### 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.





## 7he Wood Dog — 7he 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.



### 7he Earth Dog — 7he 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**

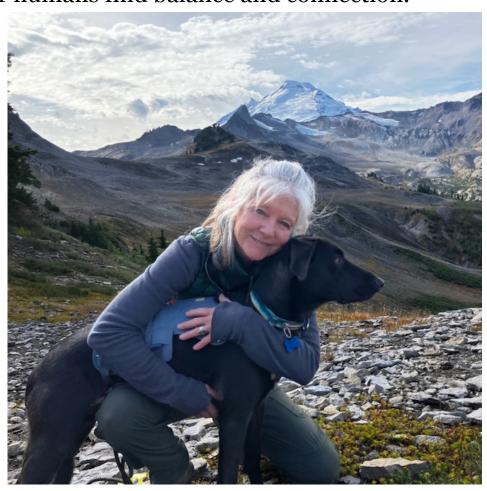
- Lamb, beef, sardines, eggs
- Seaweed, bone broth, black beans
- Blueberries, black sesame seeds
- Reishi or cordyceps mushrooms (if advised by a holistic vet)

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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