

Steve The Naturopath

Tel: 0409 454661
web: stevethenaturopath.com
e-mail: mrsteveallen@mac.com



Stephen G. Allen N.D.
Acc. member ATMS 0416

NATUROPATH

The Table Of Elements

The table below can be used to further enhance the understanding of other aspects of a patient's elemental nature. It can be used to select a particular elemental influence that will balance a patient's particular excess. In simple terms the forces of air and earth balance each other, as do the forces of fire and water. An excess of fire in a person may be balanced by choosing from the water element list for example.

Earth

Characteristics	Form, structure, foundation.
Positive qualities	Stability, constancy, reliability, orderliness and endurance.
Negative qualities	Inflexibility, stubbornness, plodding, grumpiness, seriousness.
Body area	Sacrum.
Colours	Browns, earth shades, autumnal colours.
Foods	Root and stem vegetables, fibre, thickened stews. Calcium. Foods high in protein.
Direction	Downward and contracting force.
Balancing element	Air.

Air

Characteristics	Flight, intangibility, spontaneity, light, speed.
Positive qualities	Communicativeness, humour, brightness, alertness, free unconstrained behaviour.
Negative qualities	Forgetfulness, distractedness, baselessness, irregularity, hysteria, pettiness, unreliability.
Body area	The sinuses above the roof of the mouth, upper respiratory tract.
Colours	Light blue, pastel colours.
Foods	Leafy greens (especially uncooked), light easily digested foods. Silica.
Direction	Energies of expansion and upward movement.
Balancing element	Earth.

Water

Characteristics	Fluidity, coolness, expression, embracing.
Positive qualities	Flexibility, accommodating, creativity, flowing, cleansing, stillness.
Negative qualities	Emotionalism, depression, stagnation, lethargy.
Body area	The heart through the blood and lymphatic circulation.
Colours	Greens and blues, grey.
Foods	Fish, fruits, wet and juice foods, drinks.
Direction	Energy of flowing, downward movement.
Balancing element	Fire.

Fire

Characteristics	Energy, vitality, illumination, direction, warmth, obviousness.
Positive qualities	Enthusiasm, motivation, assertiveness and charisma.
Negative qualities	Impatience, arrogance, anger, violence and volatility.
Body area	Solar plexus.
Colours	Bright, vivid colours, tropical colours.
Foods	Hot, spicy foods, pickled and fermented foods, sugar and fats. Whole grains & seeds (The germ contains most of the fire)
Direction	Energy of expansion and upward movement.
Balancing element	Water.

Distinguishing Between Fire and Air Forces

The elements of fire and air are often confused. On the whole, a fiery person tends to experience more fluctuating extremes than the airy person. The fiery person will not be able to go without food for long periods. They may become agitated and impatient if food cannot be consumed when they require it. This agitation may swing to sleepiness or lethargy after a meal, especially if it is eaten late in the evening.

The excessively airy person, on the other hand, is often able to skip meals and can even feel weighed down by the consumption of food (earth). The consumption of regular meals needs to be encouraged to balance the excessively airy nature in these people.

Masculine and Feminine Forces

Assessment of the balance of masculine and feminine energies can be used to evaluate our world, people's behaviour and even the functioning of the body. Men and women have the capacity to express both male and female forces. The balance is met when we learn to express ourselves appropriately to a given situation and not perpetuate the negative expression of these forces.

A woman needs to express characteristics of feminine nurturing forces and assertive masculine forces as much as a man needs to express feminine empathy and masculine motivation when appropriate.

Generally, in our society women tend to have an air/water balance and men tend to have a fire/earth balance. The masculine air/fire and feminine earth/water combination is also common. There are many combinations of elemental expression and each person expresses a unique combination of these.

Masculine Forces

Characteristics	Active, expressive, thrusting, forward moving.
Positive qualities	Direction, motivation, protectiveness.
Negative qualities	Aggression, oversimplification, bossiness, impetuosity.
Direction	Outward.

Feminine Forces

Characteristics	Passive, receptive, spreading.
Positive qualities	Love, kindness, empathy, mercy, creativity, nurturing.
Negative qualities	Inactivity, hesitation, over-complication, emotionalism.
Direction	Inward.