tongue	Red, Dry tongue
Doesn't drink a lot	Thirsty all the time
Wet, drippy nose	Dry, Brittle nose or hooves
Older	Younger

WHAT ARE THE 5 ELEMENTS?



- The 5 elements apply to:
 - Personality
 - Disease predisposition patterns
 - Dietary considerations
- Wood
- Fire
- Earth
- Metal
- Water



THE 5 ELEMENTS THEORY

- Used to categorize natural phenomena into 5 different qualities | states | elements
- Describes and explains 5 different directions of movement found in nature and seasons
- ALL phenomena in the universe corresponds to one of these elements from climate, seasons, body parts, emotions, and personalities
- As Nature is always in constant motion, so are the five elements
- This continuous movement creates interrelationships or “cycles” between the 5 elements
 - every element is dependent on the others to fulfill their responsibilities to keep our world and our bodies balance and healthy

THE 5 ELEMENTS – HOW THEY ARE CONNECTED AND RELATED

- *Fire* burned and created **earthen** ash which gave rise to mountains containing **metal**; Metal parted making way for the *water*; Water gave nourishment to the *wood*; Wood continuing the cycle, kindled the fire.

FIVE ELEMENTS



WOOD

Organs: Liver; Gallbladder
Season: Spring
Direction: East
Color: Green
Environment: Windy
Taste: Sour
Emotion: Anger
Sense Organ: Eye
Bodily Tissue: Tendons



EARTH

Organs: Spleen; Stomach
Season: Late summer
Direction: Center/Middle
Color: Yellow
Environment: Damp
Taste: Sweet
Emotion: Worry
Sense Organ: Mouth
Bodily Tissue: Muscles



WATER

Organs: Kidneys; Urinary
Bladder
Season: Winter
Direction: North
Color: Blue
Environment: Cold
Taste: Salty
Emotion: Fear
Sense Organ: Ear
Bodily Tissue: Bone



FIRE

Organs: Heart; Small
Intestine
Season: Summer
Direction: South
Color: Orange / Red
Environment: Hot
Taste: Bitter
Emotion: Joy
Sense Organ: Tongue
Bodily Tissue: Blood
vessel



METAL

Organs: Lung; Large
Intestine
Season: Fall
Direction: West
Color: White / Grey
Environment: Dry
Taste: Pungent
Emotion: Grief
Sense Organ: Nose
Bodily Tissue: Body hair
vessel



WOOD

- Organ: LIVER | GALLBLADDER
- Season: SPRING
- Function: MOVE, INITIATE
- Direction: EAST
- Weather: WIND
- Color: GREEN
- Flavor: SOUR
- Sense Organ: EYE
- Body Part: TENDONS
- Emotion: ANGER
- Spirit: HUN (SOUL)



FIRE

- Organ: HEART | SMALL INTESTINE
- Season: SUMMER
- Function: ENGAGE, GOVERN
- Direction: SOUTH
- Weather: HEAT
- Color: RED
- Flavor: BITTER
- Sense Organ: TONGUE
- Body Part: VESSELS
- Emotion: JOY
- Spirit: SHEN (SPIRIT)



EARTH

- Organ: SPLEEN | STOMACH
- Season: LATE SUMMER
- Function: NOURISH, ASSIMILATE
- Direction: CENTRAL
- Weather: DAMP
- Color: YELLOW
- Flavor: SWEET
- Sense Organ: MOUTH
- Body Part: MUSCLES, FLESH
- Emotion: WORRY
- Spirit: YI (LOGIC)



METAL

- Organ: LUNG | LARGE INTESTINE
- Season: FALL
- Function: DEFEND, INHALE, WITHDRAW
- Direction: WEST
- Weather: DRY
- Color: WHITE
- Flavor: PUNGENT
- Sense Organ: NOSE
- Body Part: SKIN AND HAIR
- Emotion: GRIEF
- Spirit: PO (HYPER-REACTIVITY)

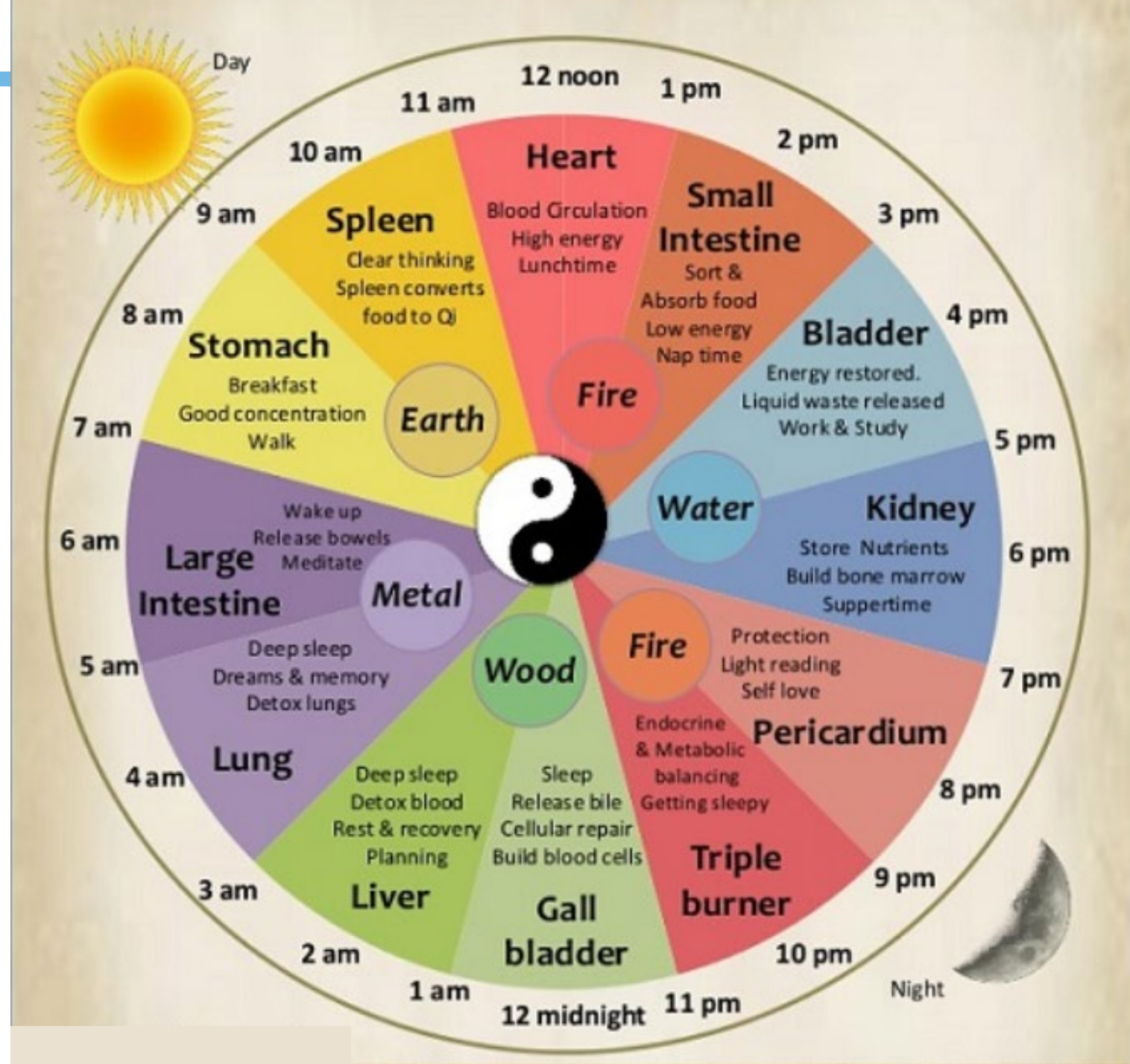


WATER

- Organ: KIDNEY | BLADDER
- Season: WINTER
- Function: STORE
- Direction: NORTH
- Weather: COLD
- Color: BLACK
- Flavor: SALTY
- Sense Organ: EAR
- Body Part: BONES AND MARROW
- Emotion: FEAR
- Spirit: ZHI (WILL)

THE CIRCADIAN RHYTHM CLOCK

- Each organ system in TCVM is assigned a specific time of day with its functions optimally
- Qi directs and coordinates this flow
- Certain times of day or night, this energy flow has a focus on a certain part of the body



木
WOOD

火
FIRE

土
EARTH

金
METAL

水
WATER

5 ELEMENTS AS THEY RELATE TO PERSONALITIES

WOOD

- Dominant | Assertive behavior or attitude
- Confident
- Quick, fast movements
- Skilled with running and moving (FAST)
- Impatient | Impulsive
- Becomes angry easily | loses temper
- Alert and responds quickly to stimuli
- Adapts to change well | changes mind often
- Wants to do their own thing
- Thin body, but muscular – Strong | big eyes
- Performance is variable
- Tendons are strong and healthy



WOOD – DISEASE PREDISPOSITIONS

- Stroke | hypertension
- Allergies
- Red, dry eye problems
- Ear Problems
- Anal glands
- Depression
- Neurosis
- Small amount of stress or depression strains the liver
- Nail and foot or hoof problems
- Seizures
- Liver disease | Hepatitis
- GI upset
- Aggression
- Ligament or Tendon injuries (CCL, Suspensory)
- Glaucoma
- Conjunctivitis
- Sensitive to environmental toxins – pesticides, medications, etc.

WOOD – DIETARY RECOMMENDATIONS

- Fresh, green foods – the color of spring, along with red or orange foods
- Liver
- Crab
- Gizzards
- Eggs
- Barley
- Dark, leafy greens (spinach, cabbage, dandelion, broccoli, cabbage, kale)
- Carrots
- Asparagus
- Mushrooms
- Citrus
- Radishes
- Ginger
- Garlic
- Hawthorn
- Dandelion Root
- Cardamom
- Dill seed
- Turmeric
- Milk Thistle
- SAMe
- Zinc
- Selenium
- B-complex vitamins

WOOD – HORSE

- Typical Racehorse – dialed down = show horse
- Loves to run and win - athletic
- Self-confident and very competitive
- Engaged and focused – loves a good challenge
- Can become distracted and willful if you drill them too much
- Aggressive, pushy, apathetic, depressed, Irritable, ligament injuries, skin allergies or eye problems when **not balanced**
- Avoid synthetic vitamins, vegetable oils, and supplements with too many herbs – milk thistle and dandelion are great for them, though
- “I will win!”



WOOD – DOG

- Typical Terrier or working breed
- Creative
- When faced with a task, are single focused until they finish it
- Do very well under pressure
- Do not like being bored
- Very competitive
- Adaptable, but When unbalanced - Angry, erratic, and intolerant of others.
- Do not like being told “no.”
- Can sometimes be obsessive or have addictive type behaviors
- Brave – will face the unknown
- “I WILL do this.”



FIRE

- Easily excited
- Extroverted, Very Friendly
- Energetic
- Vocal
- Love to be the center of attention
- Affectionate
- Sharp mental activities
- Talented | Competitive
- Curious
- Strong Body
- Arrogant
- Difficult to calm
- Small head (refined)
- Small, but bright, shining eyes
- Runs very fast, but not for long
- Can be aggressive
- Beautiful





FIRE – DISEASE PREDISPOSITIONS

- Heart disease
- Separation anxiety
- Restlessness or insomnia
- IBS
- Heart Failure
- Manic type behaviors
- OCD
- Hyperactivity
- Ulcers
- Stomatitis
- Sterile Cystitis
- Excessive Vocalization
- Anxiety
- Arrhythmias

FIRE – DIETARY RECOMMENDATIONS

- Heart (pork or beef)
- Fish
- Chicken Egg White
- Red Foods Nourish the Heart
- Tomatoes
- Dates
- Beets
- Red Peppers
- Brown Rice
- Wheat (not horses)
- Broccoli
- Celery
- Spinach
- Mushrooms
- Avoid: Corn, too much fiber
- Blueberries
- Watermelon
- B1 – eggs, dark leafy greens
- B6 – liver, chicken, banana
- B12
- Vitamin A – Carrots, Sweet potatoes, parsley
- Vitamin K – Dark leafy greens, broccoli
- Folic Acid
- Vitamin E
- Taurine
- Carnitine
- Co Q-10
- Omega 3

FIRE – HORSE

- Typical Dressage Princess | Diva Horses
- Friendly, sensitive, affectionate
- Eager to please
- Very competitive
- Anxious, over-reactive or nervous when not balanced
- Finicky appetite
- Often finer boned
- “Look at me!”



*Jerry
Malme
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FIRE – DOG

- Typical Toy Breed
- Love to be around people
- Loves to be happy and have their people happy
- Charismatic and social
- Love to snuggle and be in the sun
- May be “talkative”
- “What can YOU do for me?”



EARTH

- Honest and Kind
- Takes care of others
- Laid back | Relaxed
- Slow responses to stimuli
- Short and sturdy
- Social
- Prominent musculature
- Big head
- Generous
- Prominent muscles
- LOVE FOOD
- Loyal
- Give emotional support



EARTH – DISEASE PREDISPOSITIONS

- GI Disease (chronic)
- Obesity
- Swelling
- Internal parasites
- Prone to fungal infections
- Stiffness
- Arthritis
- Anorexia
- Vomiting
- Pancreatitis
- Constipation
- Diarrhea
- Muscle Atrophy
- Weakness of the limbs, especially hind limbs
- Edema | “stocking up”
- Chronic hemorrhage
- Masses | Cancer

EARTH – DIETARY RECOMMENDATIONS

- Tripe
- Gizzard
- Lamb
- Chicken
- Venison
- Kangaroo
- Sweet potato
- Green & Yellow Foods
- Carrots
- Pumpkin | Butternut Squash
- Avoid: poor quality fats, free choice anything (including hay in some cases), Too much salt or electrolytes
- Avoid: Damp foods
- Barley
- Parsley
- Oats
- Dates
- Mustard Greens
- Bell Peppers
- Mushrooms
- Cinnamon
- Cardamom
- Garlic
- Ginger
- Turmeric
- Coriander
- Dill
- Fennel

EARTH – HORSE

- Typical Quarter Horse | Lesson | Beginner horse
- Easygoing, willing, great with kids, easy keeper
- Stocky
- Respectful
- Lazy, grouchy, or apathetic when not balanced
- Treat with kindness and they will give you the world
- Do not over-work
- “Let’s be a team” or “Whatever YOU want!”



EARTH – DOG

- Typical Labrador
- Love to be happy – do this by helping others
- Will give until they are depleted
- Super laid back, even in stressful situations
- Never expect anything from anyone
- Can worry about insignificant things if unbalanced or overthink.
- “What can I do for YOU?”





METAL

- Leader in a group
- ALWAYS follows the rules | Likes order
- Holds oneself aloof
- Confident and consistent
- Broad chest, beautiful coat/ hair
- Hard Working, Dependable, Disciplined
- Tough
- Good Vision
- Well Mannered
- “Perfectionist”
- When not balanced: Rigid, Shut down, unresponsive

METAL – DISEASE PREDISPOSITIONS

- Respiratory problems
- Diabetes
- Constipation
- Hair loss
- Dry skin
- Lung Disease
- Heaves
- Chronic Coughing
- Asthma
- Wheezing
- Nasal congestion and discharge
- Collapsing Trachea
- Pulmonary fibrosis
- Pneumonia
- Skin infections
- Rashes
- Itching
- Anhidrosis

METAL – DIETARY RECOMMENDATIONS

- Eggs
- Duck
- Goose
- Pork
- Sardines
- Barley
- Tofu
- Rice
- Avoid: Too much starch, any kind of mold
- Avoid: Dairy
- Radishes
- White Mushrooms
- White meats
- White Rice
- Asparagus
- Carrots
- Ginger
- Pears
- Honey

METAL – HORSE

- Typical Working horse | Ranch Horse
- Wants to do their job, and be left alone
- Not overly affectionate, but are polite (follow the rules)
- Hard working
- Strong, durable, can stand up to tough working conditions
- One step at a time, and LOVES routine
- Thinks in patterns
- Requires little care and a simple diet
- “What’s my Job?”



METAL – DOG

- Typical Border Collie | Working dog or northern breed
- Respectful of authority and following the rules
- Disciplined and efficient
- Reserved, independent, confident
- Good vision
- Very intelligent
- “What is my job and how can I be more efficient”



WATER

- Introverted
- Fearful or timid
- Curious
- Cautious
- Quiet but a good observer
- Willing to live alone – likes to hide
- Consistent but slow when doing something
- Thin - Medium sized body
- Deep, big eyes
- Does not like to be cold
- Takes a long time to build trust



WATER – DISEASE PREDISPOSITIONS

- Infertility
- Back and Neck Pain - IVDD
- Weak hindquarters
- Urinary infections
- Diarrhea (am)
- Depression
- Deafness
- Teeth Problems
- Arthritis
- Degenerative Myelopathy
- Seizures
- Bladder Cancer
- Kidney Disease
- Developmental Growth Disorders (Jing Deficiency)
- Luxating Patella
- Fear
- Adrenal Fatigue | Disease



WATER – DIETARY RECOMMENDATIONS

- Pork kidney
- Eggs
- Duck
- Mussels
- Green Tripe
- Sardines
- Sweet potato
- Black Beans
- ACV
- Oats
- Black sesame seeds
- Barley
- Kelp
- Seaweed
- Almonds
- Ginger
- Cinnamon
- Garlic
- Turmeric

WATER – HORSE

- Typical Arabian
- Highly sensitive
- Strong-willed and athletic – beautiful movers
- When not balanced: fearful, needy, weak
- Need a confident rider
- Needs to move – does not do well in stalls
- Avoid beet pulp
- “Can I trust you?”



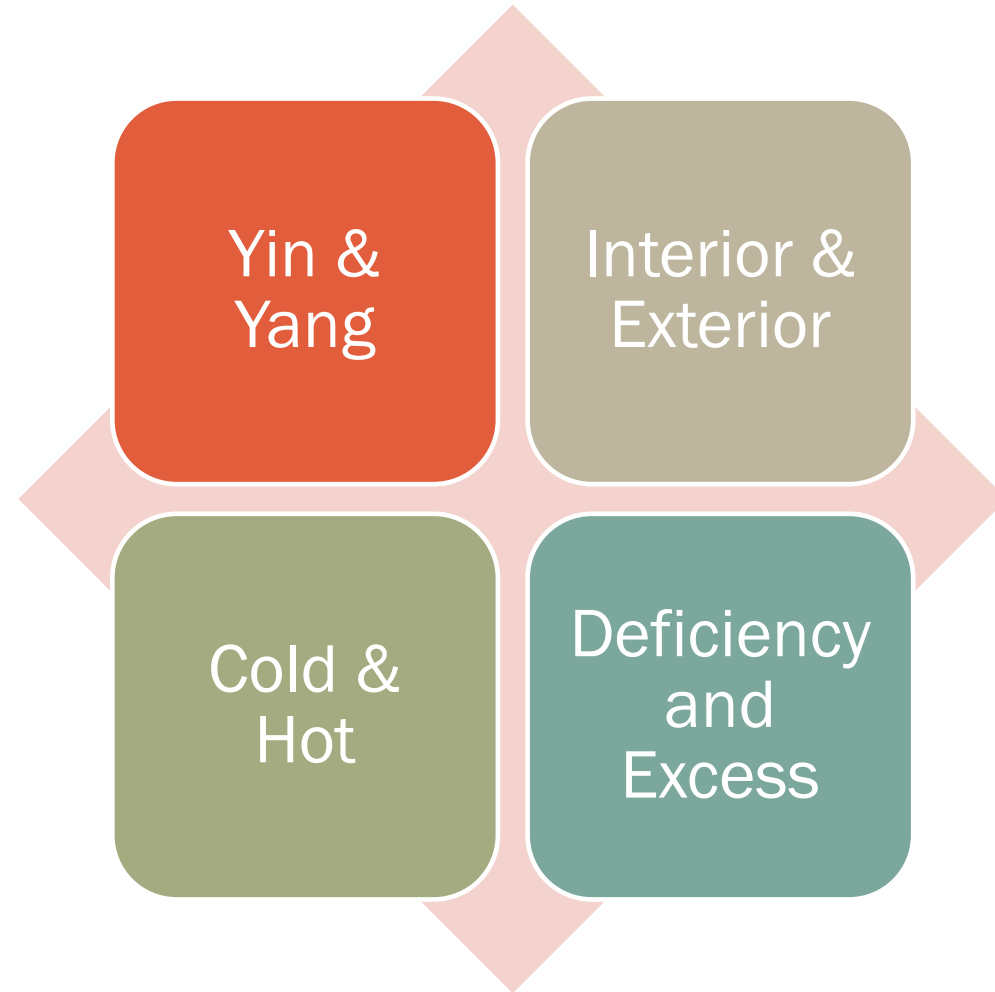


WATER – DOG

- Typical Giant Breed
- Likes to hide
- Slow, quiet
- Cautious | Curious
- Unbalanced can become unforgiving and suspicious of everything, fatigue, don't trust anyone, and may get restless at night
- Takes a while to warm up to new people
- Overwhelmed easily
- Need Calm, nurturing environments
- “Call me when you need me.”



THE 8 PRINCIPLES



THE VITAL ESSENCES

Jing – the basic essence one is born with (think DNA)

Blood – closely related to Qi – connected like yin and yang – one cannot exist without the other – formed from food Qi and absorbed via spleen and stomach in TCM

Qi – Vitality or life force energy

Shen – spirit and mind which are inseparable

TCVM BENEFITS OF EO'S

The Use of Essential Oils in Traditional Chinese Veterinary Medicine: Small Animal Practice

Larry D. McCaskill DVM

ABSTRACT

Essential oils (EO) have been used for medicinal purposes since ancient times. Advancing to the present day, these aromatic plant-based compounds are proving to effectively treat human medical conditions as well as promote physical and mental health in maintenance programs and are supported by a growing body of scientific literature. The EO's have a long history associated with traditional Chinese medicine (TCM) and exhibit the TCM functions characteristic of the Five Elements, *Yin* and *Yang* and Channel affinity. The use of EO's is growing in veterinary medicine and similar to humans, they can be administered by several routes which include inhalation (water based diffusers, nebulizers), topical (diluted, undiluted) and ingestion. It is important for safe use in domestic animals to be attentive to species differences, purity of the product, route of administration and concentration of the EO. This therapy is predominately used as an adjunct to both conventional medicine and traditional Chinese veterinary medicine (TCVM) therapy and allows increased treatment flexibility and efficacy for a variety of veterinary medical conditions.

5 ELEMENTS & EOS

Table 1: Essential oils and the Five Elements of traditional Chinese medicine.^{12,13}

Element	Essential Oil
Wood	For Excess: lavender, Roman chamomile For Deficiency: rosemary, lemongrass General affinity: bergamot, mandarin, everlasting, grapefruit, sweet orange
Fire	Excess: geranium, German chamomile, lavender Deficiency: cinnamon leaf, melissa, neroli, rosemary General affinity: jasmine, bay laurel, rose, ylang-ylang
Earth	Excess and Deficiency: rosemary, patchouli, coriander, neroli General: frankincense, cardamom, myrrh, peppermint, marjoram
Metal	Excess: lavender, eucalyptus Deficiency: ravensara, tea tree, Scot's pine General: thyme, clary sage, spearmint
Water	Deficiency: ginger, Scot's pine, cypress, cinnamon bark, cedarwood General: juniper, thyme, geranium

TCVM FUNCTIONS & EO'S

TCVM Function	Applicable Essential Oils
Clears Heat	Lavender, Roman Chamomile, Ylang Ylang
Qi Stagnation	Lavender, Lemongrass, Rosemary, Mints, Bergamot, Citrus, Myrrh, Frankincense
Blood Stagnation	Frankincense, Melissa, Myrrh, Copaiba
Tonify Qi	Neroli, Ravensara, Rosemary, Tea Tree
Nourishes Yin	Geranium, Ylang Ylang, Rose, Vetiver
Nourishes Blood	Carrot Seed, Roman Chamomile
Clears Damp	Cardamom, Rosemary, Peppermint, Lemongrass, Lemon
Calms Shen	Lavender, Vetiver, Geranium, Spikenard, Copaiba
Tonify Yang	Ginger, Rosemary, Cassia, Cinnamon Bark

EXAMPLES - GENERAL TCVM ENERGETICS & ELEMENTS

Essential Oil Type	Energetics	Element
Resin Oils (Frankincense, Myrrh, Copaiba)	Neutral	Earth (Metal)
Mint Oils (Spearmint, Peppermint)	Yin	Earth
Floral Oils (Roman Chamomile, Rose, Ylang Ylang, Lavender, Jasmine)	Yin	Fire
Wood Oils (Sandalwood, Cedarwood)	Neutral	Wood (Water)
Herbaceous Oils (Thyme, Marjoram, Rosemary, Oregano)	Yang	Earth (Metal or Fire)
Citrus Oils (Bergamot, Grapefruit, Lemon)	Yin or Neutral	Earth (Wood)
Spice Oils (Cardamom, Ginger, Cinnamon, Cassia)	Yang	Fire (Water or Earth)



TO LEARN MORE ABOUT TCVM

- Four Paws, Five Directions by Chyrl Schwartz, DVM – A guide to Chines Medicine for Cats and Dogs
- As it applies to food therapy for dogs in particular: Yin & Yang 2.0 – Nutrition for dogs by Judy Morgan, DVM