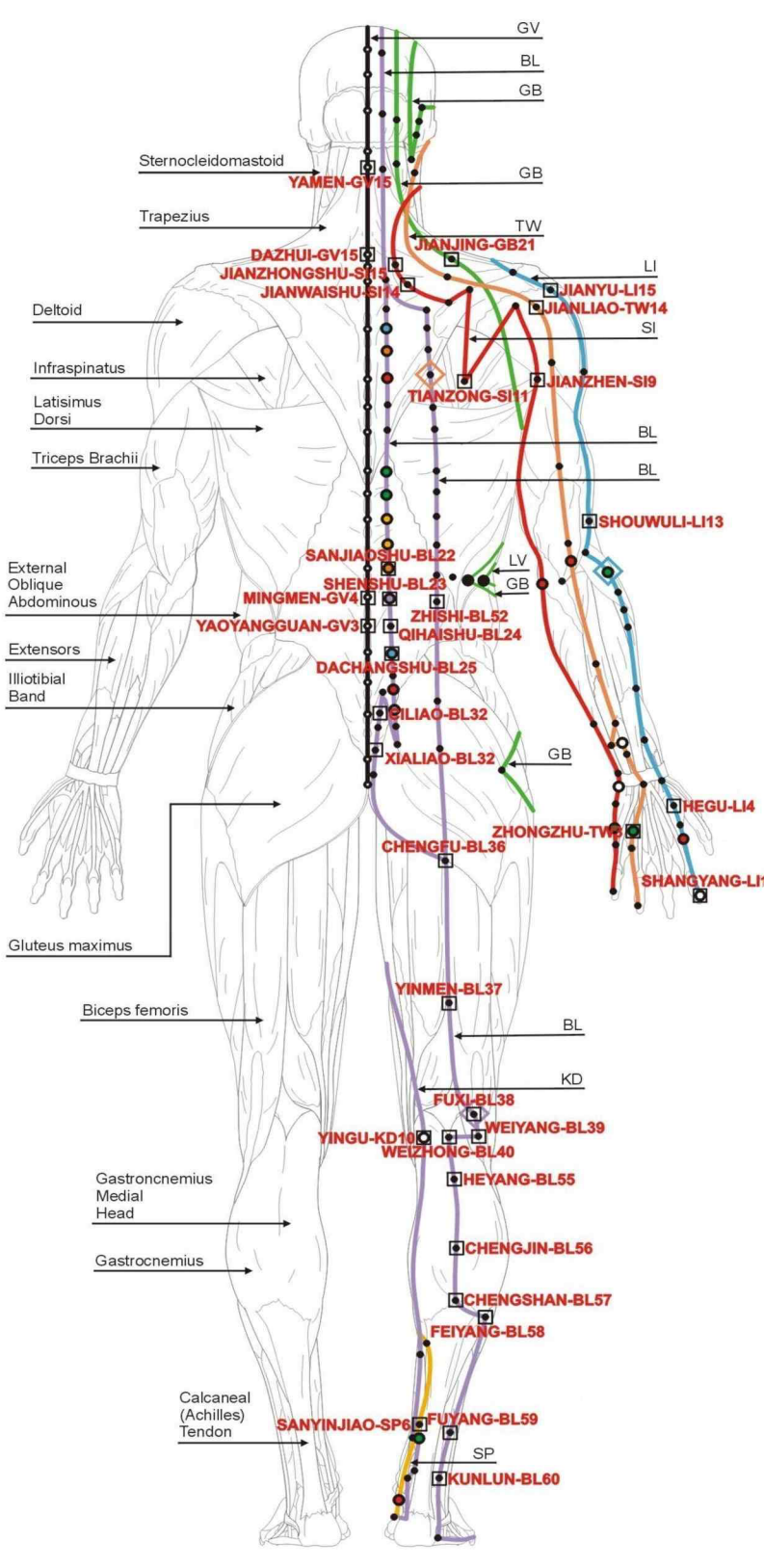
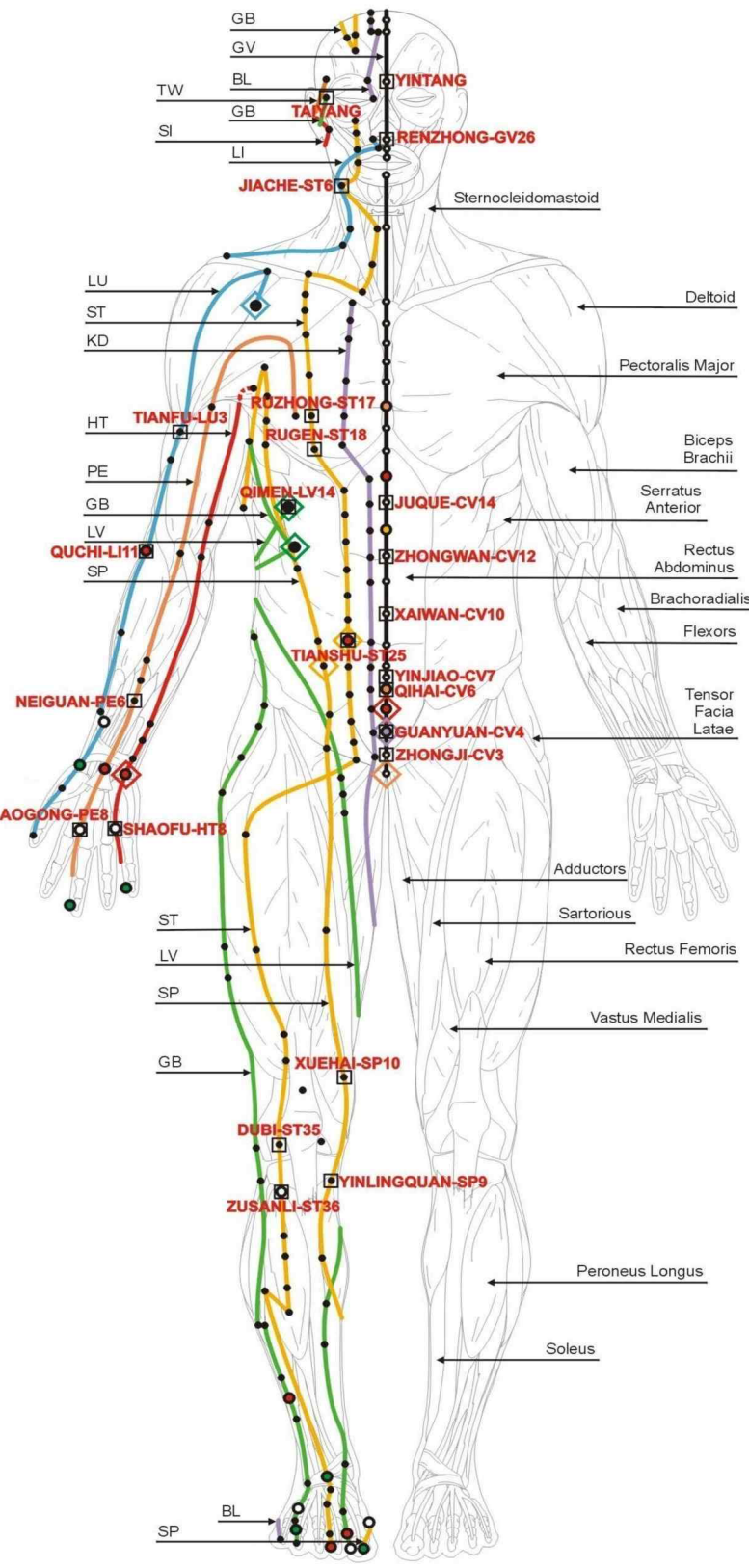


Human body meridians



ANTERIOR VIEW

LEFT - YIN SUPERFICIAL MERIDIANS
RIGHT - SUPERFICIAL MUSCULATURE

ARM YIN MERIDIANS & SHICHEN

- LU - LUNG MERIDIAN 3-5 AM
- HT - HEART MERIDIAN 11 AM - 1 PM
- LV - LIVER MERIDIAN 1-3 AM

LEG YIN MERIDIANS & SHICHEN

- SP - SPLEEN MERIDIAN 9-11 AM
- KD - KIDNEY MERIDIAN 5-7 PM
- PE - PERICARDIUM MERIDIAN 7-9 PM
- CV - CONCEPTION VESSEL (CENTERLINE)

POSTERIOR VIEW

LEFT - SUPERFICIAL MUSCULATURE
RIGHT - YANG SUPERFICIAL MERIDIANS

ARM YANG MERIDIANS & SHICHEN

- LI - LARGE INTESTINE MERIDIAN 5-7 AM
- SI - SMALL INTESTINE 1-3 PM
- TW - TRIPLE WARMER 9-11 PM

LEG YANG MERIDIANS & SHICHEN

- ST - STOMACH MERIDIAN 7-9 AM
- BL - BLADDER MERIDIAN 3-5 PM
- GB - GALL BLADDER MERIDIAN 11 PM - 1 AM
- GV - GOVERNING VESSEL (CENTERLINE)



LEGEND

- WOOD PHASE MERIDIAN
- 1ST FIRE PHASE MERIDIAN
- 2ND FIRE PHASE MERIDIAN
- EARTH PHASE MERIDIAN
- METAL PHASE MERIDIAN
- WATER PHASE MERIDIAN
- PRIME VESSEL

- STIMULATION ACUPRESSURE POINT
- SEDATION ACUPRESSURE POINT
- ELEMENTAL ACUPRESSURE POINT*
- ALARM ACUPRESSURE POINT
- YU (ASSOCIATED) ACUPRESSURE POINT
- SUPERFICIAL ACUPRESSURE POINT
- *SHICHEN MERIDIAN STRIKING POINT
- ◇ SHICHEN ZANFU 12 HOUR VITAL STRIKING POINT

WRIST PULSE

- LEFT DEEP / SUPERFICIAL
- HT / LI
- LV / GB
- KD / BL

- RIGHT DEEP / SUPERFICIAL
- LU / LI
- SP / ST
- KD / PE - TW

□ GENERAL USE STRIKING POINTS