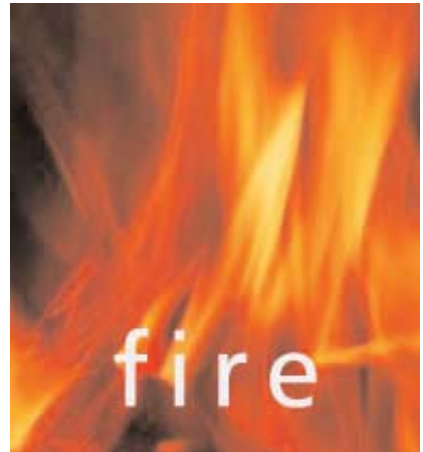


Elemental Nature



FIRE

Sense - Fire is linked to sense of SIGHT.

Season - Fire is linked to Summer (hot and humid).

Physiology - Fire is responsible for transformations in the body. This includes digestion (the transformation of food into energy the body can use), the regulation of heat (we all are 98.6 degrees yet some people are cold and some are hot in the same room. The amount of fire a person has is responsible for this difference) and the coloration of the skin.

Mind: Fire has a sharp, intellectual mind. They have strong views, argue their points well, and are very ambitious.

Skin condition - Sensitive skin. Fire natures have soft fine skin that is warm and radiant when balanced. When out of balance, they can sun-damage easily and are prone to allergies, occasional breakouts, eczema, psoriasis and rosacea.

Hair type: Thin hair with oily roots. They have a tendency to early graying and balding.

Body type: Tend to have a solid athletic type build.

Balanced state: Independent, self reliant, intelligent, great leaders, and focused. They are good decision-makers.

Imbalanced state: They have short tempers, anger easily, and show frustration. They are irritable and have very little patience.