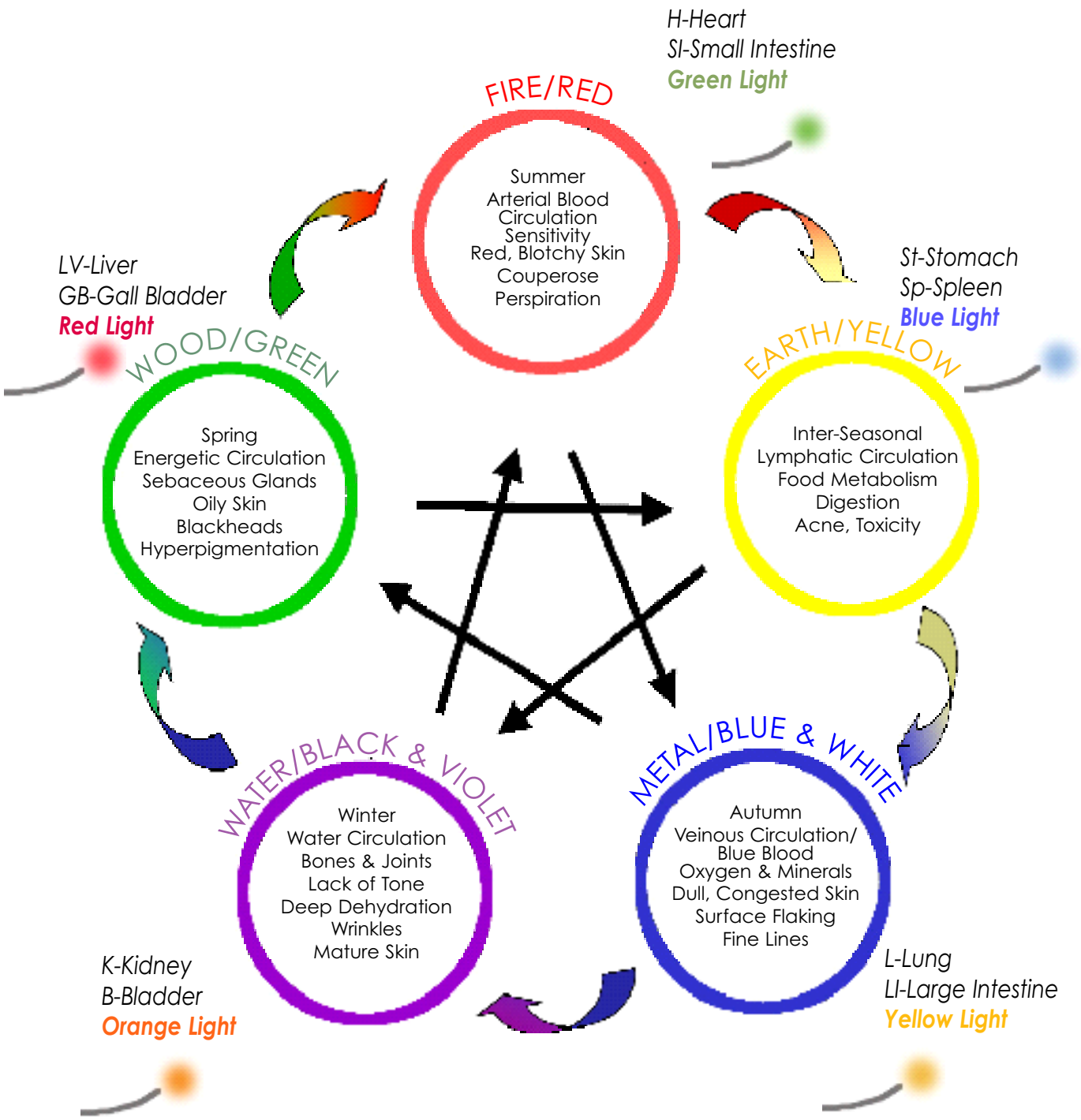
H-Heart
SI-Small Intestine
Green Light
FIRE/RED
Summer
Arterial Blood
Circulation
Sensitivity
Red, Blotchy Skin
Couperose
Perspiration
LV-Liver
GB-Gall Bladder
Red Light
WOOD/GREEN
Spring
Energetic Circulation
Sebaceous Glands
Oily Skin
Blackheads
Hyperpigmentation
St-Stomach
Sp-Spleen
Blue Light
EARTH/YELLOW
Inter-Seasonal
Lymphatic Circulation
Food Metabolism
Digestion
Acne, Toxicity
WATER/BLACK & VIOLET
Winter
Water Circulation
Bones & Joints
Lack of Tone
Deep Dehydration
Wrinkles
Mature Skin
METAL/BLUE & WHITE
Autumn
Veinous Circulation/
Blue Blood
Oxygen & Minerals
Dull, Congested Skin
Surface Flaking
Fine Lines
K-Kidney
B-Bladder
Orange Light
L-Lung
LI-Large Intestine
Yellow Light