

TCVM 5 ELEMENTS

Understanding Your Dog's Constitution in TCVM: A Guide for Pet Parents

In Traditional Chinese Veterinary Medicine (TCVM), every dog has a unique constitution based on the **Five Elements: Wood, Fire, Earth, Metal, and Water**. Each element is associated with specific characteristics, including personality traits, physical tendencies, colors, smells, seasons, and more. By identifying your dog's element, you can better understand their health and emotional needs, address imbalances, and promote long-term wellness.

Assess Your Dog's TCVM 5 Element Constitution

Place a checkmark by each attribute

Wood	
Decisive	Ligament problems
Assertive	Liver problems
Confident	Red Eyes
Strong	Angers easily
Impulsive	Ear problems
Athletic-stamina	Footpad problems
Alpha-animal	Anal sack Issues

Fire	
Lively	Insomnia
Communicative	Separation anxiety
Very friendly	Restless
Affectionate	Excess heat
Loves to be petted	Rapid heart rate
Center of the party	Heart problems

Earth	
Relaxed, laid back	Diarrhea
Sociable	constipation
Round and large	Loss of appetite
Loyal	Vomits
Serene and balanced	Gum disease
Cares for others (motherly)	Weak muscles
	Overeats, obese
	worries

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Metal	
Loves Order	Asthma
Obeys the rules, enforces the rules	Dry skin
Aloof	Sinus problems
Symmetrical body	Breathing disorder
Disciplined attitude	Nose problems
Healthy Coat	Cough

Water	
Careful, cautious	Rear end weakness
Curious	Fearful
Self-contained	Bone and back issues
Likes to hide	Urinary issues
Meditative	Disturbed growths
Slow and consistent, methodical	Reproductive issues