ORIENTAL MEDICINE THEORY CARD

Total Body Flow
MASSAGE® METHOD
BY LAVONNE AYOUB

ELEMENT: fire

SEASON: summer

YIN ORGAN: heart/pericardium

YANG ORGAN: small intestine triple heater

COLOR: red

emotion: joy/happiness or hyper-excitablitily /restlessness

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ORIENTAL MEDICINE THEORY CARD

Total Body Flow
MASSAGE® METHOD
BY LAVONNE AYOUB

ELEMENT: earth

SEASON: late summer

YIN ORGAN: spleen

YANG ORGAN: stomach

COLOR: yellow

EMOTION: compassion or worry/pensiveness

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ORIENTAL MEDICINE THEORY CARD

Total Body Flow
MASSAGE® METHOD
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ELEMENT: metal

SEASON: autumn

YIN ORGAN: lung

YANG ORGAN: large intestine

COLOR: white

EMOTION: healthy self - esteem or grief/sadness

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ORIENTAL MEDICINE THEORY CARD

Total Body Flow
MASSAGE® METHOD
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ELEMENT: water

SEASON: winter

YIN ORGAN: kidneys

YANG ORGAN: urinary bladder

COLOR: blue

EMOTION: healthy ambition/flexibility or fear

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ORIENTAL MEDICINE THEORY CARD

Total Body Flow
MASSAGE® METHOD
BY LAVONNE AYOUB

ELEMENT: wood

SEASON: spring

YIN ORGAN: liver

YANG ORGAN: gall bladder

COLOR: green

EMOTION: hope or anger

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