

ELEMENT	FIRE – Heart	EARTH – Spleen	METAL – Lung	WATER – Kidney	WOOD – Liver
Personality	Fire type animals are easily excited, difficult to calm down and are classic extroverts. They are friendly but can be quite noisy and will always be 'talking' to you. They are highly sociable and greet everyone with enthusiasm, finding it really hard to keep still when people come to visit! They are curious and communicative but although they want to please they are hard to train because of their short attention spans. Their sociable nature means that if this element is out of balance they can suffer from separation anxiety and can be overly restless.	These dogs are very laid back. They are sociable and very food orientated because of the association with the digestive system. They are very loyal and provide support to their owners, showing great kindness and empathy. They nurture and are great with children. They are slow to anger and are very dependable due to their close emotional bond with their owners, but if the earth energy becomes depleted, they can begin to worry excessively and are sometimes clingy and possessive. They make excellent therapy and assistance dogs.	Metal type dogs are confident, independent and very quick and intelligent which makes these dogs easy to train. They can often be aloof, but always seem to know what is expected of them. They will often be the leader in a group of dogs, but will follow the rules. They like to get things right, and when it balance these dogs can take things in and let go easily. When the metal element is deficient there may be an inability to form lasting bonds and these dogs will often tend to go lie down on their own somewhere and can become quite isolated. Owners will often say they feel they can't quite 'connect' with these dogs. An excess of the metal element leads to inflexibility (as metal is rigid in nature), and a strong need to control things.	When the water element is in balance, these dogs will be firm, steady and not easily discouraged. Although they are consistent, they are very slow at doing it. They are generally quiet observers and can easily live alone. If excessive in this element, they can be stubborn, aloof and difficult to train. If deficient in the water element these dogs can be introverted, fearful, shy and easily discouraged. Deficiency of the water element can also lead to behaviour problems such as fear biting. Water type dogs can sometimes be prone to depression.	Wood type dogs are very alert, fast moving and competitive. They are very athletic, have high stamina, and respond quickly to stimulus. These dogs active and are always busy doing something. They are confident and adapt to change very well. Owners may describe them as being bossy or possessive. When they are balanced they are very creative and easy to train. When the wood element is deficient these dogs can become easily angered and are irritable and can suffer from low self-confidence, becoming easily dominated.
Physical Traits	They tend to have a small head but a strong body, and small but bright eyes. They are very fast but don't have a lot of stamina. Their skin tends to be quite pink underneath their fur.	Sturdy body. Big head. Kind, shiny eyes.	Good hair coat and good vision. Broad chest. Good sense of smell	Deep, big eyes. Intolerant to cold and prefers the warmth.	Thin body, large eyes.
Organs	Associated with the Heart and Small Intestine. The fire element is also associated with blood vessels and the flow of nutrients around the body.	Spleen and Stomach. This element is associated with the digestive system, muscles and taste.	Lungs and Large Intestines	Bladder and Kidneys	Liver and Gall Bladder
Disease	Prone to heart disease.	Prone to gastrointestinal issues, diarrhoea and food allergies. These dogs can easily become obese if not kept in check.	As the metal element is linked to the respiratory system, dogs of this constitution often have lung problems and may have asthma symptoms, cough regularly or reverse sneeze. They are also prone to dry skin and sinus problems.	Water type dogs are prone to kidney and bladder issues such as urinary tract infections. If unbalanced they can have back pain, rear end weakness, disturbed growth and infertility.	Prone to liver disease and allergies. Can often have nail and foot problems. Sometimes predisposed to strokes. Wood dogs often have red, irritated eyes and will vomit bile more often than other types.
Breeds	Toy Poodle, Greyhound, Staffordshire bull terrier, Saluki.	Labrador, Golden Retriever.	Border Collie, Kelpie, German Shepherd	St Bernard, Newfoundland, Bernese Mountain Dogs, Great Danes, Portugese water dog.	Jack Russell, Cocker Spaniel, Springer Spaniel