

A Gentle Guide to Feeding Your Dog in Harmony with Nature

Five Element Dog Feeding Practices



*“Nourish the body, honor the spirit,
and feed from the heart.”*

Elizabeth Anne Johnson



Dedication

*For the dogs who teach us balance,
and the humans who listen.*

Introduction: The Five Elements and Your Dog

In the world of ancient wisdom, everything in nature is guided by five essential energies—Wood, Fire, Earth, Metal, and Water. These Five Elements represent movement, emotion, and transformation. When we understand how these energies flow through our dogs, we can nourish them in harmony with their true nature. Each dog has a unique elemental constitution, a combination that shapes their body, mind, and spirit.

By feeding in tune with these natural rhythms, we bring balance, vitality, and joy to every meal.





The Wood Dog — The Athlete



Element Essence: Growth, movement, and vitality

Organs: Liver and Gallbladder

Personality Traits: Energetic, driven, confident, sometimes frustrated or restless

Signs of Imbalance

- Irritability, tension, digestive upset
- Eye issues, tendon or ligament injuries

Dietary Focus

Cooling, detoxifying foods to soothe Liver heat

Sour flavors (mildly) to support the Liver

Avoid greasy or overly rich foods

Best Foods

- Lean proteins (chicken, turkey, white fish)
- Green veggies (spinach, kale, parsley, broccoli)
- Small amounts of apple cider vinegar or lemon
- Milk thistle or dandelion greens (in moderation)

For the Wood dog, balance means flow — nourish them with clean, green energy that keeps their spirit flexible and strong.



The Fire Dog

The Joyful Companion



Element Essence: Warmth, passion, connection

Organs: Heart and Small Intestine

Personality Traits: Playful, affectionate, sensitive to emotional tone

Signs of Imbalance

- Anxiety, restlessness, panting, red tongue
- Heart sensitivity, overheating

Dietary Focus

Cooling, hydrating foods to calm internal heat

Bitter flavors to support the Heart

Avoid stimulants and rich foods

Best Foods

- Duck, rabbit, cod, or tofu
- Bitter greens (romaine, kale, endive)
- Cooling fruits (watermelon, cucumber, pear)
- Chamomile or hawthorn tea (very mild infusions)

The Fire dog shines through love. Feed their heart with cooling foods and gentle calm so their joy burns steady, not wild.



The Earth Dog — The Nurturer



Element Essence: Stability, nourishment, empathy

Organs: Spleen and Stomach

Personality Traits: Loyal, easygoing, loves comfort and food

Signs of Imbalance

- Weight gain, lethargy, digestive issues
- Worry, sluggishness

Dietary Focus

Warm, cooked, easy-to-digest foods

Sweet (natural) flavor to strengthen Spleen

Avoid cold, raw, and fatty foods

Best Foods

- Lean meats (chicken, beef, lamb in moderation)
- Root vegetables (sweet potato, pumpkin, carrot)
- Rice or millet
- Ginger and cinnamon (small amounts for warmth)

The Earth dog thrives on care and steadiness and warm, hearty meals remind them they're safe and loved.



The Metal Dog — The Thinker



Element Essence: Structure, integrity, clarity

Organs: Lungs and Large Intestine

Personality Traits: Disciplined, reserved, dependable, sometimes rigid

Signs of Imbalance

- Respiratory issues, skin dryness, constipation
- Sadness, grief, or detachment

Dietary Focus

Moistening foods to nourish lungs

Pungent flavors to promote circulation

Avoid dry or processed foods

Best Foods

- Pork, salmon, or eggs
- Pear, honey, flaxseed oil
- Small amounts of garlic or ginger
- White veggies (cauliflower, turnip, daikon)

The Metal dog finds balance in breath — nourish their lungs with moisture and warmth to keep their spirit open and connected.



The Water Dog-Sage & Dreamer



Element Essence: Depth, wisdom, calm

Organs: Kidneys and Bladder

Personality Traits: Introspective, loyal, cautious, may be anxious

Signs of Imbalance

- Fearfulness, stiffness, fatigue
- Kidney weakness, urinary and spinal issues

Dietary Focus

Warming, mineral-rich foods

Salty (natural) flavor to tonify Kidneys

Avoid cold or overly salty diets

Best Foods

- Lamb, beef, sardines, eggs
- Seaweed, bone broth, black beans
- Blueberries, black sesame seeds
- Reishi or cordyceps mushrooms (if advised by a holistic vet)

The Water dog flows between stillness and strength — nourish them with grounding foods that replenish their inner reservoirs.

About the Author



Elizabeth Anne Johnson is an animal empath and animal healer of over 30 years and the author of **'Know Your Dog's True Nature: Understanding Canine Personality through the Five Elements.'** Her gentle approach blends intuitive wisdom and holistic care to help animals and their humans find balance and connection.



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