



## The Five Movements and Six Qi

By Chunchieh Bruce Sun, CAc, MSOM, Dipl OM



Happy Asian new year! 2024, as you may know, is the year of the dragon. The theory of Five Movements and Six Qi predicts that in 2024, we must pay attention to the impact of cold and dampness on our bodies, as we will be more vulnerable to spleen, stomach and kidney diseases.

The Five Movements and Six Qi is an important concept in ancient Chinese medicine. The ancient classic Chinese medicine book "Yellow Emperor's Internal Classic" has a large number of chapters discussing this topic. This is a theory that studies the relationship between climate changes in nature and physiological and pathological changes in the human body.

The so-called "Five Movements" refer to the familiar five elements (wood, fire, earth, metal, and water). The running rules of the five transports are: wood transports in spring, fire transports in summer, earth transports in the long of summer, gold transports in autumn, and water transports in winter. The so-called "Six Qi" refers to the six climate factors of wind, heat, fire, dampness, dryness and cold. The movement rules of the Six Qi are: wind

in spring, heat in summer, dampness in the long of summer, dryness in autumn, and cold in winter.

Through the intersecting operation of these two rules, a rather complex theory of Five Movements and Six Qi is constructed, which operates day after day and year after year.

2024 has excessive earth (Five Movements) which is related to dampness, and leads to cold (Six Qi). People are prone to symptoms such as abdominal pain, cold limbs, depression, and physical fatigue. In severe cases, symptoms such as muscle atrophy, weak feet that cannot contract, twitching and spasms, pain in the feet, edema and fullness in the abdomen, loss of appetite, inability to lift limbs, loose bowels, increased bowel sounds, and diarrhea may also occur.

Seaweed, kelp, goji berries, yams, grains, beans, barley, and black sesame seeds are good foods to eat to support your body. Avoid cold, raw, greasy, fried foods and dairy. Limb exercises such as qigong, Tai Chi, walking, aerobics, etc. are great for this year. Schedule regular daily aerobic moderate exercise without high intensity, and avoid excessive sweating. According to the different seasons, bed time should be adjusted appropriately also. In the winter, sleep time should be increased. Pay attention to adjusting the indoor temperature and humidity especially in cold and/or humid weather. The room should be regularly ventilated, and dehumidified properly. On days with abnormal weather, pay attention to rest and prevent overwork and overthinking. Pay attention to regulating your moods, stabilizing your emotions, and practice being optimistic.

I can assist you to stay healthy this year. I invite you to set up an appointment with me, Bruce Sun, acupuncturist at The Ommani Center for your ongoing TCM care.

©March2024, Chunchieh Bruce Sun, CAc, MSOM, Dipl OM offers acupuncture and Chinese medicine services at The Ommani Center. He is available for appointments on Mondays and every other Thursday. Call our office at (262) 695-5311 to schedule an appointment. Bruce is always open to speaking with people in advance to discuss a any care concerns.