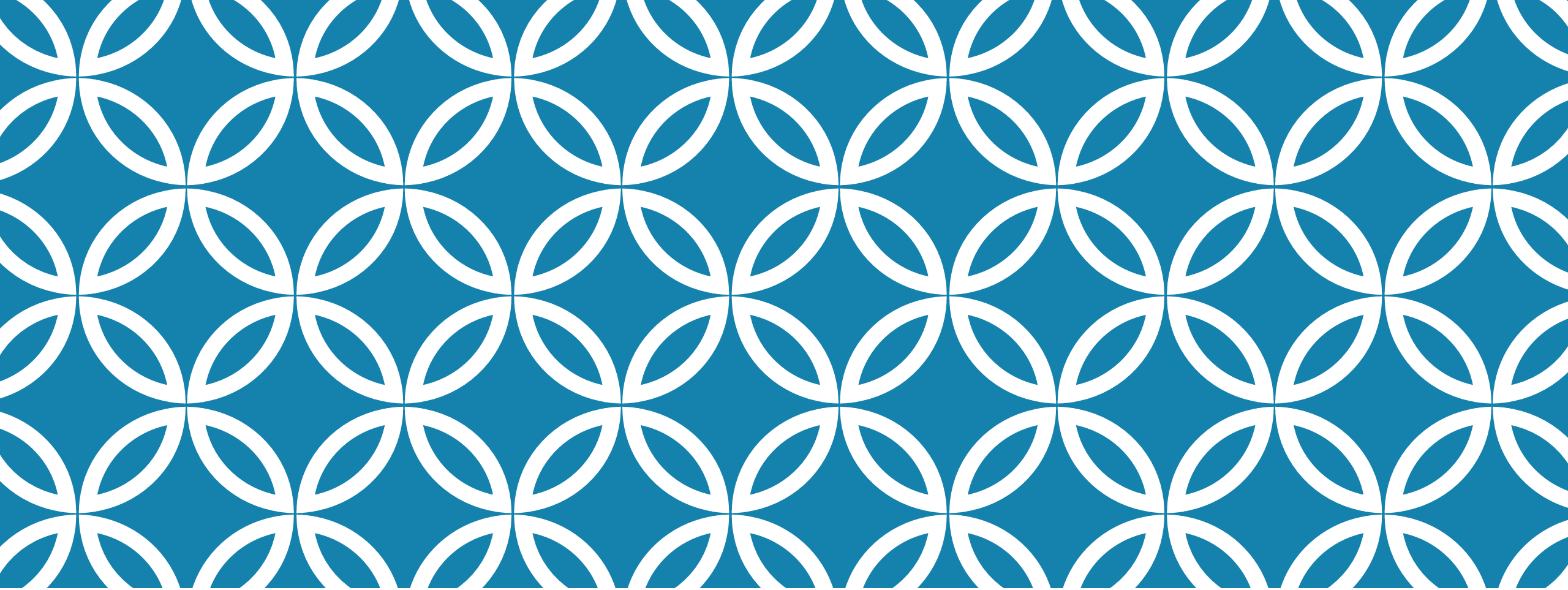

DESTINY BLUEPRINT

HEALTH

DETAILED ANALYSIS

HEALTH

🔷 Step 1. Five Elements Balance

- **Metal (庚申):** Strong influence from the Year Pillar. Metal rules **lungs, respiratory system, skin, immunity**.
- **Water (壬午):** Present in the Month Stem. Water rules **kidneys, urinary system, reproduction, bones, brain, ears**.
- **Earth (戊 – Day Master + 辰):** Dominant, since the Day Master is Yang Earth and supported by the Hour branch. Earth rules **stomach, spleen, digestion, metabolism, muscles**.
- **Wood (甲, 寅, 辰):** Significant through Day Branch and Hour Stem. Wood rules **liver, gallbladder, tendons, eyes, stress management**.
- **Fire (午, 寅):** Present but less dominant. Fire rules **heart, circulation, small intestine, mental restlessness**.

Overall: Earth-Wood-Metal are strong; Water moderate; Fire relatively weaker.

DETAILED ANALYSIS

HEALTH

🔷 Step 2. Health Tendencies by Pillar

Year Pillar (庚申 – Metal Monkey):
- Suggests sensitivity in **lungs, breathing, and skin**.
- Metal also cuts Wood → may show stress on **liver, nerves, or eyes** during imbalance.

Month Pillar (壬午 – Water Horse):
- Water stem controls Fire branch → tension between **kidney–heart axis** (common in TCM → anxiety, insomnia, circulation issues).
- Can show reproductive/kidney health needing balance, especially under stress or later in life.

Day Pillar (戊寅 – Earth Tiger):
- Earth Day Master indicates reliance on digestion, stomach, spleen health.
- Supported by Wood in 寅 → stress may manifest in **digestion vs. liver tension**.
- Need to watch diet, blood sugar regulation, tendency toward worry or overthinking (Earth imbalance).

Hour Pillar (甲辰 – Wood Dragon):
- Wood over Earth → possible stress on **liver–spleen relationship**.
- Emotional stress (Wood) can easily affect digestion (Earth).
- Also relates to children/legacy palace → reproductive and liver energy connected.

DETAILED ANALYSIS

HEALTH

🔷 Step 3. Likely Health Focus Areas

Digestion & Metabolism (Earth strong):

- Prone to digestive sensitivity, bloating, sluggish metabolism, sugar cravings, or worry-related stomach issues.

Liver & Stress (Wood strong):

- Stress, mood swings, tension headaches, eye strain. Needs regular movement, relaxation, balanced emotions.

Lungs & Immunity (Metal strong):

- Possible respiratory sensitivity, skin irritation, or immunity fluctuations. Breathwork and skin care important.

Kidneys & Reproduction (Water moderate, but clashed by Fire):

- Energy reserves can be challenged. Important for fertility, hormone balance, bone/ear health.
- Periods of exhaustion may show up if lifestyle is draining.

Heart & Circulation (Fire weak):

- Potential to feel cold in extremities, low circulation, or palpitations under stress.
- Needs heart-strengthening activity (aerobic movement, joy, laughter, love connection).

DETAILED ANALYSIS

HEALTH

◆ Step 4. Health Guidance

- **Strengthen Fire & Water balance:** Nourish heart and kidneys (rest + circulation practices).
- **Support digestion (Earth):** Avoid heavy, damp-forming foods (too much sugar, dairy, fried foods).
- **Move stagnant Wood:** Qi Gong, stretching, walking in nature, creative expression.
- **Care for lungs (Metal):** Breath practices, avoiding smoke/pollution, skin nourishment.
- **Stress management:** Since Earth–Wood tension is strong, meditation, yoga, or calming rituals are essential.

In summary:

This chart shows **Earth (digestion, worry), Wood (liver, stress, eyes), and Metal (lungs, immunity)** as strong but potentially clashing, with **Fire (heart) relatively weak** and **Water (kidneys) needing preservation**.
The health path is about **balancing stress (Wood), protecting digestion (Earth), and supporting kidney/heart Fire–Water harmony**.

We provide personalized Health Programme on basis of full Chinese and Daoist Medicine Diagnostics (Body, Mind, Spirit), Neuroscience, and Bio-Hacking