

Healthy Gut Healthy Body Program

5-Element Body Patterns

ABOUT BODY CONSTITUTIONS

The concept of constitutional body types is widely utilized in the practice of Acupuncture Medicine, also known as Traditional Chinese Medicine (TCM). Constitutional diagnosis is confirmed through a set of signs and symptoms for different patterns of disharmony between the Meridian-Organ systems. Knowing your pattern of disharmony or constitution is an important process for clinical diagnosis and treatment. Understanding your body constitution can be very helpful for choosing the best foods, herbs, and lifestyle for you. Tailoring treatment for each person as an individual provides the best results with the least amount of adverse effects. Using your body constitution is the best way for disease prevention and maintaining a healthy regimen.

Body constitutional types come from inherited and acquired influences. Each of us has some uniqueness regarding structural, physiological and psychological aspects. These individual characters combine to form body constitution that determines how we live, behave, express our feelings, and deal with daily stressors. It also determines our susceptibility to pathogens and disease development. Constitution formation is affected by a variety of inherited and acquired factors:

Gender: men and women have some physiological differences, in TCM terms, men rely more on Qi-energy, while women rely more on blood.

Age: our body's structures, functions and metabolism change as we age.

Mental state: mental-emotional state influences the activities of internal organs which can show up as body constitutional patterns.

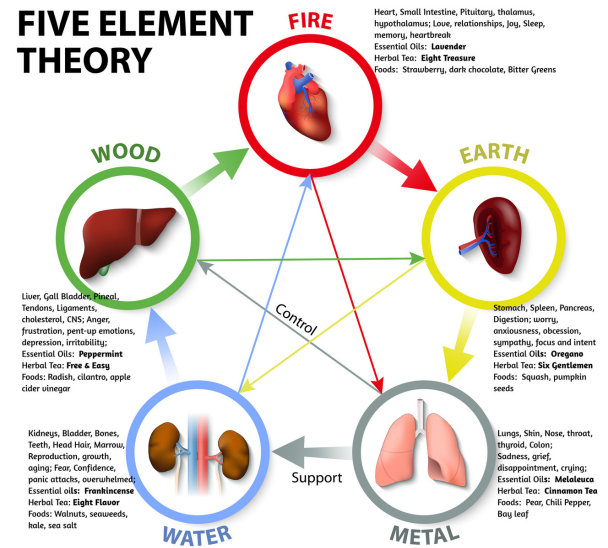
Living environment: different geographic regions lead to specific climates, and products.

Diet and living habits: These factors become the primary concerns in Acupuncture Medicine exams and assessments.

Body constitution can vary from person to person, some are strong, some are weak, some tend to be hot, and some tend to be cold. The fundamental Meridian-organ Patterns have been identified by the China Association for Traditional Chinese Medicine (CACM). The physical manifestations are associated with environmental factors that can be expressed internally as signs and symptoms related to wind, cold, heat, damp, dry, damp-heat, weak, congestion, or stasis. The Root Causative Factors (CF) of the Five Elements Wood, Fire, Earth, Metal, and Water according to Classical Five-Element Acupuncture by the Worsley Institute, and Neil Gumenick from The Institute of Classical Five-Element Acupuncture, lies in your mind and spirit that you inherit, and is influenced positively or negatively throughout your life. Body constitution can be divided into nine types, named as neutral-Balanced, Qi-weakness, yang-weakness, yin-weakness, blood stasis, phlegm-damp-cold, damp-heat, Qi stagnation and special wind constitution.

There are seven from the nine mentioned above that are most commonly seen in IBD with one a complex between both hot and cold types. Generally, the classification of body constitution is based on physical outlook, personality, common health problems, and adaptation to external environment. Physical manifestations of patterns are not constant. The body's condition can change due to living environment, mental state, diet, physical activities, or diseases. For some conditions we can take active measures to help bring our body back to a healthy state.

FIVE ELEMENT THEORY



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