

Five Types, Five Triangles, Five Peacemakers Formulas

Five triangles correspond to each of the five types. The five triangles describe the underlying pattern, the context out of which disharmonies and conflict materialize. Each Peacemakers formula harmonizes key interactions between three Organ Networks that constitute a triangle of relationships, corresponding to each pattern and type. When deciding on a formula, triangles inform your choice.

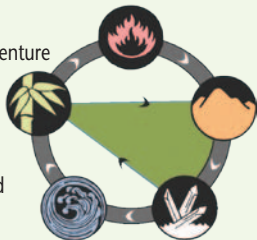


Wood Child

Wood-Earth-Metal = Liver-Spleen-Lung

CHARACTERISTICS

- Likes pressure, speed and adventure
- Seeks novelty
- Challenging and intense
- Competitive
- Supple, muscular physique
- Subject to invasion from Wind
- Invasion enters at head, neck, upper back



Fire Child

Fire-Metal-Water = Heart-Lung-Kidney

CHARACTERISTICS

- Seeks contact and intimacy
- Enjoys excitement and sensuality
- Passionate and sensitive
- Empathetic
- Evenly proportioned, willowy physique
- Subject to invasion from Heat
- Invasion enters at head, upper back, nose, mouth, throat

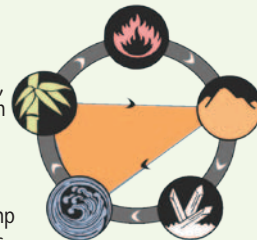


Earth Child

Earth-Water-Wood = Spleen-Kidney-Liver

CHARACTERISTICS

- Seeks comfort, contentment
- Likes to be sociable, in charge, but not the center of attention
- Agreeable
- Sympathetic
- Round, fleshy physique
- Subject to invasion from Damp
- Invasion enters at head, joints, lower back, abdomen



Metal Child

Metal-Wood-Fire = Lung-Liver-Heart

CHARACTERISTICS

- Delicate and upright
- Enjoys ritual and ceremony
- Discerning and methodical
- Perfectionistic and refined
- Erect, trim, symmetrical physique
- Subject to invasion from Dryness
- Invasion enters at head, skin, mouth, throat, nose

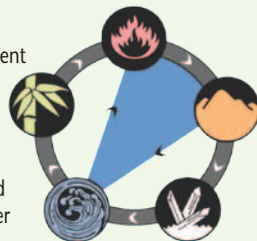


Water Child

Water-Fire-Earth = Kidney-Heart-Spleen

CHARACTERISTICS

- Self-contained and self-sufficient
- Seeks knowledge
- Prefers anonymity
- Watchful
- Strong, dense, lean physique
- Subject to invasion from Cold
- Invasion enters at head, upper back, hips, legs



Five Peacemakers Formulas, Five Types and Five Organ Networks

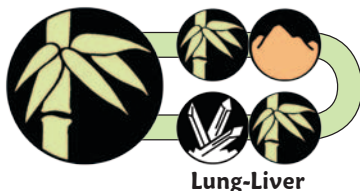
Each of the five Peacemakers formulas harmonize the *Ke* relationships between Organ Networks, supporting the needs of each of the five types: the Wood, Fire, Earth, Metal and Water Child.

Wood Builder

ORGAN NETWORK: Liver

Wood Builder Harmonizes:

Liver-Spleen



Lung-Liver

FORMULA FUNCTIONS

- Supplements Liver Yin and Blood
- Regulates Qi
- Nourishes Lung Yin
- Disperses Spleen and Liver Qi stagnation
- Boosts Defense Qi
- Dispels Wind
- Supports Spleen and Stomach

QI DYNAMIC

Liver Dominant = Tension with Spleen and Lung

QI DISHARMONIES

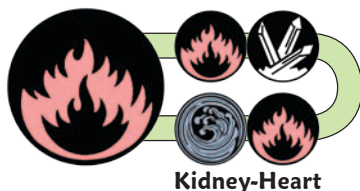
- Rising Liver Yang
- Stirring Internal Wind
- Qi and Blood congestion
- Depletion of Qi and Blood
- Qi spasm
- Obstructed Spleen and Lung Qi
- Disturbance of *Hun*, *Yi*, *Po*

Fire Starter

ORGAN NETWORK: Heart

Fire Starter Harmonizes:

Heart-Lung



Kidney-Heart

FORMULA FUNCTIONS

- Supplements Qi and Yin of the Heart, Lung and Kidney
- Calms *Shen*
- Consolidates Essence
- Clears Upper Orifices
- Descends the Qi
- Supports Spleen and Stomach

QI DYNAMIC

Heart Dominant = Tension with Lung and Kidney

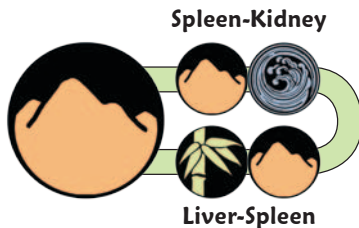
QI DISHARMONIES

- Escalating Heart Yang instability
- Qi and Blood congestion
- Depletion of Qi, Blood, Moisture
- Phlegm misting upper orifices
- Damp Heat descending to Lower Burner
- Yin attrition: Lung, Kidney
- Qi obstruction: Lung, Kidney
- Disturbance of *Shen*, *Po*, *Zhi*

Earth Maker

ORGAN NETWORK: Spleen

Earth Maker Harmonizes:



FORMULA FUNCTIONS

- Supports Spleen and Stomach
- Regulates Middle Burner
- Boosts Central Qi
- Supplements Essence, Liver Qi and Blood
- Regulates Moisture
- Relaxes Stomach and Intestines

QI DYNAMIC

Spleen Dominant = Tension with Kidney and Liver

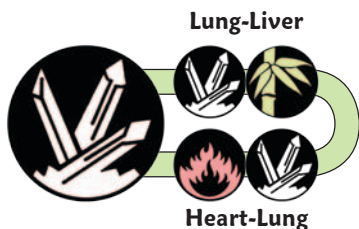
QI DISHARMONIES

- Dampness accumulation
- Middle Burner Qi congestion
- Dampness descends to Lower Burner
- Phlegm accumulation, Kidney and Liver Qi obstruction
- Suppression of Kidney Yang, accumulation of Cold
- Disturbance of *Yi, Zhi, Hun*

Metal Worker

ORGAN NETWORK: Lung

Metal Worker Harmonizes:



FORMULA FUNCTIONS

- Supplements Lung Yin
- Subdues Liver Yang
- Expels Phlegm
- Calms *Shen*
- Clears the Mind
- Disperses Wind and Heat
- Supports Spleen and Stomach

QI DYNAMIC

Lung Dominant = Tension with Liver and Heart

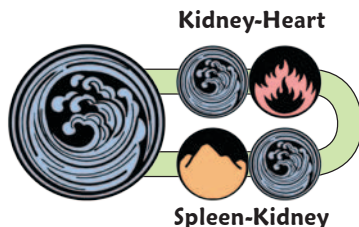
QI DISHARMONIES

- Constrained Upper Burner Qi
- Contraction of Qi
- Attrition of Moisture
- Qi and Moisture unable to descend to Lower Burner
- Liver and Heart Yang suppression
- Accretion of Heat and Dryness
- Disturbance of *Po, Hun, Shen*

Water Seeker

ORGAN NETWORK: Kidney

Water Seeker Harmonizes:



FORMULA FUNCTIONS

- Supplements and consolidates Kidney Yin, Yang and Essence
- Secures the Genuine Yang
- Expels accumulated Dampness and Heat
- Regulates transformation of Moisture
- Supports Spleen and Stomach

QI DYNAMIC

Kidney Dominant = Tension with Heart and Spleen

QI DISHARMONIES

- Retained Moisture, Damp-Heat or Damp-Cold in Lower Burner
- Constrained Kidney Yang and Genuine Yang cannot ascend
- Suppression of Heart, Spleen Yang
- Obstructed Spleen Qi
- Blocking of *Jing*
- Disturbance of *Zhi, Shen, Yi*

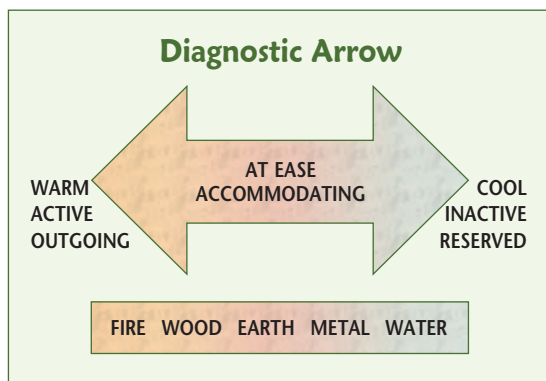
Diagnostic Instruments

There are three diagnostic instruments developed by Efrem Korngold and Stephen Cowan that assist in gathering data needed to identify a child's type:

- The **Diagnostic Arrow** is used for quickly assessing a child.
- The **Observer Checklist** helps the practitioner form a more multi-dimensional picture of the child's constitutional type.
- The **Child Type Assessment Questionnaire** is a useful tool to help parents and practitioners gather information relevant to determining whether the particular child is a Wood, Fire, Earth, Metal or Water Child.

Using the Diagnostic Arrow

The Diagnostic Arrow helps in making a quick judgment about the Yin-Yang/Five-Phase nature of the child's current status and disposition. Based on the somatic and behavioral expressions observed, it becomes relatively easy to describe a child's status in terms of Heat and Cold, Excess and Deficiency, and which Organ Network Qi is most predominant.



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Using The Observer Checklist

The Observer Checklist is a template that helps the provider to recognize the physical, mental, emotional, behavioral and social facets of a child's nature (*Li*). To simplify, nature (*Li*) = formative organizing pattern = type. By matching observable qualities across ten parameters, the phase most characteristic of that child is uncovered.

Observer Checklist

	Fire	Wood	Earth	Metal	Water
Vibrancy	<ul style="list-style-type: none"> • Sparkling • Radiant • Glowing • Sunny • Lustrous 	<ul style="list-style-type: none"> • Charged • Excited • Rousing • Electric 	<ul style="list-style-type: none"> • Sunny • Clear • Mild 	<ul style="list-style-type: none"> • Delicate • Precious • Fine • Composed 	<ul style="list-style-type: none"> • Placid • Calm • Docile • Immobile • Serene
Gaze	<ul style="list-style-type: none"> • Scanning • Scattered • Expanding • Broad 	<ul style="list-style-type: none"> • Persistent • Focused • Alert • Watchful • Vigilant 	<ul style="list-style-type: none"> • Reciprocal • Sustained • Social • Sharing • Following 	<ul style="list-style-type: none"> • Selective • Discriminating • Sharp • Particular • Fastidious 	<ul style="list-style-type: none"> • Retreating • Penetrating • Withdrawing • Intense • Deep, vacant
Degree of Cooperation	<ul style="list-style-type: none"> • Enthusiastic • Eager • Animated • Excited • Energized 	<ul style="list-style-type: none"> • Resisting/testing • Demanding • Insistent • Uncompromising 	<ul style="list-style-type: none"> • Agreeable • Pleasant • Comfortable • At ease • Relaxed 	<ul style="list-style-type: none"> • Finicky • Particular • Fastidious • Selective 	<ul style="list-style-type: none"> • Resisting/wary • Defiant • Stubborn • Independent
Sociability	<ul style="list-style-type: none"> • Contact seeking • Enthusiastic 	<ul style="list-style-type: none"> • Contact seeking • Challenging 	<ul style="list-style-type: none"> • Contact sustaining • Following 	<ul style="list-style-type: none"> • Contact particular • Meticulous 	<ul style="list-style-type: none"> • Contact wary • Circumspect
Activity	<ul style="list-style-type: none"> • Easily engaged • Easily stimulated • Easily startled • Surprised • Wiggly 	<ul style="list-style-type: none"> • Tense • Squirmy • On edge • Twitchy • Restless 	<ul style="list-style-type: none"> • Comfortable • Cuddly • Relaxed • At ease • Contented 	<ul style="list-style-type: none"> • Tight • Stiff • Tense • Inflexible 	<ul style="list-style-type: none"> • Quiet • Still • Rooted • Undisturbed • Implanted
Posture	<ul style="list-style-type: none"> • Flexible • Draped • Limber 	<ul style="list-style-type: none"> • Forward seeking • Reaching 	<ul style="list-style-type: none"> • Relaxed • Comfortable • At ease 	<ul style="list-style-type: none"> • Positioned • Arranged • Statuesque 	<ul style="list-style-type: none"> • Settled • Drawn in • Curled up
Color	• Rosy	• Ruddy	• Peachy	• Alabaster	• Dark or blue cast
Moisture	• Sweaty	• Oily	• Sticky	• Dry	• Damp
Circulation	<ul style="list-style-type: none"> • Easily flushed • Tends to be warm 	<ul style="list-style-type: none"> • Warm head • Cool extremities 	<ul style="list-style-type: none"> • Even • Neither cool or warm 	<ul style="list-style-type: none"> • Easily flushed • Tends to be cool 	<ul style="list-style-type: none"> • Appears cool • Tends to be warm
Shape	<ul style="list-style-type: none"> • Well-proportioned • Symmetrical 	<ul style="list-style-type: none"> • Square and solid • Muscular arms, hands and feet 	<ul style="list-style-type: none"> • Rounded and firm • Large hips and shoulders • Small hands and feet 	<ul style="list-style-type: none"> • Trim and taut • Small bones • Fine features 	<ul style="list-style-type: none"> • Dense and compact • Large boned • Narrow head • Long fingers and toes

Child Type Assessment Questionnaire

Who Is My Child?

Please complete the questionnaire by checking the appropriate boxes to describe your child.



The Wood Child

1 VERY INACCURATE	2 MODERATELY INACCURATE	3 NEITHER INACCURATE OR ACCURATE	4 MODERATELY ACCURATE	5 VERY ACCURATE
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1. Loves action and movement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Seeks challenge and pushes limits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Does not wait for others to lead the way	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Does not hold back opinions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Prefers making change to routine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Enjoys being first, best; hates losing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Enjoys pressure, speed and adventure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Learns by doing, not talking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Likes to test rules	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Is drawn to danger, seems to have no fear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Acts boldly and decisively even without all the information	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Adapts quickly to new situations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Can be intolerant or impatient	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Goal and achievement-oriented	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Is confident in abilities and judgments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Is decisive and eager to experiment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Occasional tension headaches, neck pains	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Tends to eat on the run	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Tends to get angry easily, to yell and shout	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Tends to crave stimulants, sweets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



The Fire Child

	1 VERY INACCURATE	2 MODERATELY INACCURATE	3 NEITHER INACCURATE OR ACCURATE	4 MODERATELY ACCURATE	5 VERY ACCURATE
1. Openly expresses excitement and enthusiasm to others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Is naturally funny and fun-loving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Is animated and enthusiastic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Seeks contact and stimulation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Is sensitive and vulnerable to extremes of emotions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Follows intuition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Experiences emotions intensely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Trusts what others say	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Likes to make last-minute plans and preparations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Uses flattery and charm to get what he/she wants	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Communicates with passion, compassion and inspiration	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Is drawn to rewards and instant gratification	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Is hopeful and optimistic in spite of what others may say or believe	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Loves sensation and drama	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Enjoys being the center of attention	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Often complains of being bored	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Tends to eat when bored	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Dramatic and intense reactions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Occasional diarrhea when nervous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Sensitivity to sugar and starches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Child Type Assessment Questionnaire (continued)



The Earth Child

	1 VERY INACCURATE	2 MODERATELY INACCURATE	3 NEITHER INACCURATE OR ACCURATE	4 MODERATELY ACCURATE	5 VERY ACCURATE
1. Enjoys just being in the company of other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Likes to get involved in other people's lives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Is caring, kind-hearted and concerned for the welfare of others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Dislikes conflict	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Believes in the good intentions of others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Likes to be involved, but not the center of attention	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Makes people feel welcome	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Finds security in loyalty and sustained connections	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Mediates disputes so that all are satisfied	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Is agreeable and accommodating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Likes fitting in and being needed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Can be needy and helpless	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Puts the needs of others first	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Can become indecisive and worried	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Values stability and predictability in relationships	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Advocates for those in greatest need of friendship, sustenance or recognition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Shifts from being shy to talking excessively	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Tends to gain weight easily	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Tends to crave carbohydrates	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Tends to get stomachaches when nervous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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The Metal Child

	1 VERY INACCURATE	2 MODERATELY INACCURATE	3 NEITHER INACCURATE OR ACCURATE	4 MODERATELY ACCURATE	5 VERY ACCURATE
1. Finds security in order and regularity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Likes when everyone is following proper procedures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Is content with few close attachments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Likes when things go according to plan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Is methodical, meticulous and discriminating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Is drawn to patterns and structure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Has high standards	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Restrained in expressing feelings or opinions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Is particular about likes and dislikes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Can be judgmental and self-righteous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Strives to create order from chaos	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Strives for mastery, virtue and perfection	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Enjoys taking things apart and putting them back together	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Can become hyper-focused and rigid when stressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Prefers composure to excitement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Dislikes change, prefers consistency	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Tends to get stuck in details when stressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Tends to be a very picky eater	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Occasional constipation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Occasional dry, reddened skin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Child Type Assessment Questionnaire (continued)



The Water Child

	1 VERY INACCURATE	2 MODERATELY INACCURATE	3 NEITHER INACCURATE OR ACCURATE	4 MODERATELY ACCURATE	5 VERY ACCURATE
1. A seeker of knowledge and understanding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. A dreamer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Takes time to react to situations and events	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Prefers routine to adventure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Keeps feelings, thoughts and opinions private	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Content figuring things out for self	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Prefers anonymity to the spotlight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Chooses solitude over socializing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Is slow to start	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Is wary of other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Can get lost in fantasy and curiosity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Contradicts others as a way to discover the truth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Considered by some to be unusual or eccentric	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Can be stubborn and headstrong	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Often fears the worst	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Is often hard to read	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Occasional dull headaches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Occasional vague somatic complaints such as occasional low back pain, joint pain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. May be apathetic or withdrawn under stressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Tends to crave salty foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Peacemakers Are Benevolent and Safe

Peacemakers are gentle and moderate formulations that exert their maximum effects over time. Each one has several ingredients that strengthen the Spleen and Stomach (Earth). Each formula is comprised of more than a dozen herbal ingredients that have a moderating influence because no single herb or group of herbs has a dominant position. This helps them achieve their goal: to harmonize and optimize interactions between three Organ Network triangles.

The production of the Peacemakers requires only a minimal amount of alcohol that can be easily evaporated by diluting the herbs in boiling water. None of the herbs are harsh in their taste or action, and of course all are non-toxic. Vegetable glycerin, added as a preservative, enhances the flavor, making them quite palatable for children.

Peacemakers can safely be combined with other Gentle Warriors formulas when indicated.

Guidelines: How to Use Peacemakers

1. Use a specific Gentle Warriors formula first, and follow-up with a Peacemakers formula to strengthen the child.
2. Combine a Peacemakers formula with a specific Gentle Warriors formula to reinforce its action. Be guided by the indications for each formula.
3. For general psychological and physiological support, begin with a Peacemakers formula. Use the formula that matches the child's type.
4. When needed, combine the appropriate Peacemakers with another Gentle Warriors formula. For example, **Quiet Calm** and/or **Firefighter** to reduce excess Heat or soothe disturbed *Shen*. Or add **Grow and Thrive** to any Peacemakers formula to support a healthy appetite.
5. Use Gentle Warriors Peacemakers as a health-supporting developmental boost, as you would a daily multivitamin or nutritional supplement to reinforce wellness. Peacemakers support health and resistance to external influences.

