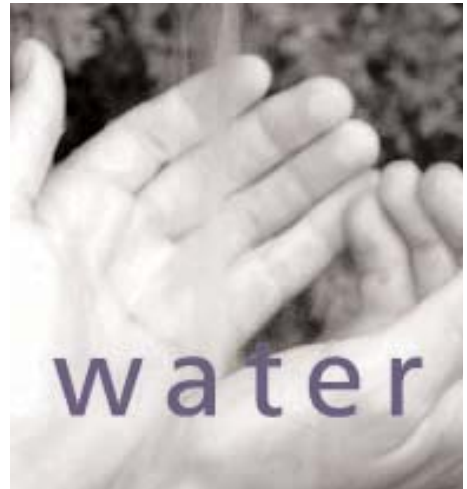


Elemental Nature



WATER

Sense - Water is linked to sense of TASTE.

Season - Water is linked to Spring (cool, moist, renewing).

Physiology -Water is responsible for lubricating the different structures of the body. This includes moisturizing the respiratory tract (mucus), lubricating the joints (synovial fluid), lubricating the digestive tract, etc.

Mind: Water nature is very compassionate. Water gives us our capacity for love and for supporting and nurturing others. Water learns new information slowly but has a good memory.

Skin condition - Oily/acne skin. Water natures have smooth texture, even tone with naturally large pores when balanced. When out of balance, they have frequent breakouts on the face and back. They are prone to poor circulation and occasional puffiness and fluid retention.

Hair type: Thicker hair that has a tendency to be oily.

Body type: Tendency is to be on the heavier side as they have a lot of water retention.

Balanced state: Water is strong, outwardly confident, has stamina, and is very thoughtful and considerate of others. They are very consistent.

Imbalanced state: Tendency to be needy, attached and they can get depressed.