

What's in an Asian Element

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a l c e n t e r s o u t h h j t n
o h k a f o e m n y t o l t s o c
o s c s t t u u e t g n i r p s y
s n a t t s s r n l t g e i a a o
t o l i c n e w i a d u t b n d c
t s b l o o d v e s s e l s g n d
e e e d l i w h r e h i g d e e d
h s n w d t w i n a t i n r r s r
o e r s e a s o n c h a n g e s y
t w s a r m m t u d p o h g i e i
s u m m e r h p t u r h t r o n n
g n i n a o r g n i h g u a l y g
h n o e u f i g y e l l o w s r n
g m f g s s e n o b s i m k o d i
n u h s g n i t u o h s i w n e y
t t o n t a s o s w i n t e r y r
s u s t o r a g e t i h w t g e c
r a r n y t i l i b i x e l f s u

Anger
Black
Cold
Dryness
Fear
Growth
Laughing
Nose
Sadness
Singing
Spring
Tendons
Warming
Winter

Autumn
Blood vessels
Crying
Ears
Flexibility
Harvest
Mouth
Nourishing
Salty
Skin
Storage
Thought
West
Yellow

Birth
Bones
Dampness
East
Green
Heat
Muscles
Pungent
Season change
Sour
Summer
Tongue
White

Bitter
Center
Drying
Eyes
Groaning
Joy
North
Red
Shouting
South
Sweet
Transformation
Wind