

Elemental Nature



AIR

Sense - Air is linked to sense of TOUCH.

Season -Air is linked to Autumn (windy, dry season).

Physiology -Air is responsible for all movement in the body. This includes the movement of air in and out of the lungs (respiration), blood and lymph circulation, neuromuscular movement, the nervous system, and the movement of food through the digestive tract.

Mind: Air natures have a creative mind. They learn new information rapidly but tend to forget things easily.

Skin condition - Dry/Dehydrated skin. Air natures have thin skin that has a porcelain appearance with small pores when balanced. When out of balance, they experience tightness and flakiness in the skin and have little perspiration. They are prone to fine lines.

Hair type: Dry, thin hair.

Body type: Usually have a tall, thin frame.

Balanced state: Air is creative, energetic, open to new experiences, adaptable and a great conversationalist.

Imbalanced state: Tendency toward anxiety, worry, talking too much and too fast, are forgetful, and have a hard time making decisions.