



MAINTAIN LIFEBALANCE EASILY

Life TRACKER

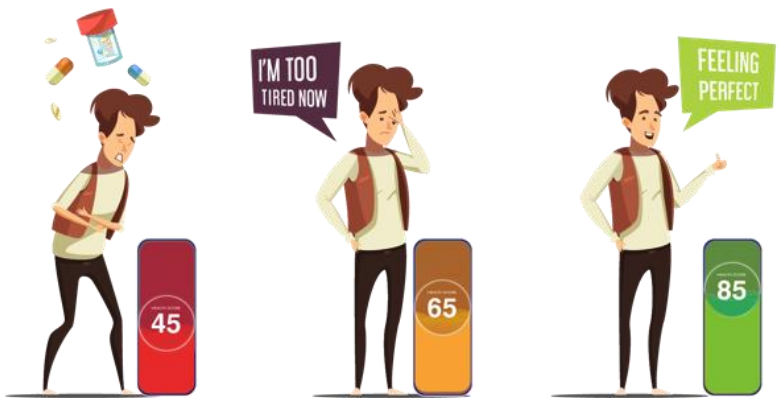
Your personal health adviser
with Traditional Oriental medicine

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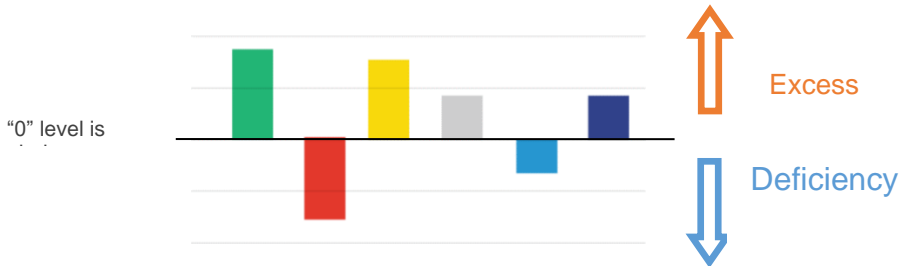
Health score

Health score is the comprehensive indicator of holistic health state. It is based on recent research of pulse analysis and the energies balance in Oriental medicine. One simple number represents how well body systems provide their functions. The higher is the number, the better is the balance. Usual numbers are between 60-90 in 100-score system.

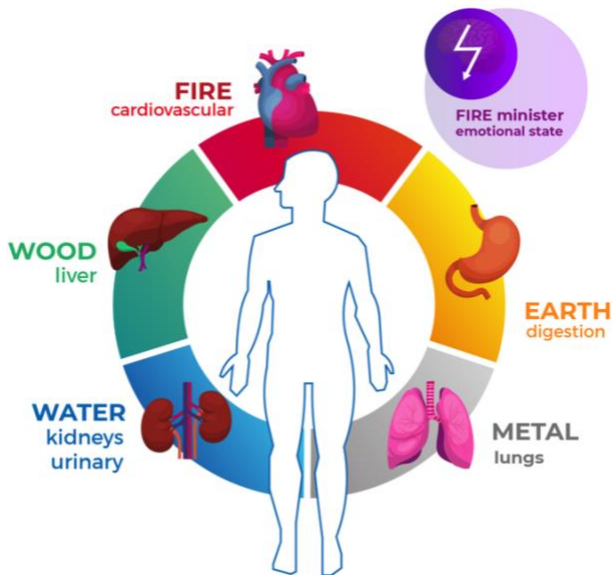


Body systems

Six main body systems are used to estimate the health score. The percentage of unbalance in each system is shown on this graph:

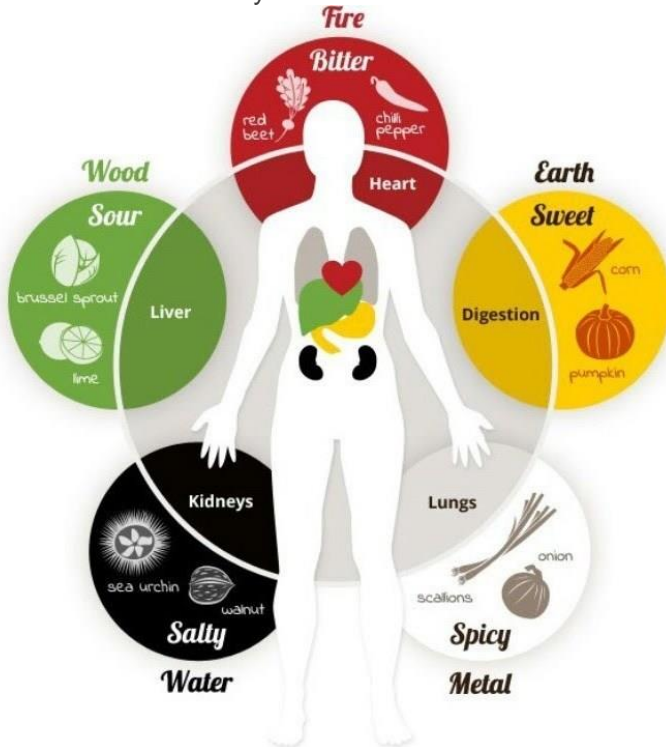


Each graph corresponds to a specific body system (Element), according to the Holistic approach of Oriental medicine.



Body systems

Each body system corresponds to specific Element in Oriental Medicine. These Elements have their properties like color, taste or food. As example: bitter taste stimulates the Fire element and through this affects your cardiovascular system.



All these elements are interconnected and their relations affect your entire health balance.

LifeTracker App shows how these systems work in your body specifically. It may alter your habits and food preferences to achieve balanced life.

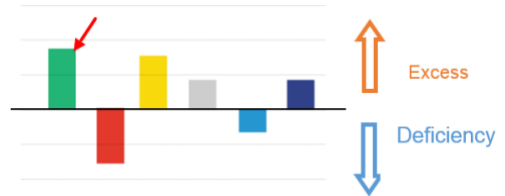
Description of Elements

Here is brief explanation of how symptoms of various elements may appear in the body.

Wood

The Wood main characteristics:

- Color – emerald green
- Direction- East
- Dynamic energy- blood
- Fluids- tears
- Nature – growth, flourish
- Orifices- eyes
- Perverse climate - wind
- Psychic- soul (Hun)
- Season- Spring
- Senses- sight
- Smell- rancid
- Sound- shouting
- Symptoms – nails
- System- sinews
- Taste- sour/acid
- Tissues – tendons
- Yin organ- Liver
- Yang organ – Gall Bladder



Physically

The organs associated with Wood are the Liver and Gallbladder.

LIVER

The Liver is an extremely important organ. It performs many vital functions in the body (more than 500 of them) but the most important role is receiving the nutrients absorbed by the small intestines. It then sorts the good from the bad placing the nourishing substances into the

bloodstream for building, while at the same time detecting harmful or bad substances and removing or detoxifying them. This relates to an ability to spot what is good for you in your life and what is bad. If one becomes too focused on the detrimental influences in life this will cause the Liver to become imbalanced. In order to have a healthy Liver one needs to understand or see the truth about how perceived bad influences in life are actually necessary for personal development. How many times have you, or someone else you know, had a “bad” experience which turned out to be a great opportunity for growth or change? Being able to see this as truth helps the Liver to remain healthy.

GALL BLADDER

The Liver takes the bilirubin (red color) out of old, worn out, red blood cells which is concentrated as bile in the Gallbladder. This bile is then released by the Gallbladder into the duodenum to emulsify fats passing through the digestive tract and enable them to be absorbed. Fats are utilized in the body to assist organs and cells in receiving and accepting their needs.

In Chinese Medicine the Liver is responsible for maintaining balance in the whole body and creating a smooth even flow of Chi and blood throughout. When Liver Chi is stagnant a deep state of anger and frustration ensues.

The Gallbladder is known as the Wise Decision Maker, it knows when to store and when to release bile and is thought to moderate rash behavior. Impulsiveness points to excess Gallbladder chi whilst indecisiveness is attributed to a deficiency.

These two organs see the truth to make wise decisions.

Excess

Muscular tension, cramps and spasm in the head, shoulders, neck, hips, legs, hands, feet.

Sciatica, tendon injuries, headaches, tinnitus, migraines with visual disturbances, emotional P.M.T, digestive disturbances (ulcers, hiatus hernias, heartburn), cysts and cancerous growths, high blood pressure.

Deficiency

Fatigue and lack of energy, fluctuating blood pressure, P.M.S and irregular cycles, insomnia and restless sleep, allergies and oversensitivity to environment, itchy eyes, urethra, anus, blurry vision and sensitivity to light, muscle spasms and twitches such as restless leg syndrome, digestive gas, bloating, hiatus hernia, irritable colon.

EMOTIONALLY

THE BALANCE

The Balanced Energy of Wood is expansion, growth and movement. The balanced wood type always sees a challenge as an adventure and enjoys pushing themselves to their limits whilst performing well under pressure. Confident and creative they also possess great humility and can “grow” patiently around any obstacle to reach the “light” or the object of their dreams. They are decisive and know exactly when to make a move and when to hold back.

THE IMBALANCE

Excess:

Aggressive and bullying the excess Wood type is arrogant and pretentious. Their compulsive behaviour pushes anyone or anything out of their way with no sensitivity for anyone else’s needs. As a know-it-all they refuse to listen to what anyone else has to say. Too busy to recuperate when ill, there is no sense of when to move forward and when to wait. They tend to be domineering, irritable and prone to violent outbursts.

Deficiency:

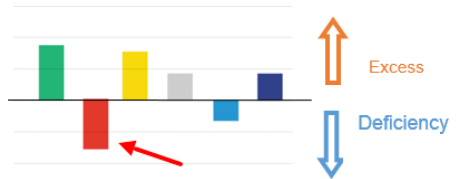
Indecisive and ineffectual this type has usually exhausted regenerated reserves after a long period of excessive behaviour. Becoming dependant on things with no stability and stimulants to keep going, deficient wood energy leads to a blocked state of despondency, anxiety and restlessness. Low self worth, guilt and shame lead to a downward spiral.

Fire

FIRE- Pure Heart Pure Mind

The Fire main characteristics

- Color – red
- Direction- South
- Dynamic energy- psychic
- Emotion- joy, mania
- Fluids- sweat
- Nature –flare up expands
- Orifices- ear
- Perverse climate-hot
- Psychic- spirit (Shen)
- Season- Summer
- Senses- tongue, taste
- Smell- scorched
- Sound- Laughing, rapid speech
- Symptoms – complexion
- Systems- circulation
- Taste- bitterness
- Tissues –blood vessels
- Yin organ- Heart
- Yang organ – Small Intestine



Physically

The organs associated with Fire are the Heart and Small Intestine

HEART

The Heart powers the river of life force (that is our bloodstream) which contains all the cells need around the body.

The Heart is also referred to as a Liquid Oscillator. There are seven muscles that make up the heart which form a tetrahedral (equilateral triangle) pyramid. When light enters the iris and retina this affects the pineal, pituitary and hypothalamus glands which produce the hormones essential to the function of the body. (In Chinese medicine this is called the Crystal Palace). The light frequencies then move through the thyroid

directly into the heart which vibrates and splits them into 7 rays, much like a prism does.

Cells, to complete any function, need the correct amount and frequency of light and natural nighttime darkness. The fluid in the cells also needs to be charged electrically to work the processes that happen within the interstitial fluid. It is the Heart which generates the electrical impulse and is responsible for sending impulses and voltage around the body as it pumps the blood (life force).

The heart relates, on a general level, to our ability to be able to make sure that everything in our lives receives whatever it needs for its growth and development. It is the organ related to the emotion of compassion which is an attribute of Fire.

SMALL INTESTINE

The small intestine begins with the duodenum located directly after the stomach. This is where the bile from the gallbladder and the pancreatic enzymes from the pancreas begin to open up the nutrients in our food. Then the next sections of the small intestines, the jejunum and the ileum, allow the useful items in the food to be absorbed through the intestines into the blood where they are distributed around the body to assist with growth, function and development. The Small Intestine relates to being in the place we need to be in order to see what life has to offer us (duodenum), creating the situations we need to be able to look into what life has to offer and locating the valuable items needed and then the ability to bring into life whatever it is we need for our development and growth. (ileum and jejunum)

Excess

Too much Fire can cause excessive perspiration or tendency to overheat, flushed complexion, skin eruptions or irritations, sores on mouth, tongue and lips, eczema, psoriasis, lack of appetite, irregular or rapid heartbeat with palpitations or angina. (Seek medical assistance immediately if this occurs)

Deficiency

Chronic fatigue, loss of vitality, loss of appetite, digestive problems (indigestion, flatulence, heartburn) heart irregularities and palpitations, hypertension, cardiac insufficiency, congestive heart failure.

Fire also has two other organs related to it by Traditional Chinese Medicine; The Triple Heater and the Pericardium. These organs do not exist on a physical level, they are purely energetic. However they play a most important role in the physical health and wellbeing of the body according to Five Element Theory.

Emotionally

THE BALANCED ENERGY

Happy, lively, passionate and compassionate the balanced fire type has an open heart, a desire for union and a capacity for intimacy. Attractive and warm, intuitive and empathic this type has an abundant, spirited enthusiasm for life. Able to focus and achieve much they have a clear mind and are able to peacefully meditate even when seemingly very active.

THE IMBALANCE

Excess:

Excitable, hypersensitive and manic this type will go to extremes to get attention which leads to restlessness and manic behavior. They jump from one thing to another unable to focus on details and finish tasks. Energy burns out and depression ensues. They have difficulty in relationships as others find their intensity overwhelming. Inappropriate, loud and annoying laughter is a key symptom as well as irrational and confused behavior.

Deficiency:

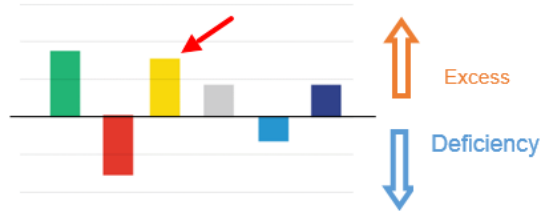
Selfish, cold, and forgetful the deficient Fire type is unable to generate warmth and affection since their Fire has literally “gone out”. A monotonous voice and lack of humor with feelings of melancholy and depression are characteristic of this. They create fantasies with unrealistic hopes for the future and can easily become obsessed by external pleasures.

The Balanced Energy blend Pure Heart Pure Mind assists one in being able to burn away old stuck mental patterns and open up the heart to compassion bringing in warmth, joy and calming anger. It helps one to focus mind and heart in all aspects of life.

Earth

EARTH main characteristics:

- Color -rich golden yellow
- Direction- center
- Dynamic energy-physical
- Fluids- lymph
- Nature -fertility, nourishing, solid and restful, gives birth to all
- Orifices- lips and mouth
- Perverse climate- moisture
- Psychic- intellect
- Season- Indian summer or transition between the seasons
- Senses- tactile
- Smell- fragrant
- Sound- singing
- Symptoms – lips
- Taste- sweet
- Tissues -flesh and muscles.
- Yin organ- Spleen
- Yang organ – Stomach



PHYSICALLY

SPLEEN:

The spleens' primary function is extraction of nutrients from food and fluids and changing these elements into chi (energy), blood and waste products, which are then transported to the organs that govern elimination and circulation. It is a massive distribution centre supplying the being with sufficient energy, blood, nutrients. It breaks down old blood cells and lymphocytes and returns iron to the liver. If spleen chi is deficient or weak, the blood is in danger of overflowing its pathways, this may cause symptoms such as nosebleeds, hemorrhaging, spotting between periods, vomiting blood or blood in the stools. The spleen also contains a reservoir of additional blood to be used in emergencies.

STOMACH:

The Stomach is responsible for the active (Yang) part of receiving food. It is the in tray for everything we put into our mouths, sifting and sorting

for nutrients and then transporting the pure nutritive energy to the spleen where it is transformed into chi and blood. The stomach is thought to rule pushing nutrients downwards while the Spleen governs pushing nutrients up to vital organs. When the stomach orb is not fully functional we cannot obtain enough nutrients to strengthen our being, and energy levels drop. Nausea, gastrointestinal pain, distention, belching and vomiting are signs of disharmony and weakness in the stomach orb.

DEFICIENCY:

Could cause hunger cravings but not knowing what to eat, sluggishness, difficulty losing weight, bloating, poor muscle tone, prolapses, varicose veins, slow healing of cuts, easily bruised, bleeding gums, tooth decay, swollen glands.

EXCESS:

Excess appetite, water retention, irregular bowel movements and urination, tender gums, PMS with lethargy, bloating, soreness, hunger, swelling, aching, heavy feelings in eyes and head, thick mucus in nose throat and mouth, mental bogginess, cloudiness, heaviness, heavy limbs that make moving around an effort, metabolic problems, hypothyroidism, bowel and digestive disturbances, loose stools, diarrhea, lack of energy.

EMOTIONALLY

THE BALANCE

The Earth type is called the Peacemaker, this personality is a nurturing individual who thrives on peace and harmony and finds discord difficult to deal with.

Emotionally, the individual who is in a balanced Earth state is relaxed, caring and thoughtful, solid and supportive. Their energy is aligned perfectly as a channel for all the other elements to ground and create whatever is needed.

THE IMBALANCE

Earth deficiency causes obsessive behavior where there is a craving for nourishment, attention, love. The individual is not grounded in life and struggles to achieve anything.

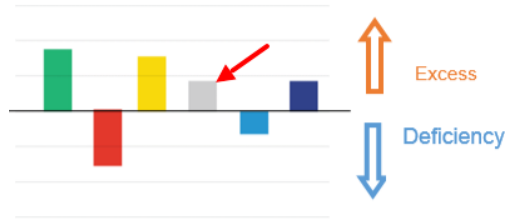
Earth excess causes anxiety and worry, the smothering type, lethargy, heavy spirit, heaviness of consciousness. Usually very practical, Earth

types can become blocked by their very immovability and lack of spontaneity.

Metal

The Metal main characteristics:

Color -white
Direction- West
Dynamic energy-vital
Fluids- mucus
Nature –descend be clear
Orifices- nose
Perverse climate-dryness
Psychic- instinct (Bo)
Season- Autumn
Senses- smell
Smell- rotten
Sound- crying, weeping
Symptoms – body hair problems
System- respiratory
Taste- pungent
Tissues –skin, hairs
Yin organ- Lungs
Yang organ – Colon



PHYSICALLY

The organs associated with Metal know when to take things in and to let them go.

LUNGS

The lungs provide the body with the ability to take advantage of the air that we breathe into the respiratory bronchioles, through cells enabling oxygen to be picked up by the bloodstream. Oxygen is a necessary ingredient for healthy functioning of the whole body. Lungs have a rhythm as they breathe in (inspiration) and breathe out (expiration) and relate to the concept of time (having enough of it) the ability to pick up and make use of opportunity, and the understanding that for every end there is a new beginning. The lungs oversee the relationship between heaven and earth, exterior and interior world. They are responsible for ching chi (energy needed to supply organs) and wei chi (defensive/immune energy). Wei chi protects from invasion by pathogens and prevents internal energy being lost through the skin (the

third lung) whilst also allowing toxin elimination through perspiration, hence the relation of Metal to skin.

COLON

The Colon, or large intestine, is responsible for absorbing water from food and fluids and, through the action of peristalsis, for containing and moving out all the remains of our food that is considered to be of no further value to us. Known as the Drainer of Dregs it is able to distinguish between the harmless and the harmful to keep the clutter moving out and clear the way for new chi coming in from the lungs. The large intestines represent the ability to let go of what is no longer needed to allow the new to come in.

Excess

Rigidity, stiff muscle movement, clumsy, stiff posture.

Spine, neck and joint problems

Chronic sinus with headaches

Short breath, chronic dry cough, tight chest, asthma

Constipation, diarrhea, colitis, IBS

Dry skin, hair, nails, lips, nasal passages and mucous membranes

Nasal polyps

Lack of perspiration

Deficiency

Environmental oversensitivity, i.e. allergies

Shallow breathing

Food allergies that disturb bowel and intestines: colitis, Chron's disease

Congested nose, throat, sinuses

Asthma

Dry skin, hair, lips, and nasal passages

Moles and warts

Loss of body hair

Cracked, dry or soft nails (mineral deficiency)

Headaches due to loss or disappointment

Bowel problems: constipation, loose stools, IBS

Depleted immune function manifesting as persistent colds and flu, sinus congestion, postnasal drip, chronic fatigue, Lupus.

EMOTIONALLY

THE BALANCE

The balanced energy of Metal is to be strong and flexible, aesthetically inclined, a holder of deep wisdom and lover of true beauty. Accepting, disciplined, calm the balanced Metal type has a deep interest in searching for higher wisdom, philosophy and spirituality.

Metal is also ambitious, has strong ideas and is able to sustain prolonged effort to achieve goals even through hardships, drawbacks and failures. Preferring to sort things out on their own and often aloof, they are however a conduit for electricity which influences those around them to bring about the transformation they seek. With a desire for opulence, luxury and power they can achieve much in life.

THE IMBALANCE

Excess:

Perfectionism, rigidity and dogmatism, order and discipline to the extreme. Unable to relax unless everything is perfect, deviation from the routine causes intense distress. The religious convert or political extremist Metal is self-righteous, hardened, inflexible and unyielding. Anyone who differs or challenges ideas is judged and resented.

Obsessed by physical possessions, power, people and relationships this creates a huge grief due to obsession with perceived loss and becomes envy, jealousy, greed and clinging possessively to all they own, unable to let go or grieve.

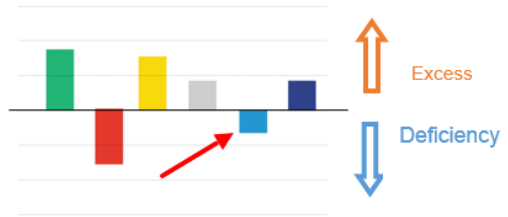
Deficiency:

No boundaries, energy and power pour away. Need for approval, no self-confidence and oversensitivity to criticism. Tendency to cling on to loved ones, giving too much and putting them on a pedestal leads to disappointment. No sense of inner wisdom. Surface behaviors mean more than the inner quality and gross or coarse behavior brings feelings of repulsion.

Water

The Water main characteristics:

Color – dark blue or black
Direction- North
Dynamic energy- will power
Emotion- fear, timidity
Fluids- saliva
Nature – cold flows down
Orifices- lower orifices
Perverse climate- cold
Psychic- will, ambition (chien)
Season- Winter
Senses- hearing
Smell- putrid
Sound- groans, yawns
Symptoms – water balance
System- uro genital
Taste- salty
Tissues – bones, scalp hair
Yin organ-kidney
Yang organ – bladder



PHYSICALLY

The organs associated with Water are the Kidneys and Urinary Bladder

The Water element nourishes the body mind and spirit with *chi* energy which is stored in the Kidneys (Storehouse of the Vital Essence). *Yuan chi* or *jing* is inherited from our parents, especially our mother, and mothers are seen as needing to support their Kidney *chi* after having babies. *Jing* rules the cycle of birth, growth, maturation, death and individual destiny. Reproductive power, sexual energy and desire are related to Water and *jing*. Kidney fire (*ming men-huo*) sparks the system and separates the pure Water from the impure gifting us the will power to reach our goals in life. The Bladder is seen as a reservoir which holds the chi energy until it is needed. If the Bladder is not working properly then the whole body, mind and spirit are at risk of filling up with

toxic waste and slowing down. Water also maintains healthy teeth, bones and bone marrow.

Being listless in the morning and or washed out in the afternoon can indicate imbalance in kidney chi. Chronic fatigue is seen as energy leaking from the bladder.

Excess

Hyper sexuality, high blood pressure and headaches behind the eyes, not enough sweat or urine and little need for sleep, knee problems, low back pain, arthritis and stiffness in the joints, urinary infections, kidney and bladder stones, neurological disturbances or diseases are all symptoms of excessive Water energy.

Deficiency

The following physical problems signify deficient Water energy: premature ageing, grey hair, wrinkled skin, weak degenerating spine and osteoporosis, weak abdominal muscles, sore lower back, aching knees, ear infections, tinnitus, fatigue, low energy and dark rings around the eyes, frequent urination and urinary infections, Candida, thrush, amenorrhea, frigidity, impotence and infertility.

EMOTIONALLY

THE BALANCE

Water holds the ability to be in the moment and “go with the flow”. It brings with it the qualities of introspection, patience and silence. Filled with potential the balanced water type is ingenious, yielding, fluid and courageous. They live in the realm of imagination and often come together with others to share knowledge and skills and refresh their perspective on life, yet let go easily to continue on their own path, staying true to themselves.

THE IMBALANCE

Excess:

Inflexible, opinionated and intolerant the excessive Water type is self centered, resentful and competitive. Forceful and defiant if told what to do, underneath there is an inner sense of fearfulness. Suspicious and paranoid (obviously everyone is talking about them) there can be fear of persecution when in an extreme state. Wisdom becomes scattered and disjointed focusing on trivial information. The natural sense of when to wait and when to push forward is lost resulting in wasted energy.

Deficiency:

Lethargic, cut off, isolated and disconnected the deficient water type may find that their normally creative ability dissolves and dries up leaving them with a sense of despair and despondency. Everything becomes a chore and the joy of doing their work disappears.

Spontaneity disappears and they become cold, frigid and detached, finding relationships difficult to maintain due to a lack of their usual fresh, bubbly sociability and compassion.