



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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## Yin Yang Chart

YIN		YANG
Shady side of mountain		Sunny side of mountain
Earth		Heaven
Moon		Sun
Departing		Arriving
Stillness		Movement
Slow		Fast
North		South
West		East
Night		Day
Wet		Dry
Dead		Living
Water		Fire
Valley		Mountain
Inside		Outside
Cold		Hot
Decrease		Increase
Winter		Summer
Autumn		Spring
Even		Odd
Black		White
Receptive		Creative
Female		Male
Belly (Anterior side)		Back (Posterior side)
Solid Organs		Hollow Organs
Store Chi Energy		Create Chi Energy

