

FIVE ELEMENT GUIDE



Your Fire Guide

The Spark

Simple, everyday ways to support your Fire element: your strengths, what to watch out for, and positive habits to try.



ALIGNED IN HEALTH

Ali Watkinson, BSc (Hons) LicAc MBAcC

Traditional acupuncture in Wallingford, Woodley and Reading

WELCOME

Hello, Fire

Thank you for taking my Five Element quiz. In Chinese medicine, we all have Wood, Fire, Earth, Metal and Water in us. Your answers suggest that **Fire** shines brightest in you right now.

Warm, fun and full of heart. You light up a room and bring people together.

Your element isn't a box to put you in. It's a lens for noticing what helps you feel your best. In this guide you'll find your strengths, the things to watch out for, simple habits to try and a 7-day Fire reset. Take what feels right, and leave the rest.

Warmly, Ali

Fire at a glance

SEASON

Summer

COLOUR

Red

YOUR HOURS

11am to 3pm

FLAVOUR

Bitter

EMOTION

Joy

ORGANS

Heart and Small Intestine

CLIMATE

Heat

SENSE

Tongue and speech

SOUND

Laughing

BODY

Blood vessels

YOUR STRENGTHS

What Fire brings



Warmth

People feel at ease around you.



Joy

You bring fun, laughter and lightness wherever you go.



Connection

You build friendships and bring people together.



Enthusiasm

Your excitement is catching.



An open heart

You love generously and see the best in people.

THINGS TO WATCH OUT FOR

When Fire needs some care

Every element has its wobbles. When Fire is out of balance, you might notice:

- ☐ Overdoing it socially, then crashing
- ☐ Big highs followed by flat lows
- ☐ Feeling hurt, lonely or let down by others
- ☐ A busy mind that won't switch off at night
- ☐ Saying yes to everyone and everything
- ☐ Feeling unsettled when a relationship feels shaky

These are gentle signs to slow down and look after yourself, not something to worry about. The next page has simple ideas to help.

Supporting your Fire

Small, steady changes make the biggest difference. Pick one or two that appeal, and build from there.

Daily rhythm

Build in quiet time every day, even ten minutes, to balance the buzz. Plan your downtime as carefully as you plan your fun.

Food and flavours

Enjoy summer fruit and vegetables such as tomatoes, peppers, beetroot and red berries, and a little bitter flavour: rocket, watercress, chicory or green tea. Go easy on lots of caffeine, very spicy food and alcohol, especially in the evening.

Movement

Joyful movement suits Fire: dancing, team sports or a walk with a friend. On hot days, choose something gentler, like a swim or an evening stroll.

Rest and sleep

In Chinese medicine, Fire's hours are 11am to 3pm, so a calm lunch break helps. In the evening, dim the lights, put screens away for the last hour and wind down slowly.

Emotional balance

Joy is Fire's gift. Protect it by spending time with people who fill your cup, and gently stepping back from those who drain it. Let yourself enjoy the quiet moments too.

Your season: summer

Enjoy the long days, get outside and connect, but keep cool and rest when you need to.

TRY IT THIS WEEK

Your 7-day Fire reset

One small thing a day. Tick each one off as you go.

DAY 1

Call or meet a friend who makes you laugh

☐

DAY 2

Ten minutes of quiet with a cup of tea, no phone

☐

DAY 3

Add a bitter green, like rocket, to a meal

☐

DAY 4

Dance to three favourite songs

☐

DAY 5

Screens off an hour before bed

☐

DAY 6

Say no to one thing you don't want to do

☐

DAY 7

Write down three moments of joy from this week

☐

Journal prompts

Who leaves me feeling warm, and who leaves me drained?

When do I feel most like myself?

What helps me feel safe enough to be open?

How can I bring more quiet joy into my week?

WANT TO GO DEEPER?

How I can help

Find out your element for real

The quiz is just for fun. In a Five Element acupuncture appointment, I take time to understand you: how you're feeling, your health history and what you'd like help with. I also notice the colour in your face, the tone of your voice and your pulse, to see how all five elements are working together for you.

Then I choose points to support you as a whole person. Many people find treatment deeply relaxing. After your first appointment, you'll receive a written summary and your own treatment plan.

[Book your first appointment](#)

[Book a free 15-minute chat](#)

Three clinics near you

Wallingford

3 Castle Street, OX10 8DL

Woodley

3 Way Physiotherapy
11 Headley Road, RG5 4JB

Reading

College of Integrated Chinese
Medicine
19 Castle Street, RG1 7SB
Friday afternoons only



ALIGNED IN HEALTH

Call or text [07864 075645](tel:07864075645)

Email alignedinhealth@gmail.com

alignedinhealth.co.uk · Instagram [@alignedinhealth123](https://www.instagram.com/alignedinhealth123)

Ali Watkinson is a member of the British Acupuncture Council. This guide offers general wellbeing ideas from Chinese medicine. It is not medical advice and not a diagnosis. Please see your GP about any new or worsening symptoms, and check with your GP or midwife before making big changes to your diet or exercise if you have a health condition or are pregnant.