

FIVE ELEMENT GUIDE



Your Wood Guide

The Pioneer

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



ALIGNED IN HEALTH

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WELCOME

Hello, Wood

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 **Wood** shines brightest in you right now.

Full of vision, drive and fresh starts. You can see where things could go, and you love to make it happen.

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 Wood reset. Take what feels right, and leave the rest.

Warmly, Ali

Wood at a glance

SEASON

Spring

COLOUR

Green

YOUR HOURS

11pm to 3am

FLAVOUR

Sour

EMOTION

Anger

ORGANS

Liver and Gallbladder

CLIMATE

Wind

SENSE

Eyes

SOUND

Shouting

BODY

Tendons

YOUR STRENGTHS

What Wood brings



Vision

You can see where things could go, long before anyone else.



Decisiveness

You make plans and act on them.



Courage

You stand up for what's right, for yourself and for others.



Motivation

Your energy gets people moving.



Growth

You love to learn, stretch and try new things.

THINGS TO WATCH OUT FOR

When Wood needs some care

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

- ☐ Frustration that builds when plans are blocked or things move too slowly
- ☐ Impatience, with yourself and with other people
- ☐ Pushing hard and forgetting to stop
- ☐ Feeling stuck, or "wound up", with tension in your shoulders, neck or jaw
- ☐ Snapping at people when you're tired or stretched
- ☐ Late nights that slowly become a habit

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 Wood

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

Daily rhythm

Start the day with some movement and choose your top three priorities. Leave gaps in the diary, so one delay doesn't derail everything.

Food and flavours

Enjoy plenty of leafy greens, broccoli, peas, sprouts and fresh herbs, with a little sour flavour such as lemon, lime or a splash of vinegar in dressings. Go easy on alcohol, very rich or fried food, and eating late at night.

Movement

Daily movement keeps Wood flowing. Brisk walks, cycling, dancing, yoga and stretching all suit you, ideally outdoors among trees.

Rest and sleep

In Chinese medicine, Wood's hours are 11pm to 3am. Aim to be asleep before 11pm, and keep screens out of the bedroom.

Emotional balance

Anger is a useful signal that something needs to change. Let it out safely, with exercise, journalling or a good chat, rather than bottling it up. Be like a tree that bends in the wind.

Your season: spring

A natural time for fresh starts, new goals and a spring clean. Plant something, in the garden or in your life.

TRY IT THIS WEEK

Your 7-day Wood reset

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

DAY 1

Take a 20-minute walk among trees

☐

DAY 2

Write down three goals for this month

☐

DAY 3

Start the day with lemon in warm water

☐

DAY 4

Stretch for 10 minutes before bed

☐

DAY 5

Phone off and lights out by 10.30pm

☐

DAY 6

Try something new: a class, a route or a recipe

☐

DAY 7

Let go of one plan that isn't serving you

☐

Journal prompts

What's frustrating me at the moment, and what is it telling me?

Where could I be a little more flexible?

What would I start if I knew I couldn't fail?

What is one small step I can take this 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



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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.