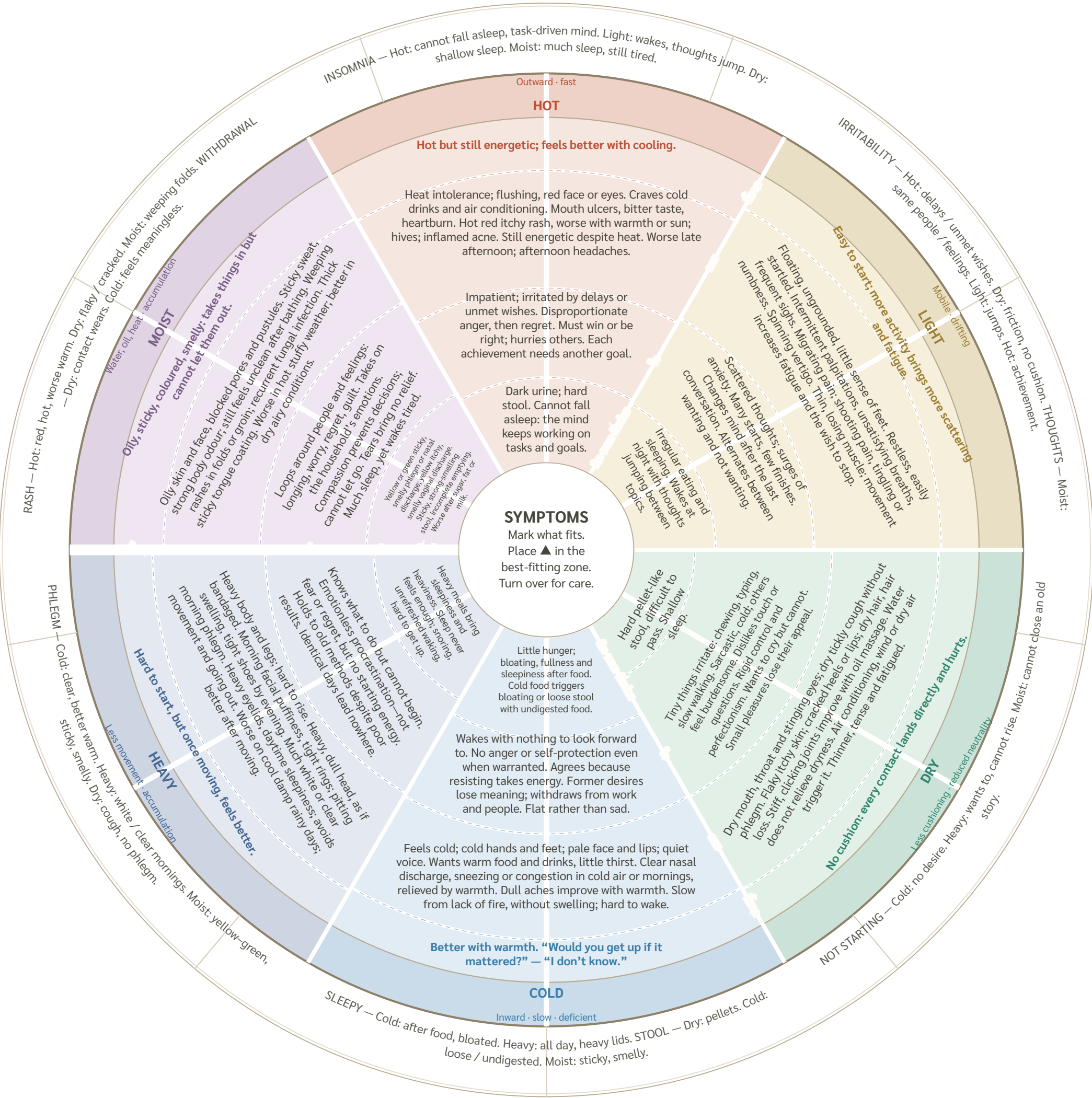


Six-Pole Wheel • Symptoms

Three opposing pairs: Hot–Cold • Dry–Moist • Heavy–Light

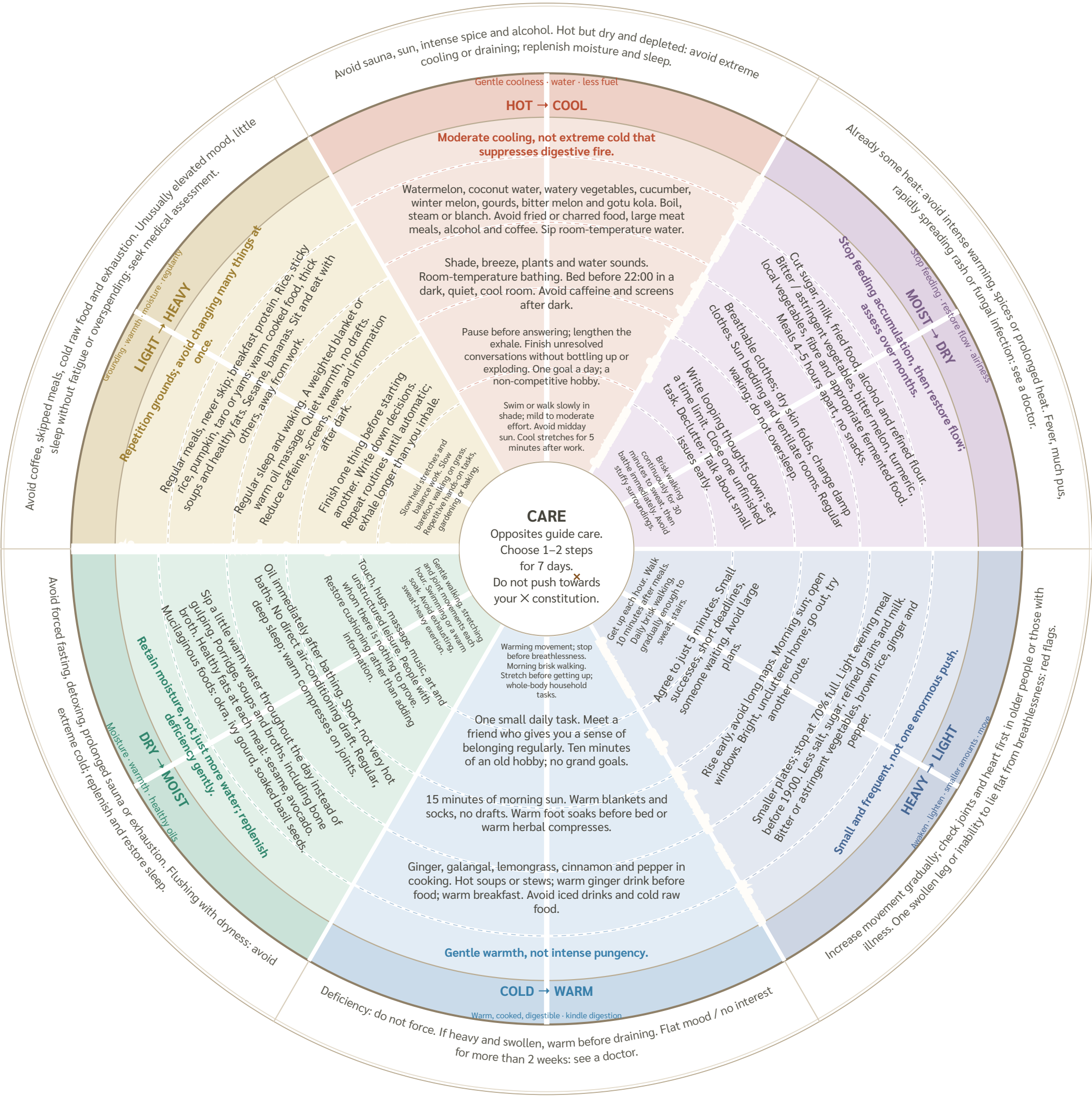


Underline matching symptoms across all zones. Place ▲ in the best-fitting zone. If several zones seem similar, compare the outer band. Turn over for the corresponding care options.

Rings from centre outward: eating, sleeping and elimination → mind → body → distinguishing feature → pole name. The outside band compares similar symptoms.

Six-Pole Wheel • Care

Opposites guide adjustment • Match the marked zone on the reverse



Choose one or two practical steps for seven days. Read the cautions first. Do not push further towards the fixed X constitutional position. Use the screening and referral boundaries in Chapter 8 of the textbook.

Rings from centre outward: physical activity → mind care → sensory input and environment → food → guiding principle → pole and direction. The outside band gives cautions.