

The Body Constitution So-eum (Lesser Yin)

The natal chart in addition to showing the strengths and weaknesses of each of your internal organs also indicates how your energy flows. The natal chart shows your Body Constitution, which is a very important piece of information that otherwise can be difficult to accurately determine. The Body Constitution is somewhat like an internal climate, or internal weather condition. It is something that each person is born with, and it remains the same throughout life. However, you can provide balance for it, through the right diet and exercise.

In the Korean system of Sasang Body Constitution there are four constitutional types that are summarized in the table below. There are variations within each category but generally the following descriptions hold true.

Body Constitution	Strongest Organ	Weakest Organ	Central Energy
Tae-eum (Greater Yin)	Liver	Lung	Cold or Hot
So-yang (Lesser Yang)	Stomach/Spleen	Kidney	Hot
So-eum (Lesser Yin)	Kidney	Stomach/Spleen	Cold
Tae-yang (Greater Yang)	Lung	Liver	Hot

Your body constitution is called "So-eum or Lesser Yin". The term "lesser" can also be expressed as "youthful" or "increasing". "Lesser" does not mean "too little". In this case it means that these yin energies are at the extreme end of the yin scale, cold and wet, and still far from approaching the qualities that would transform them into yang energies. When the internal energy is cold and damp it pushes the body heat towards the outside of the body, to the skin and extremities. In this process the body heat will often "leak" outside, instead of going inside the body where it is needed. So even though people of this constitution often have warm hands and feet, they are actually losing their body heat in the process and are often sensitive to the cold. In some people the internal body coldness will extend even to the extremities making the hands and/or feet cold. To create better balance the body heat must be encouraged to move inside so that it doesn't sit so close to the skin where it can be lost.

In the So-eum body constitution, the stomach, spleen and pancreas are cold and damp and often exhibit symptoms of weakness. The stomach/spleen/pancreas energy is the Central Energy, acting as a central pillar providing support for the five major organs. The spleen is related to the emotions of anxiety and excessive thinking. When it is weak one can be vulnerable to unnecessary anxiety and a mind that feels unfocused. Excessive laughter or giddiness can also easily arise when the spleen is experiencing imbalance. These emotions can stimulate the spleen, causing further weakness.

For most people of the So-eum body constitution the kidneys, urinary system, lower back and reproductive organs have very strong energy. This means there is a lot of excessive energy gathered in this area. There are a few So-eum people who have weak kidney energy, but their

internal energies in general are still cold and damp. For everyone of this body constitution the kidney energy is very cold and wet, and like anything that is cold, it will move in a downward direction, settling into the lower body and legs. So generally the lower body would be stronger and have more stagnant energy than the upper body. This cool energy needs to be encouraged to circulate into the upper body for better energy balance. Even though in most people of this constitution the energy here is strong, because it is cold and circulates very slowly this can actually create the potential for health problems. So just because the energy of a particular organ is strong does not necessarily mean this organ is healthy or well balanced.

When the Central Energy is strong and warm the rest of the body and the emotions will be well balanced. The cold, damp Central Energy would be the main source of any health problems someone with this body constitution may experience, and it is important to warm and strengthen this energy to create good balance and harmony among all the major organs. This is what the enclosed nutrition and lifestyle guidelines are designed to do.

The Diagnosis Specifics page explains the individual energy balance of all your organs and specific recommendations unique to you in addition to the general recommended nutrition and guidelines in the other documents that you need to follow to achieve balance and maintain your health.