

**The Five Element Shu Point System and The Six Levels Channel System
Based Treatments: Channels, Anatomies, Names, Point Locations,
Functions and Indications**

The Six Levels Channel System

Tai Yang

Shao Yang

Yang Ming

Shao Yin

Tai Yin

Jue Yin

The name indicates the positioning in relation to their respective locations and defines the natures of the channel's functions.

Ch. 5 of the Ling Shu states:

“Tai Yang opens, Yang Ming closes and Shao Yang pivots,

Tai Yin closes, Jue Yin closes and Shao Yin pivots.”

Tai Yang

Tai Yang's nature is to protect. It is the first line of defense against pathogenic factors. It is reactive on the surface of the body. Tai yang opens to the exterior, embryologically speaking, Tai Yang is expanding. It is the most superficial area in the body considering the Chinese medical anatomical position, and the most superficial layer according to the Six channel pairs. We have Foot Tai Yang, the Bladder channel and the Hand Tai Yang, the Small Intestine channel. Clinically the bladder channel can treat a great deal of imbalances in the body. Its trajectory can be used to treat pain from head to toes but it can also treat internal organs at the back shu points. Besides its name, The Small Intestine channel is not the first that comes to mind when treating digestion. This channel is effective for heat, febrile diseases and several indications according to its pathway. This channel is largely used to balance the Bladder on Tai Yang treatments as well as a well known combination of SI 3 with BL 62 to open the Du Mai to treat several imbalances on the back. Tai Yang has a close relation to Shao Yin, but also with Jue Yin and Tai Yin.

Shao Yang

Shao Yang Pivots. It bridges the gap between the most exterior yang channel Tai Yang and the most interior yang channel, the Yang Ming. When balanced, Shao Yang works to harmonize Tai Yang and Yang Ming. Shao Yang also has an important function related to movement, balance, and fluid distribution in the joints. It is "in the middle." According to Six Levels we have Foot Shao Yang, the Gall Bladder channel and Hand Shao Yang, the San Jiao or the Triple Warmer Channel.

Gallbladder: The Gall Bladder channel travels mostly on the body's lateral side. Has 44 acupuncture points. The channel trajectory also reinforces its nature as a "hinge" or pivot. It connects the anterior and posterior areas of the body. It is the "Big Harmonizer" responsible for making decisions about the distribution of Yuan source Qi. Has a key role in regulation and, together with San Jiao, can be linked to several metabolic and immunologic functions. Emotionally, the Gallbladder is related to decisions and to manifest liver's abilities to control vision and planning.

San Jiao or the Triple Warmer channel is also located between the Tai Yang SI and Yang Ming LI channels. As Tai Yang has affinity with cold and Yang Ming with heat, the triple warmer channel is related to symptoms of alternating cold and heat, fever and chills, as well as constipation or diarrhea. SJ Triple warmer is also used to balance Gall Bladder and has many indications related to the channel pathway. It has 23 acupuncture points. Emotionally, SJ is related to intimacy and social connections. Both the Gallbladder and SJ Triple Warmer have a close relation to the Ministerial Fire, as well as Kidney and Pericardium. There is a famous Shao Yang point combination of GB 41 and SJ 5 to open the Dai Mai to treat the abdomen and low back area as well as imbalances between the upper and lower areas of the body. Shao Yang has a close relation to Shao Yin and Jue Yin.

Yang Ming

On chapter 30 of the Huang Di Nei Jing, it mentions the Yang Ming channel traverses a great deal of the major musculature in the body. Its channel contains an abundance of Qi and Blood. Yang Ming works with Jue Yin to generate postnatal Qi. The channels work to prepare the blood and Qi for food and liquids to be transformed or excreted. Yang Ming's nature is to have a tendency to access heat and dryness as it benefits from Tai Yin. We have the Foot Yang Ming, Stomach channel and the Hand Yang Ming, the Large Intestine channel.

The Stomach channel has 45 acupuncture points and it's the only yang channel that travels on the anterior abdominal area of the body reinforcing the idea of nourishment and close relationships to Tai Yin. It is a very versatile channel capable of treating imbalances on the head, digestion, emotions, febrile diseases and paralysis on the same channel. It is located, at the lower leg, on one of the most used acupuncture points in clinical practice ST 36. Emotionally the stomach processes undigested emotions.

The Large Intestine channel has 20 acupuncture points. It travels from the radial side of the index finger to the nose. It is the channel of choice to treat imbalances on the face, throat and due to its Yang in nature, it is very effective to treat heat on the Large Intestine channel. It is located at a well known and used acupuncture point LI 4. Emotionally, the large intestine will keep healthy emotions and let go of unnecessary ones. The relationships mostly used in clinical practice are Yang Ming and Tai Yin, Tai Yang and Jue Yin.

Shao Yin

While Shao Yang is the pivot, Shao Yin is the axis. Shao Yin's nature is related to fire and heat. The Kidney yin *Essence* generates the minister fire. It is the primary root of all physiological functions in the body and very important for the Heart's imperial fire. Shao Yin is related to constitutional strength. To deeply understand Minister fire we must first learn the topic of Kidney *Essence* very closely and this is a 2 hour discussion during our live zoom classes.

We have the Hand Shao Yin, the Heart Channel and the Foot Shao Yin, the Kidney Channel. The Heart Channel has 9 points. It starts at HT 1 at the center of the axilla and travels along the medial aspect of the upper arm, through the palms to HT 9. On the Heart channel, we have a famous point H 7 Shen Men "Spirit Gate". The Heart Channel can treat several imbalances on its trajectory as well as stress, anxiety, and heat. Emotionally, when balanced, the heart is related to joy and happiness. When out of balance it will lead to a lack of intimacy and absence of joy.

The Kidney channel has 27 points and starts at the sole of the foot at KD 1, ascending along the medial aspect of the leg to the abdomen and chest. The Kidney channel can treat several imbalances on its trajectory. It is commonly used to treat low back, knees and it is the channel of choice to treat manifestations of excess due to deficiency. On the Kidney channel KD 6, together with LU 7, can open the Ren Mai. Emotionally, when balanced the kidney is related to wisdom and tenacity. When out of balance will lead to excessive fear. The relationships mostly used in clinical practice are Shao Yin with Tai Yang and Shao Yin with Shao Yang. And the relationship within Shao Yin, Heart and Kidney, Fire and Water according to 5 element theory.

Tai Yin

Tai Yin is the most exterior of the yin channels. It has a very close relationship with Yang Ming and together they are responsible for the post-natal Qi. Tai Yin's nature leads to transformation and nourishment, has an affinity with dampness and will help the body to resonate with a humid environment as well as to transform internal dampness. We have the Hand Tai Yin, the Lung channel and the Foot Tai Yin, the spleen channel.

The Lung channel has 11 points and travels from LU 1 at the lateral aspect of the chest to lung 11 at the thumb. On the channel is located LU 7 point and together with KD 6 opens the Ren Mai. It is the only channel that can treat several imbalances on its trajectory as well as to support immunological functions, respiratory problems and even digestion. Emotionally, when balanced, the lung is related to the acceptance of natural flow from heaven and the four seasons. The channel associates to grief and sadness.

The Spleen channel has 21 points. It travels from the medial part of the foot and medial leg through the breast all the way to the 7th intercostal space at the spleen 21. On the Spleen channel is located several points used on daily practice like SP 6 the famous crossing, SP 3 and SP 4, the luo point, that can open the Chong Mai when used with PC 6. The Spleen

channel can be used to treat digestion imbalances of its trajectory as well as deficiency signs. It is the channel of choice to treat dampness. Emotionally, when balanced, spleen is related to nurture and positive relationships. When out of balance it will lead to worry, overthinking and selfishness. The relationship mostly used in clinical practice is Tai Yin and Yang Ming but also Tai Yin and Yang Ming.

Jue Yin

The term "Jue" in modern Chinese is referred to as "faint" or "exhaustion". Jue was also translated as "inversion." I personally think there is much more to this translation, but it does in fact point to the conclusion that Jue Yin represents the exhaustion of the yin to the point that it transforms back to Yang. According to the theory of inter-transformation of Yin and Yang, Jue Yin's nature is related to blood. It is important to remember that a healthy Jue Yin blood can prevent internal wind as well as help the body resonate or resolve external wind. We have the Hand Jue Yin, The Pericardium channel and the Foot Jue Yin, the Liver channel.


The Pericardium channel has 9 points. The main channel travels from the anterior costal region, ending at PC 9 at the tip of the middle finger. With a very close relation to the hand Shao Yin, Heart Channel, it is the channel of choice to treat several emotional imbalances related to the Heart. It has a very strong influence on the middle and upper jiao. The Pericardium channel has a famous point PC 6 and combined with SP 4 will open the Chong Mai. Emotionally, when balanced the pericardium defends the heart against emotional trauma. When out of balance it can lead to lack of intimacy and trust. There is a very interesting dynamic between the Heart, Triple warmer and Pericardium described in the book *Nourishing Destiny* by Lony S. Jarret.

The Liver channel has 14 points. It starts at LV 1 on the big toe, traveling along the medial portion of the lower leg and ending at LV 14 at the chest. Liver has a tendency to create heat and ascend when stagnated and not maintaining the free flow of Qi in the body. This can

reflect on symptoms like headaches, dizziness, upper back and neck soreness. The Liver channel has a famous point LV 3 and together with LI 4, it is widely used in the combination called "4 gates." Emotionally, when balanced, it shows attitudes of benevolence. When out of balance it manifests as anger, lack of planning and decision making.

The Five Element Shu Point System

The 5 Acupuncture Transporting Points					
	Wood Jing-Well	Fire Ying-Spring	Earth Shu-Stream	Metal Jing-River	Water He-Sea
Lung	Lu 11	Lu 10	Lu 9	LU 8	Lu 5
Pericardium	Pc 9	Pc 8	Pc 7	Pc 5	Pc 3
Heart	Ht 9	Ht 8	Ht 7	Ht 4	Ht 3
Spleen	Sp 1	Sp 2	Sp 3	Sp 5	Sp 9
Liver	Lv 1	Lv 2	Lv 3	Lv 4	Lv 8
Kidney	Kd 1	Kd 2	Kd 3	Kd 7	Kd 10
	Metal Jing-Well	Water Ying-Spring	Wood Shu-Stream	Fire Jing-River	Earth He-Sea
Large Intestine	Li 1	Li 2	Li 3	Li 5	Li 11
San Jiao	Sj 1	Sj 2	Sj 3	Sj 6	Sj 10
Small Intestine	Si 1	Si 2	Si 3	Si 5	Si 8
Stomach	St 45	St 44	St 43	St 41	St 36
Gallbladder	Gb 44	Gb 43	Gb 41	Gb 38	Gb 34
Urinary Bladder	Ub 67	Ub 66	Ub 65	Ub 60	Ub 40



The **Shu Transporting** points characteristics: These points are located below the elbows and the knees, and are much more dynamic than other points, which explains their frequent use in clinical practice:

Jing Well points are where Qi is most superficial. They address LV disorders, chest area and rib region.

Ying Spring points are where Qi quickens. They address HT disorders and febrile diseases.

Shu Stream points are where meridians broaden. They address SP disorders, and excess dampness.

Jing River points are where Qi deepens. They address LU disorders and superficial symptoms.

He Sea points are where Qi plunges into the body. They address KD, LU & ST disorders.

- With each body of water (Well, Spring, Stream, etc), the amount of Qi and Blood increases or decreases. For example, the **He Sea points have the most amount of Qi & Blood** and the **Jing Well points have the least amount of Qi & Blood**. A well is a much smaller body of water than a sea.
- They can also be used for the **mother-son relationship of the 5 elements** generating sequence.
- **For Deficiency Syndrome:** tonify the mother point of the affected meridian, or the mother meridian.

- **For Excess Syndrome:** clear the son point of the affected meridian, or the son meridian.

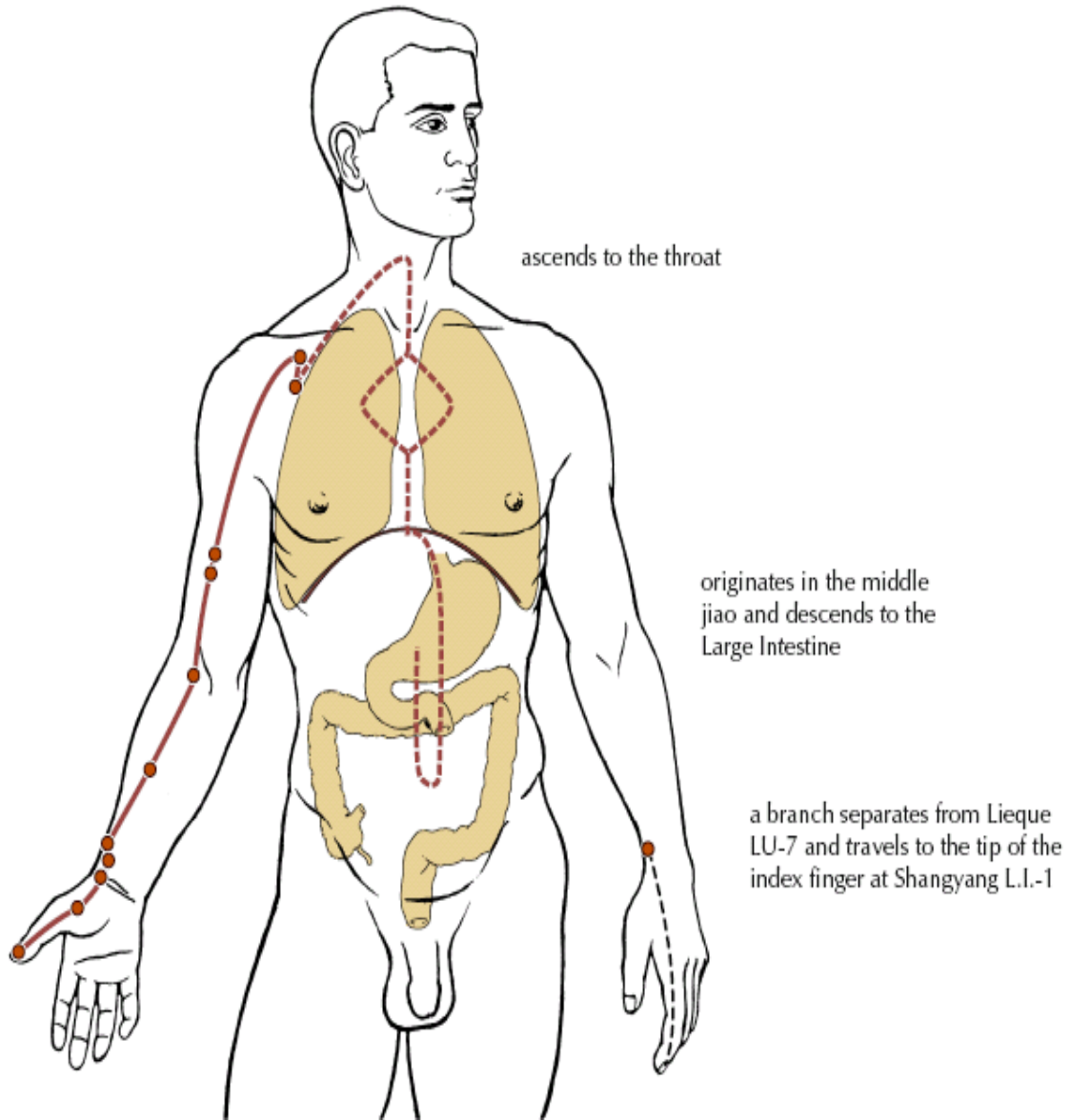
The sections below are following the format of the Five Acupuncture Transporting Point chart and the six meridian name pairs of the hand and foot channels. Diagnosis is made easier by studying the indications and functions for their respective points for easy treatment plans.

The Five Element treatment style is lucid and simplistic:

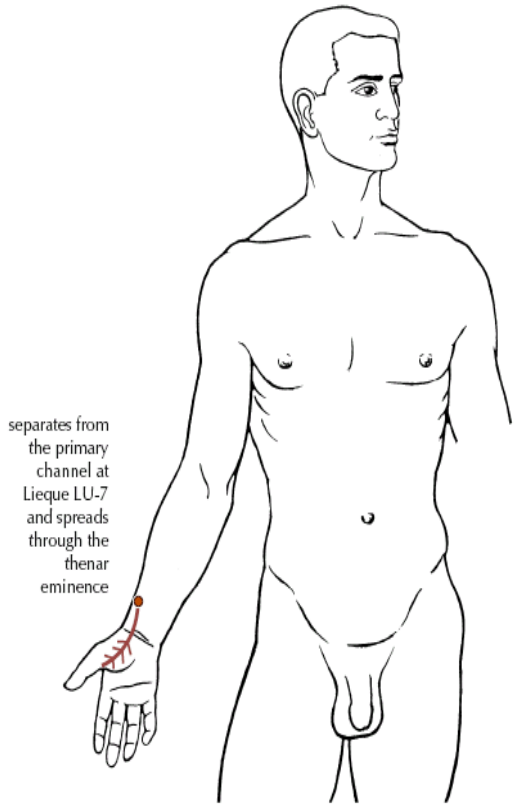
Locate the anatomy for each point, master the foot hold over the Yuan Source Points and anchor with the child foot over the selected point or general channel which treats the pattern's complaints or areas of disease. Hold for at least 30-90 seconds when accentuating the areas for draining and tonification. Balance the treatment using a stretching technique for the extremity. Keep it flowing. Repeat on the other side of the same region for harmonizing the opposite side and then choose the corresponding channel through any one of the systems to treat the pattern for the lower region of the body. The style is minimal and elegant. Adding an asana to influence the pranic flow can increase its vitality even further as well as broaden the Qi to affect the chakra system.

You have to experience it to believe how amazing this all feels!

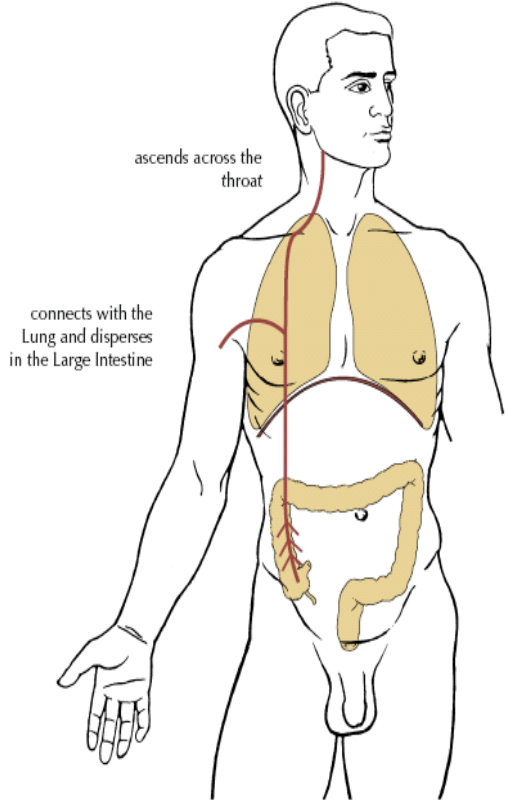
The Lung Channel, Hand *Tai Yin*



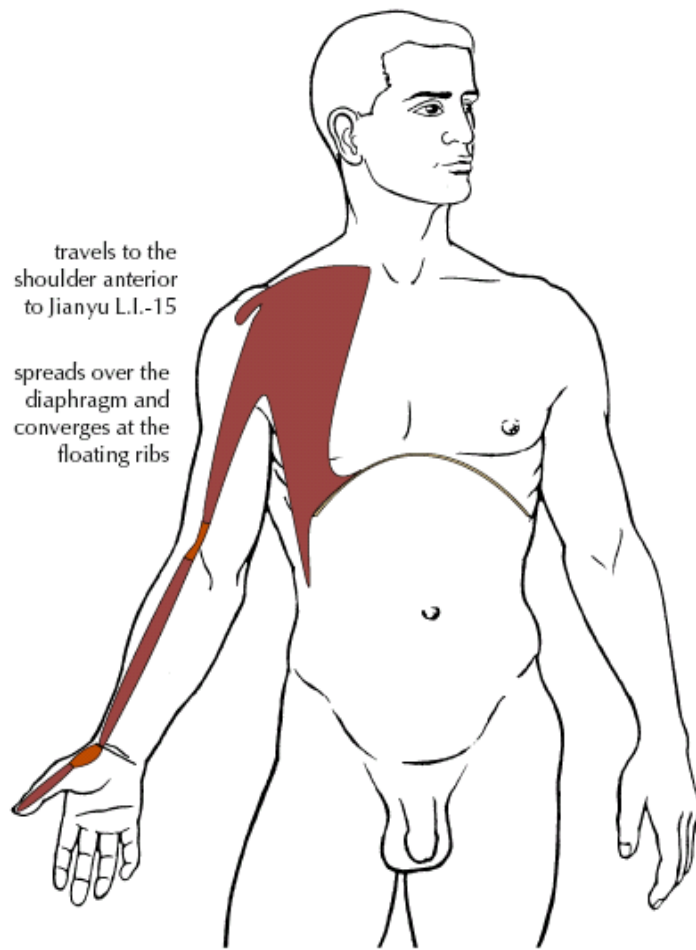
The Lung primary channel



The Lung Luo-connecting channel

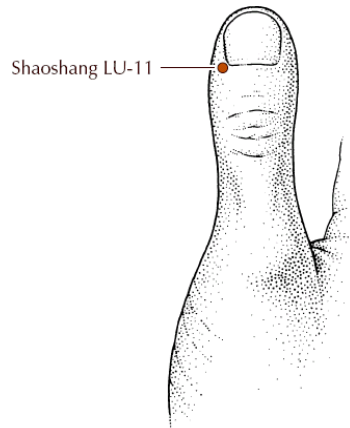


The Lung divergent channel



The Lung sinew channel

LU 11 Shao Shang, “Small Shang”



Jing Well point (Wood)

Entry Point

Location: 0.1 cun from radial corner of thumbnail

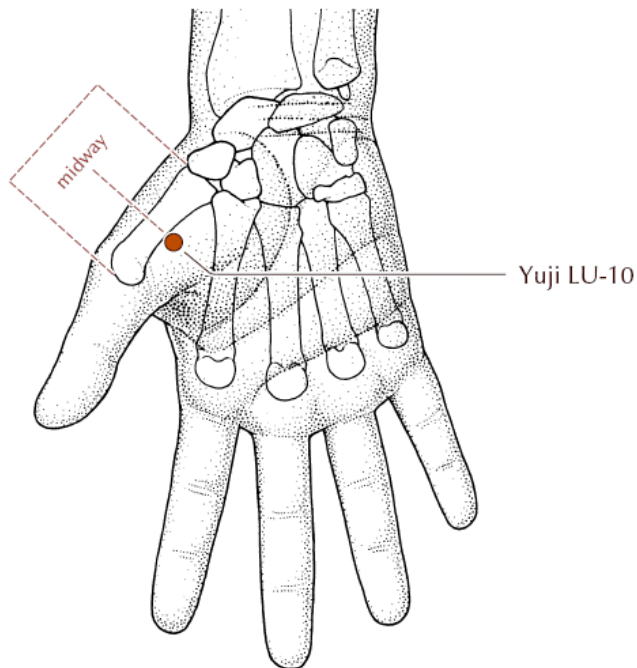
- Clears Heat and revives consciousness
- Benefits throat
- Disperses and descends Lung Qi
- Activates the channel, relieves pain

Indications:

- Fever, loss of consciousness

- Swollen, sore throat, mumps, tonsillitis, etc.
- Cough, wheezing, hemoptysis
- Chest stuffiness or pain, restlessness, agitation
- Pain and contraction of the wrist

LU 10 Yu Ji, “Fish Border”



Ying Spring point (Fire)

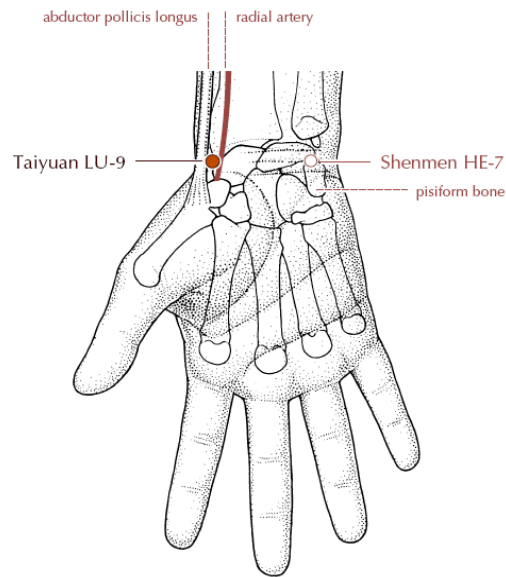
Location: On thenar eminence, midway down the shaft of the 1st metacarpal (thumb). Locate the point on the border of the red and white skin (or where skin changes textures)

- Benefits the throat
- Clears Heat from the Lung and Heart
- Descends Rebellious Qi, relieves cough and asthma

Indications:

- Sore throat, loss of voice
- Fever, hemoptysis, chest stuffiness or pain, restlessness, agitation
- Cough, wheezing with LU 9 (Tai Yuan) “Extreme Abyss”

LU-9 Tai Yuan, “Extreme Abyss”



Shu stream point (Earth)

Yuan Source point

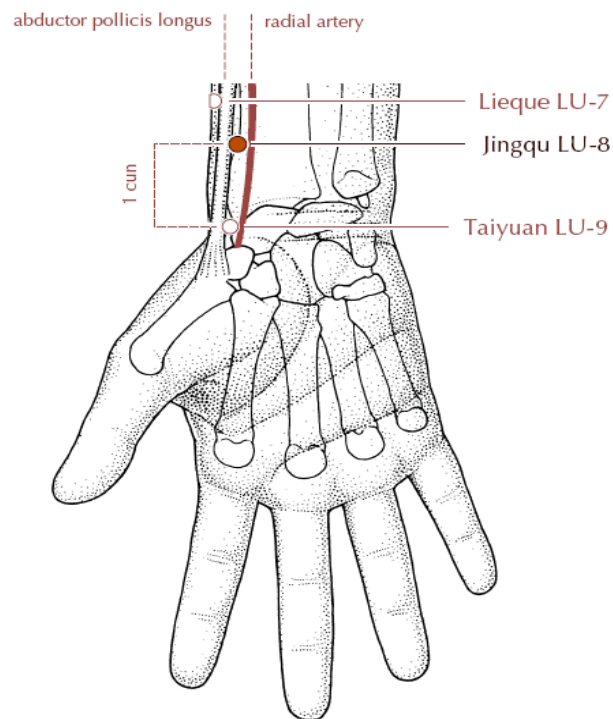
Locations: At wrist joint in depression between radial artery and tendon of abductor pollicis longus (thumb tendon) on border of pisiform bone. Level with Heart (HE) 7 point.

- Tonifies and regulates Lung Qi
- Expels Wind, transforms phlegm
- Activates the channels, alleviates pain

Indications:

- Weak pulse, weak voice, shortness of breath, chronic, weak cough, fatigue, spontaneous sweating, allergies, susceptibility to colds and flu
- Chronically dry, sore throat, dry mouth, chronic, weak cough with scanty sputum, hemoptysis, night sweating
- Cough, wheezing, dyspnea

LU 8 Jing Qu, “Ditch Passing”



Jing River point (metal)

Location: 1 cun proximal to LU 9 in a line connecting LU 5 and LU 9. Between the styloid process of radius and radial artery.

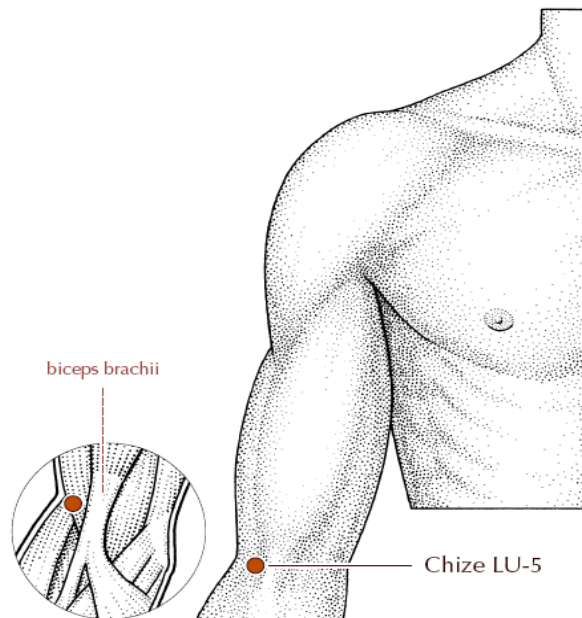
Functions:

- Disperses and descends Lung Qi to alleviate cough and wheezing

Indications:

- Cough, wheezing
- Sore throat, pain in sole
- Pain and oppression of the chest, Stomachache
- Febrile disease without sweating

LU 5 Chi Ze, “Cubit Marsh”



He Sea point (Water)

Child/Reduction point

Location: On cubital crease of elbow in the depression to the radial side of the tendon of the biceps brachii. Slightly flex elbow to locate.

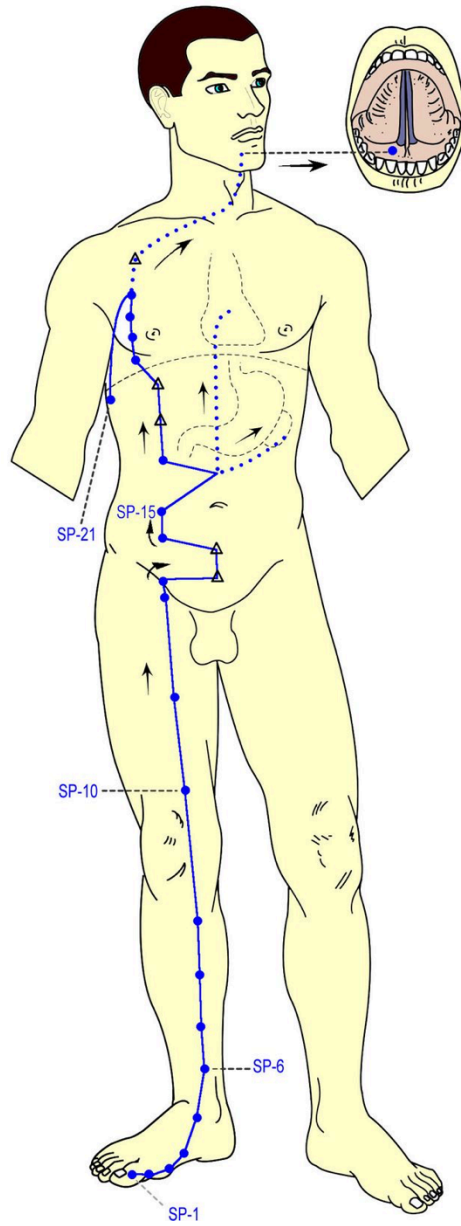
- Clears Lung heat and descends rebellious Qi
- Resolves phlegm in the Lungs
- Activates the channel and alleviates (release) pain
- Regulates the water passages
- Subdues rebellious stomach Qi

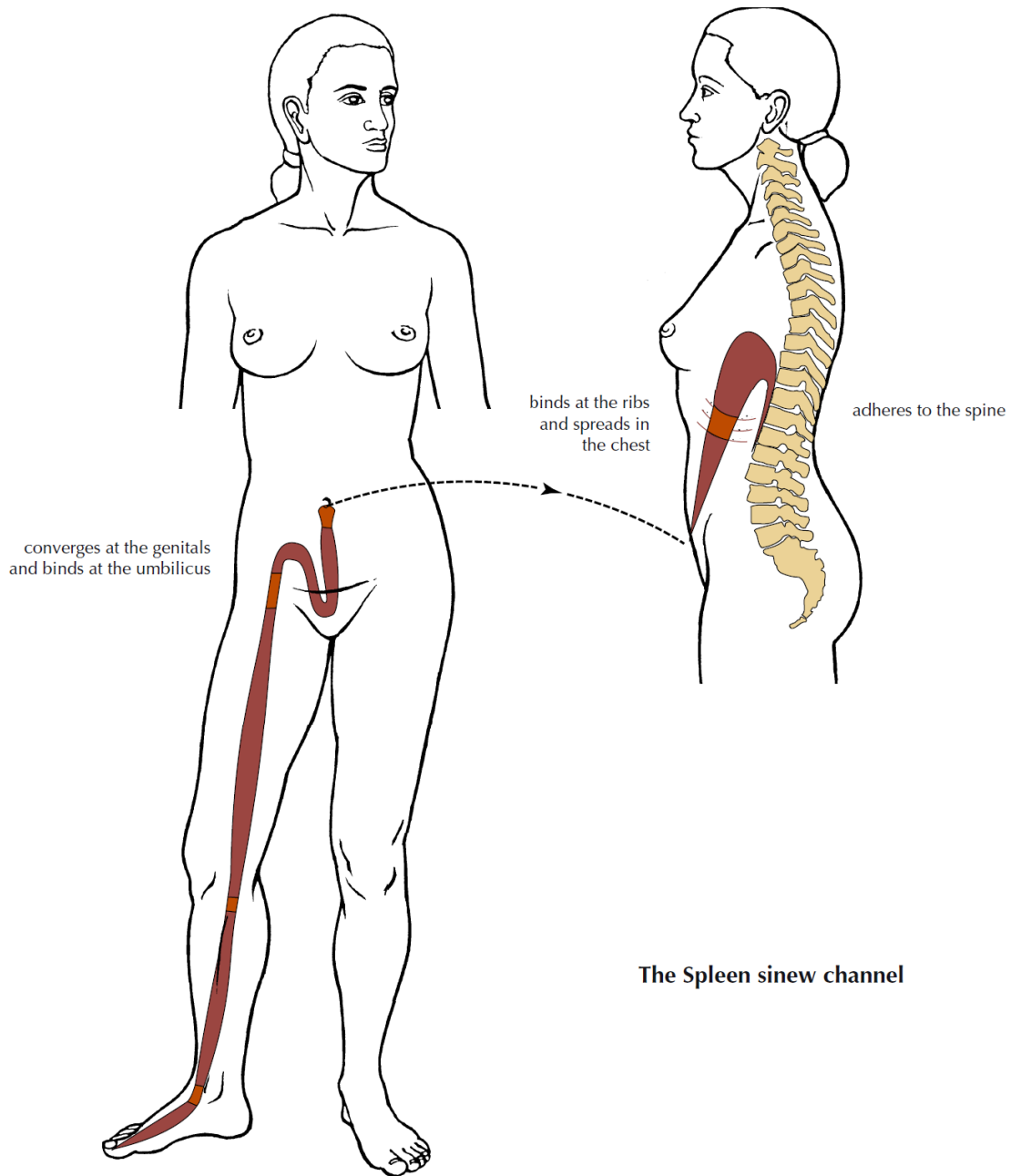
Indications:

- Cough, wheezing, fever, hemoptysis, sore throat, oppression and pain of the chest
- Coughing with expectoration of profuse phlegm
- Pain of the shoulder and elbow
- Enuresis and frequent urination
- Acute diarrhea and vomiting

The Spleen Channel, Foot *Tai Yin*

Spleen Channel (SP) Time:
Foot Taiyin 09-11





The Spleen sinew channel

SP 1 Yin-Bai, “Hidden White”



Jing Well Point (Wood)

Ghost, Entry/Exit Point

Location: On the medial side of the big toe .1 cun posterior to the corner of the nail

SP 1 is a strong candidate to use in treatments for patients who exhibit Spleen not controlling blood

SP 1 may potentially be used, in coordination with a well-designed acupuncture treatment protocol, to influence the following conditions: Anorexia, depression and or menorrhagia (heavy menstrual bleeding.)

- Any bleeding issues from SP Deficiency, reckless bleeding, hemorrhage, blood in the urine/stools.
- Emotional issues especially with aspects of worry, worried dreams, depression.
- Possibly useful for eating disorders originating from stress/worry.

Indications: Abdominal distention, hematochezia, menorrhagia, metrorrhagia and metrorrhagia, manic-depressive psychosis, dreaminess, infantile convulsion.

SP 2 Da-Du, “Great Metropolis”



Ying Spring Point (Fire)

Location: On medial side of big toe, distal and inferior to the 1st metatarsal digital joint in a depression at the juncture of the red and white skin.

- Generally used to clear damp-heat - gout, painful obstructions.
- Local point for issues with the big toe.

Indications: Abdominal distention, stomachache, constipation, fever with anhidrosis.

SP 3 Tai Bai, “Supreme White”



Shu Stream Point (Earth)

Yuan-Source Point

Location: Proximal and inferior to the head of the 1st metatarsal phalangeal joint in a depression at the junction of the red and white skin.

- SP Qi and Yang Deficiency, especially those with excess pathologies - abdominal a/or epigastric pain, digestive issues, heart pain.
- Muscle atrophy in the lower legs, heaviness in the body.
- Main treatment point of lung patterns with LU-9. Also, the main point of spleen patterns with PC-7.

Indications: Stomachache, abdominal distention, constipation, dysentery, vomiting and diarrhea, borborygmus, heavy sensation of the body, beriberi.

SP 5 “Shang Qiu,” Shang Hill



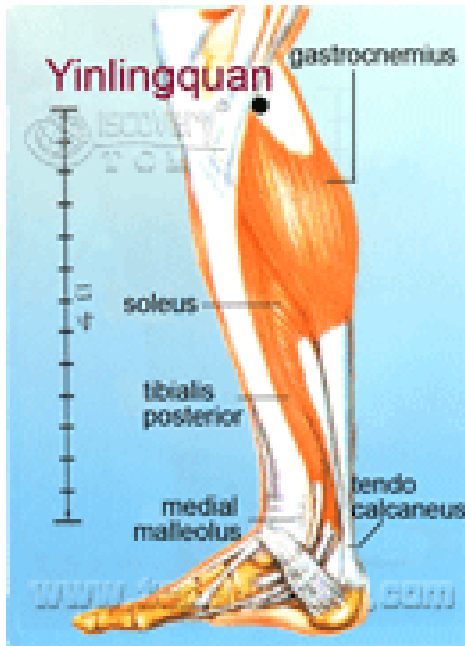
Jing River Point (Metal)

Location: In the depression anterior and inferior to the medial malleolus, at the midpoint of the line connect the tuberosity of the navicular bone and the tip of the medial malleolus.

- Tonifies the spleen and resolves dampness - lethargy, desire to lie down, abdominal distention.
- Calms the spirit - manic depression, anxiety, excessive thinking.
- Speech disorders, stiffness at root of tongue.

Indications: Distention of the abdomen, constipation, diarrhea, borborygmus, stiff tongue, pain in the ankle, hemorrhoid.

SP 9 “Yin-Ling-Quan,” Yin Mound Spring



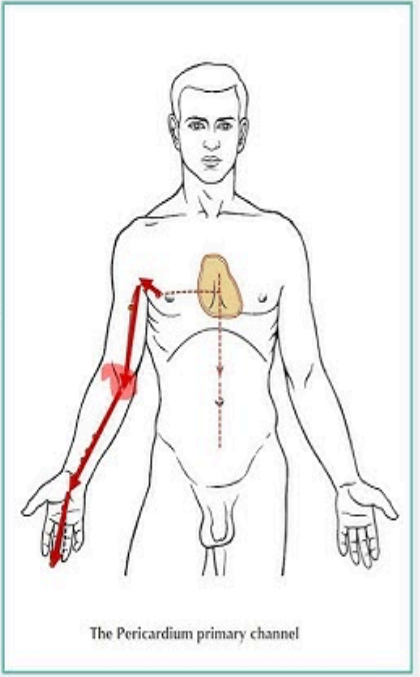
He Sea Point (Water)

Location: On the medial side of the leg, in the depression posterior and inferior to the medial condyle of the tibia.

- Drains dampness (generally through urination), with LV 8 will drain damp from the genital region and SP 9 will drain damp from the lower warmer.
- Chronic yeast infections, candida.
- Damp Bi, Medial Knee Pain, Gall Bladder heat-damp
- Issues involving damp-heat in the GB, hepatitis, jaundice.
- Any water issue in the body (bloating, swelling, urinary issues, dry mouth, etc.)

Indications: Abdominal pain, distention in the abdomen, diarrhea, dysentery, edema, jaundice, dysuria, enuresis. urinary incontinence, pain in the vulva, dysmenorrhea, gonangia.

The Pericardium Channel, Hand *Jue Yin*

<h2>THE COURSE OF THE MERIDIAN</h2> <ol style="list-style-type: none">6. It ascends to the axilla and then descends the medial aspect of the upper arm (between lung and heart meridians)7. It continues its descent to the cubital fossa and along the forearm8. On the forearm it descends down to the palm of the hand9. From here it continues along the middle finger ending at its tip <p>4</p>	 <p>The Pericardium primary channel</p>	<p>手厥陰心包經</p>
--	--	---------------

PC 9 “Zhong Chong,” Central Hub



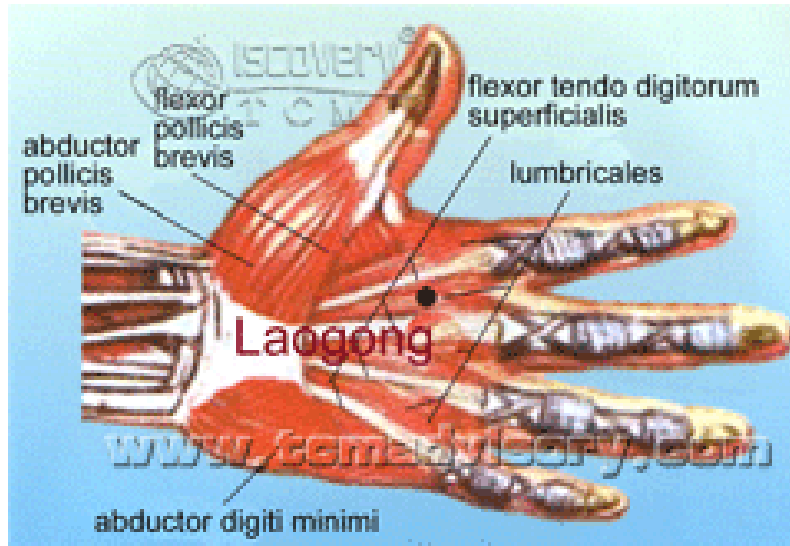
Jing Well Point (Wood)

Location: At the center of the tip of the middle finger.

- Jing Well point for clearing heat in the Heart.
- Stiff tongue, speech disorders, especially those arising after a stroke.
- Restoring consciousness.

Indications: Precordial pain, irritability, coma, swelling pain and stiffness of the tongue, fever, heat stroke. convulsion, feverish sensation in the palms.

PC 8 “Lao Gong,” Palace of Toil



Ying Spring point (**Fire**)

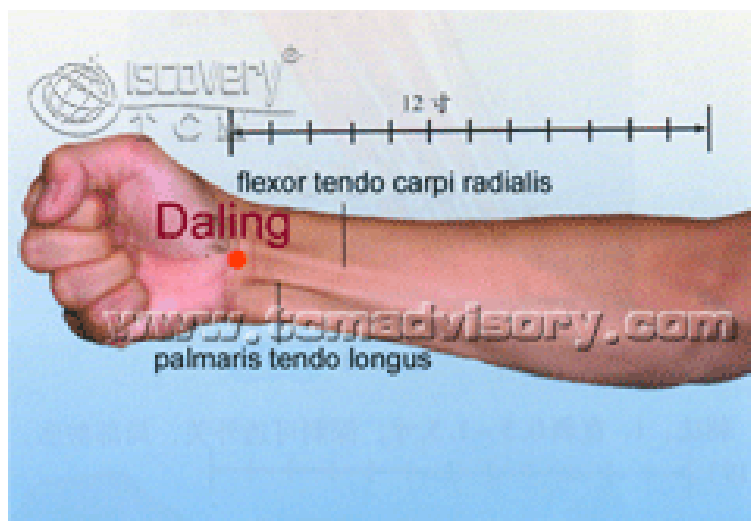
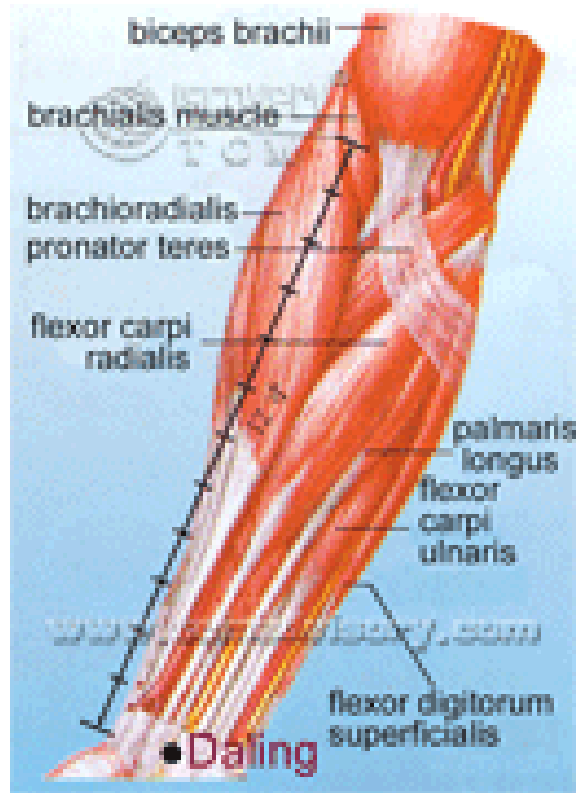
Ghost, Exit Point

Location: At the center of the palm, between the 2nd and 3rd metacarpal bones, but close to the latter, and in the part touching the tip of the middle finger when a fist is made.

- Excess heat conditions, more cooling than PC 7 which can be used for heat from an excess or deficient issue.
- Heat in the mouth, mouth or tongue ulcers, cold sores from Heart or Stomach Fire.
- Cools Ying and Blood stage heat, fevers with damage to the yin.
- Cools the Blood, blood in the stool or urine, nosebleeds.
- Important point for qi gong healing, can increase internal energy by placing PC 8 on GV 20.

Indications: Precordial pare, manic depressive psychosis, epilepsy, aphthae, ozostomia, tinnitus, vomiting and nausea.

PC 7 “Da Ling,” Great Mound



Shu Stream Point (Earth)

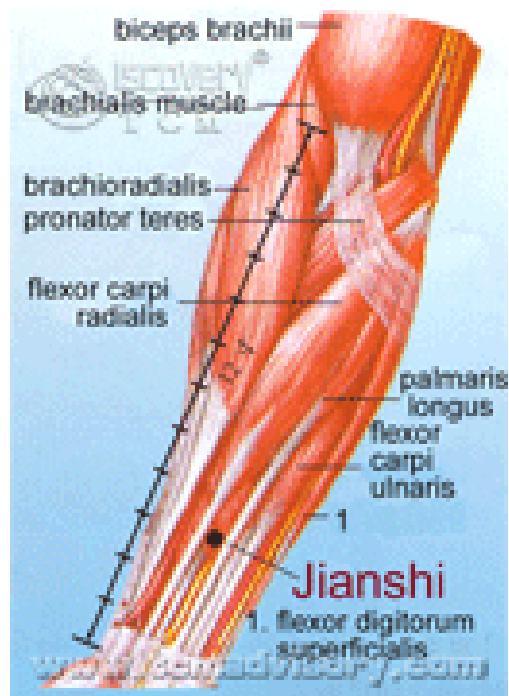
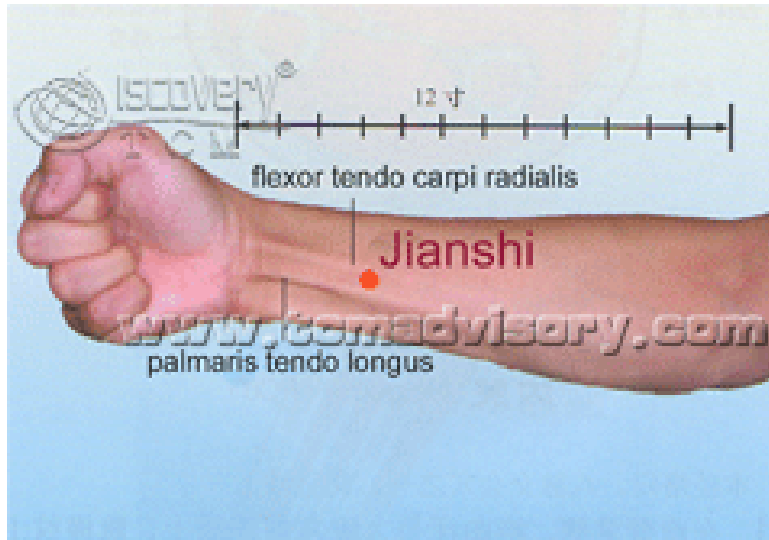
Yuan-Source, Ghost Point

Location: At the midpoint of the crease of the wrist, between the tendons of the long palmar muscle and radial flexor muscle of the wrist.

- Cooling heat that is affecting the Heart of a deficient or excess nature.
- Clears Ying and Blood heat, fever deep in the body that is drying up fluids.
- **Carpal Tunnel Syndrome**, combine with PC 5, PC 6, SP 9
- Emotional issues, with HT 7 for sweat issues (too much or too little), hot flashes.
- Main treatment point for Spleen pattern with SP 3.

Indications: Precordial pain, palpitation, stomachache, vomiting, manic-depressive psychosis, epilepsy, chest distress, pain in the hypochondriac region, palpitation, insomnia, irritability, ozostomia.

PC 5 “Jian Shi,” Intermediary Courier



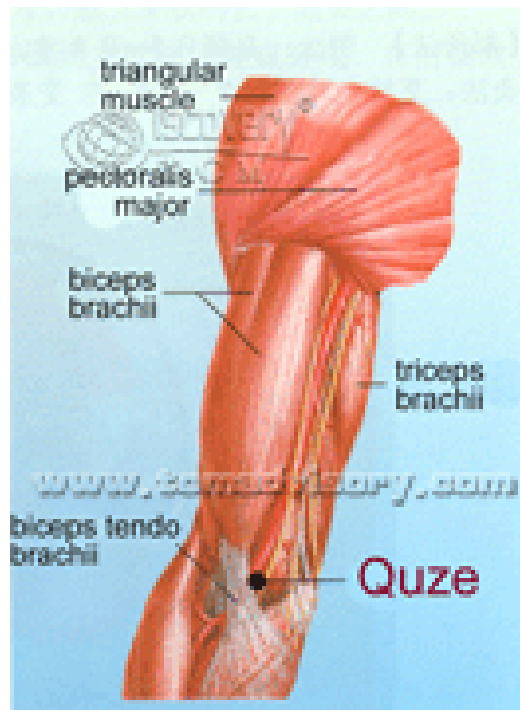
Jing River Point (Metal)

Location: On the palmar side of the forearm and on the line connecting Qu Ze, PC 3 and Da Ling PC 7, 3 cun above the crease of the wrist.

- **Phlegm issues** effecting the chest, heart, lungs a/or throat.
- Heat disorders effecting the heart, chest pain, restlessness, insomnia, red tongue tip.
- Sudden heart pain, angina.
- Wheezing with phlegm that you can feel and hear, combine with CV 22.
- Distal point for enlarged thyroid.

Indications: Precordial pain, palpitation, stomachache, vomiting, fever, irritability, malaria, manic-depressive psychosis, epilepsy, swelling of axillary region, contraction of the elbow and arm.

PC 3 “Qu Ze,” Marsh at the Bend



He Sea Point (Water)

Location: At the midpoint of the cubital crease, on the ulnar side of the tendon of the biceps muscle of the arm.

- Chronic angina palpitations, anxiety, panic attacks, sensation of "pounding" heart particularly in the upper abdominal area.
- Tremors of the hand/arm, Parkinson's disease - localized pain in the elbow and arm.
- Gastrointestinal disorders, "sudden turmoil disease" - vomiting and diarrhea.
- Clears Ying Stage Heat summer-heat stroke, other heat disease.

Indications: Angina, anxiety, diarrhea, heat stroke, vomiting, palpitations.

LV 1 “Da Dun,” Large Pile



Jing Well Point (Spring)

Location: On the lateral side of the distal segment of the great toe, 0.1 cun from the corner of the toenail.

- loss of consciousness, moves Qi in the genital area.
- swollen genitals
- Uterine/Menstrual bleeding from excess or deficiency.
- Emotional manifestations of LV Qi Stagnation - inappropriate emotions, depression, lethargy.

Indications: Hernia, enuresis, metrorrhagia and metros taxis, prolapse of the uterus, epilepsy.

LV 2 “Xiang Jian,” Moving Between



Ying Spring Point (Fire)

Location: On the instep of the foot. between the 1st and 2nd toes. at the junction of the red and white skin proximal to the margin of the web.

- Clears LV Fire, extreme irritability, red face, eyes, tongue.
- Clears Heat from the Lower Jiao, burning urination.
- Useful for "true heat, false cold," lack of Qi flow to the extremities, i.e. cold hands, feet.

Indications: Headache. dizziness, night blindness, thirst, hypochondriac pain. distention of the abdomen, pain due to hernia, dysuria, urodynia, irregular menstruation, epilepsy, insomnia, convulsion.

LV 3 “Tai-Chong,” Great Surge



Shu Stream Point (Earth)

Yuan Source Point

Location: On the instep of the foot. in the depression of the posterior end of the 1st interosseous metatarsal space.

- Generally, resolves stagnation and tonifies Yin, balancing for all LV pathologies.
- LV Qi Stagnation, LV Yang Rising, headaches, dizziness, canker sores.
- Eye issues, blurred vision, red, swollen, painful eyes.

- Menstrual issues from Deficient Blood, Yin, Qi and or LV Qi Stagnation, dysmenorrhea, amenorrhea, PMS, breast tenderness.
- Genital issues, pain, swelling, hernia, impotence, seminal emission.
- Stagnation in the middle warmer - subcostal tension, chest, flank pain, swellings in the axillary region.
- Digestive issues from LV attacking ST/SP, nausea, vomiting, constipation, diarrhea w/ undigested food.
- Calming point, anger, irritability, insomnia, anxiety.
- With LI4, four gates treatment, powerfully effects the flow of Qi and Blood in the body.
- Important point to descend energy in the body, generally used after qi gong exercises, energy healing sessions, etc. Helps to avoid qi gong sickness (or running fire) where energy is stuck in the upper part of the head, body and causes issues such as shortness of breath, psychological issues, headache, etc.

Indications: Headache, dizziness, insomnia, conjunctival congestion accompanied with swelling pain, melancholia, infantile convulsion, thirst, hypochondriac pain, metrorrhagia and metros taxis, hernia, enuresis, dysuria, epilepsy, pain in the anterior margin of the medial malleolus.

LV 4 “Zhong-Feng,” Mount Center



Jing River Point (Metal)

Location: On the instep of the foot, anterior to the medial malleolus, on the line connection Shang Qiu, SP5 and Jie xi, ST41, the depression medial to the tendon of the anterior tibial muscle.

- Generally, moves stagnation and clears heat, Hepatitis, Jaundice
- Medial knee, ankle pain.

Indications: Pain due to hernia, pudendal pain, emission, dysuria, distending pain in the chest and hypochondriac region.

LV 8 “Qu Quan,” Spring at the Bend



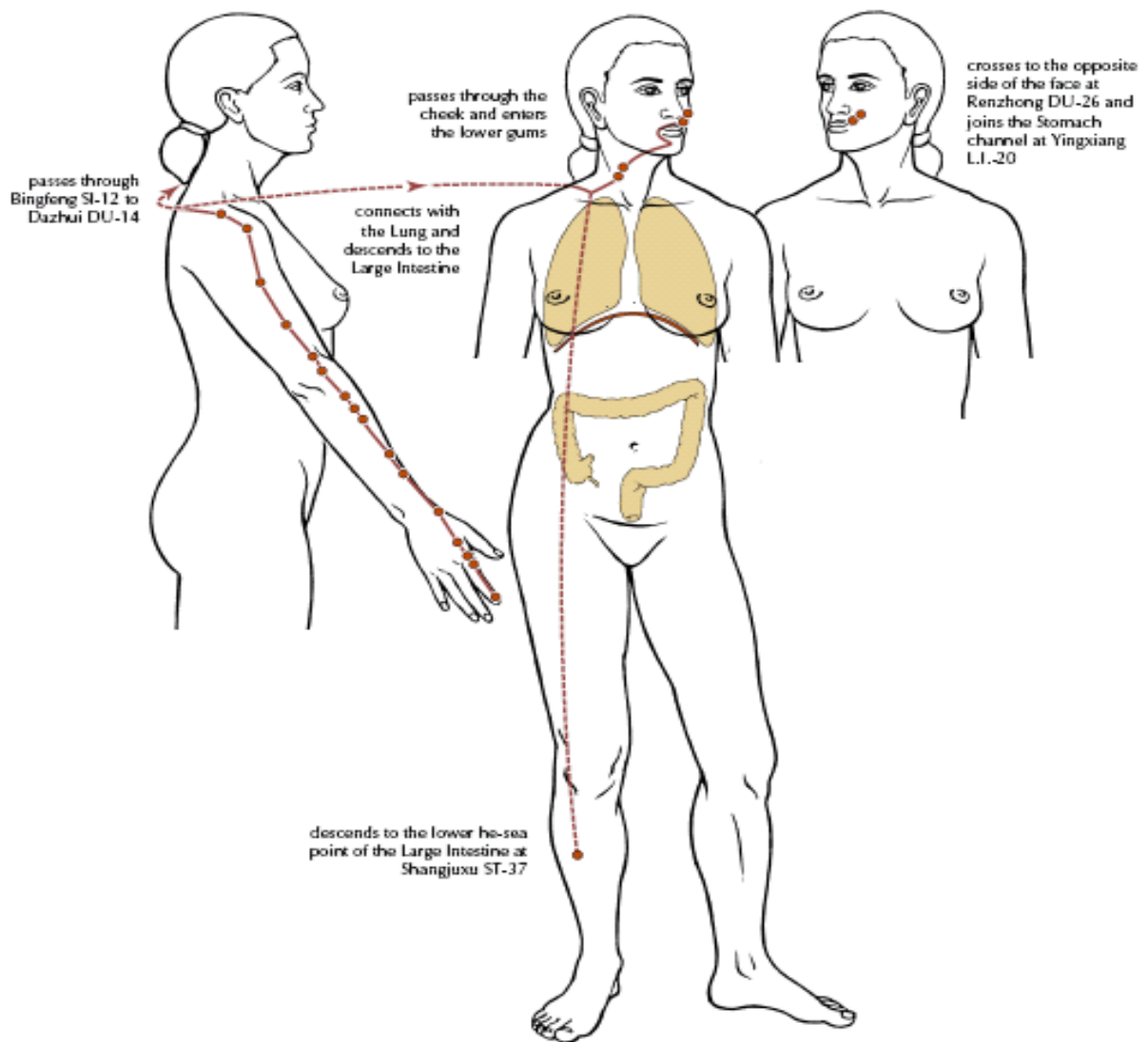


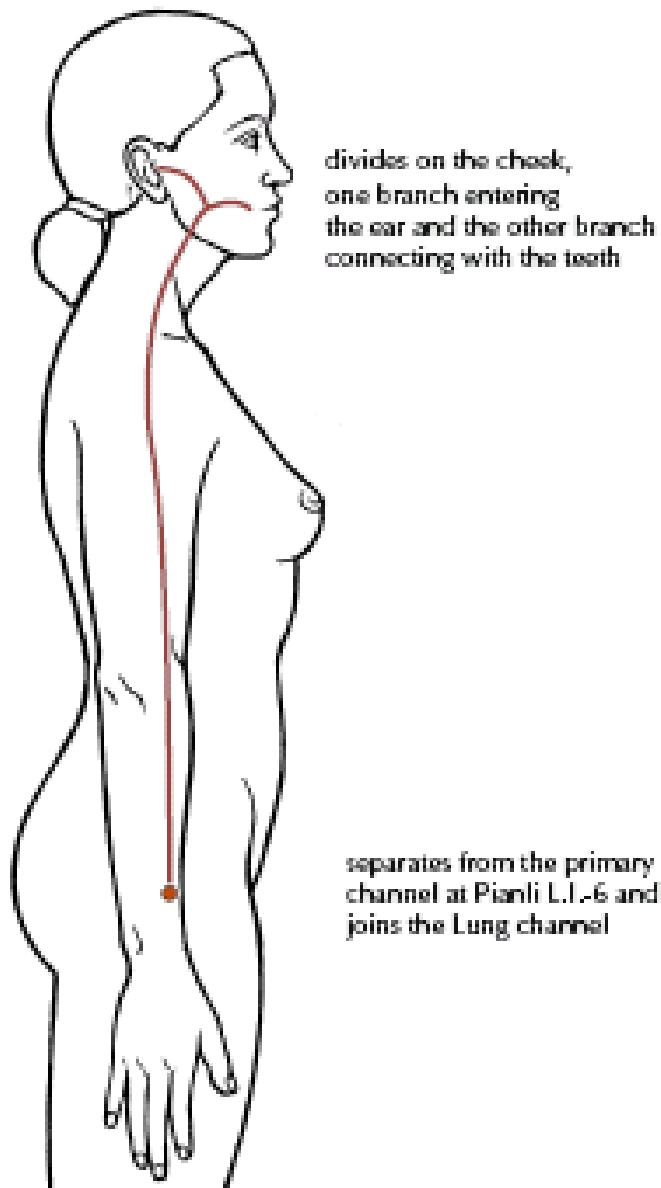
He Sea Point (Water)

- Tonify LV Yin and Blood, clears excess heat patterns.
- Genital issues related to damp-heat - pain/swelling, retention of urine, cystitis, prostatitis, ovarian cysts.
- Tonify Yin from mental, physical, emotional strain.
- Medial knee pain.
- Knee problems, even if on the lateral side of the knee, also useful for abdominal pain, urination issues, itchy painful groin issues.
- Main treatment point of Liver patterns with KD 10 treatment in Five Shu point protocol.

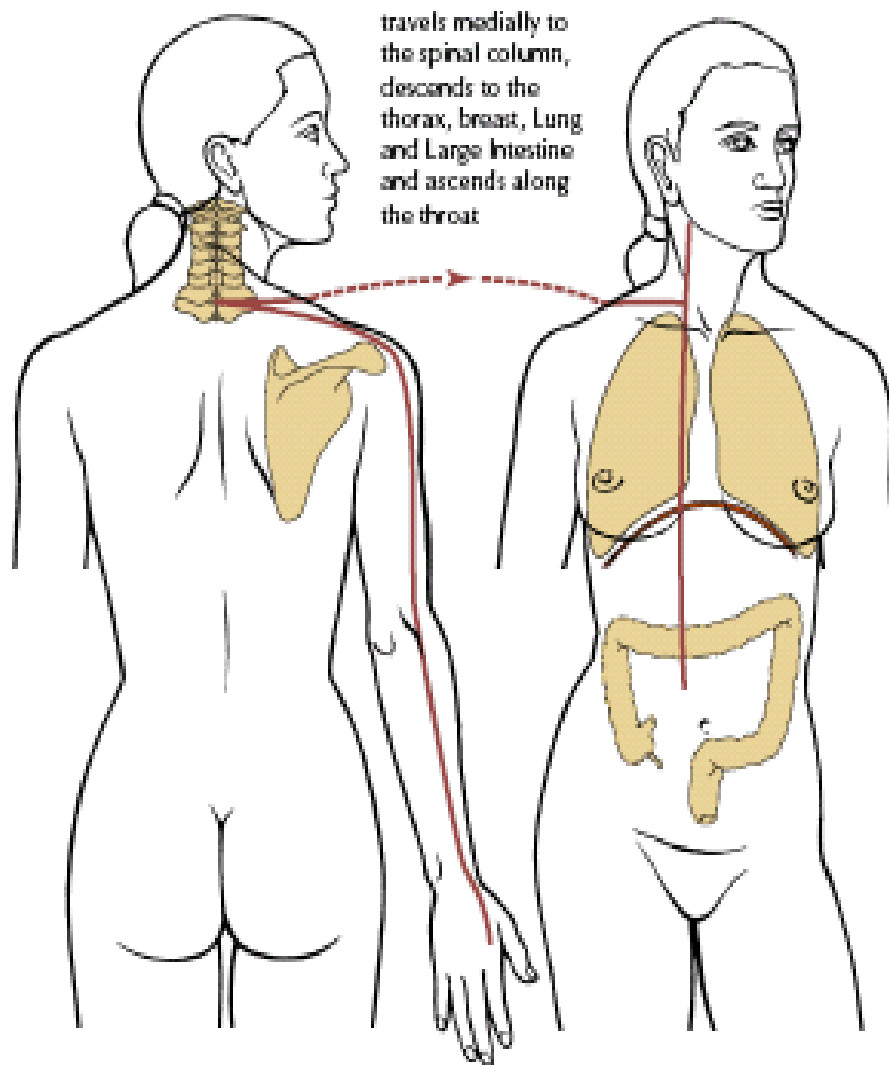
Indications: Pain in the lower abdomen, dysuria, emission, pain in the vulvae, prolapse of uterus, pain in the medial portion of the thigh and knee.

The Large Intestine Channel, Hand *Yang Ming*

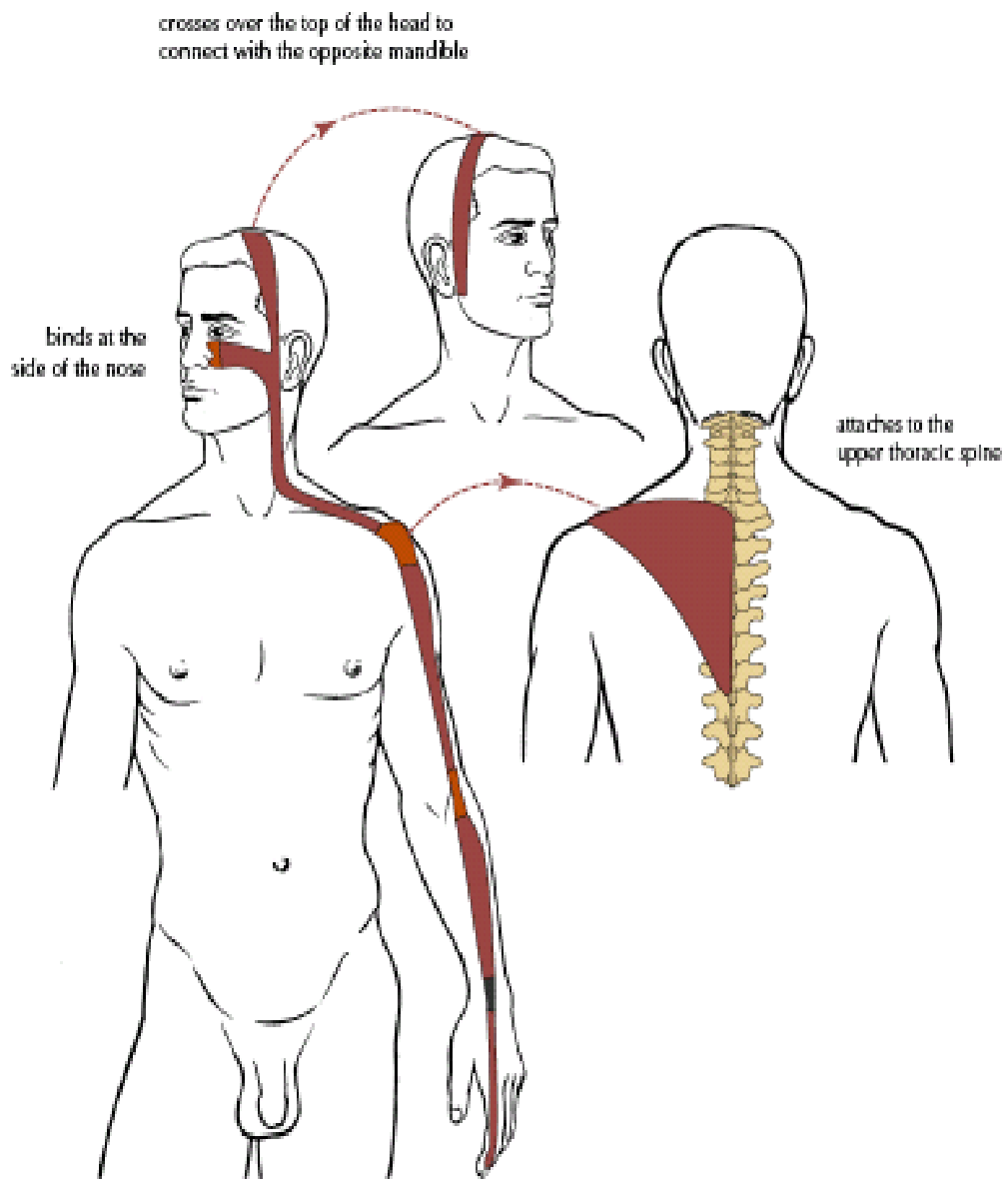




The Large Intestine luo-connecting channel

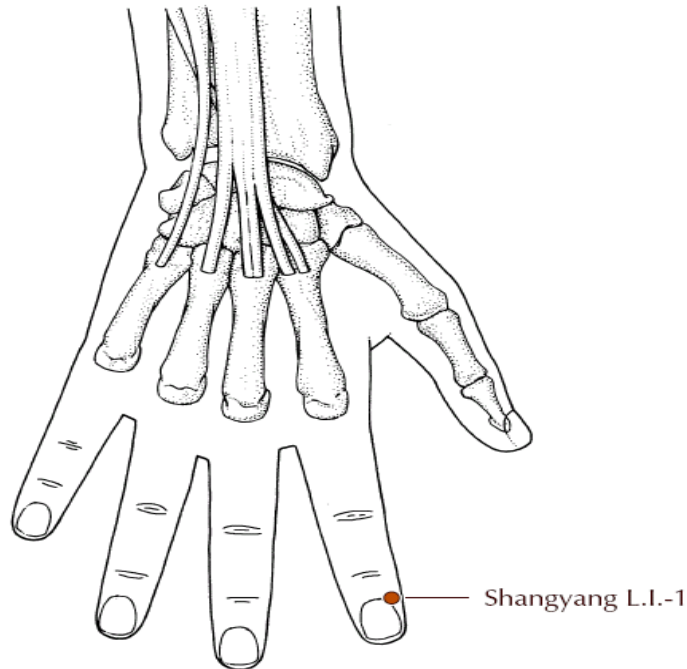


The Large Intestine Divergent channel



The Large Intestine sinew channel

LI 1 “Shang Yang”, Metal Yang



Jing Well point (Metal)

Horary/Nature Point

Location: 0.1 cun from radial corner of index fingernail.

LI1, is a strong candidate **to be incorporated** into an acupuncture protocol for patients who exhibit Large Intestine damp heat.

LI 1 may potentially be used, in coordination with a well-designed acupuncture treatment protocol, to **influence the following** conditions: Coma, ear and eye problems, fever, toothache

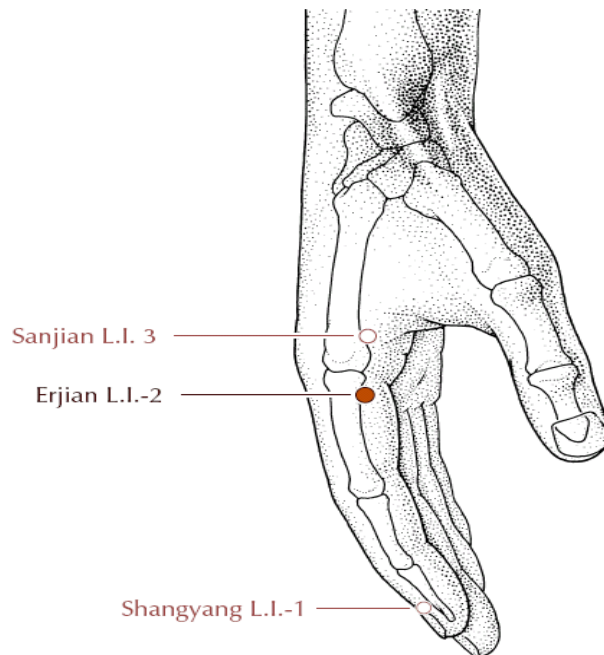
Functions:

- Clears Heat
- Promotes resuscitation

Indications:

- Febrile disease, sore throat, toothache involving the lower teeth, deafness and tinnitus
- Loss of consciousness

LI 2 “Er Jian”, Second Space



Ying Spring point (Water)

Child/Reduction and Sedation Point

Location: Radial edge of 1st phalanx of index finger just distal to the knuckle of the MCP joint in a depression on the line where the skin changes color/texture.

- Shown to increase saliva production and to affect the areas of the brain involved in saliva production. Useful for dry mouth (xerostomia).
- Sedation points and Ying Spring point, treats excess and clears heat from opposite end of the channel, for toothache, eye redness and pain, gum inflammation, sore throat.

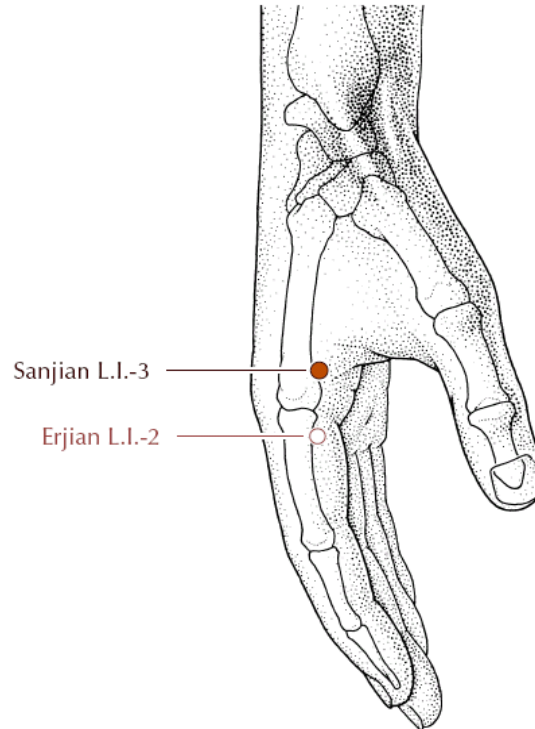
Functions:

- Clears Heat
- Benefits the throat
- Subdues swelling and relieves pain

Indications:

- Sore throat
- Toothache
- Fever

LI 3 “San Jian,” Third Space



Shu Stream point (Wood)

Location: Radial edge of 2nd metacarpal bone, just proximal to the MCP joint in a depression on the line where the skin changes color/texture.

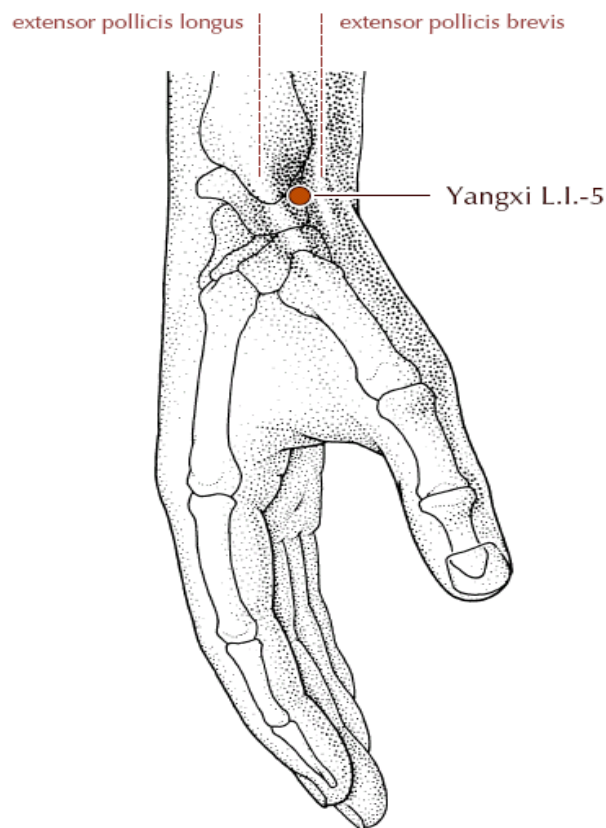
Functions:

- Activates the channel and collaterals and alleviates pain
- Benefits the throat
- Expels Wind and clears Heat, Damp Heat

Indications:

- Pain, numbness of the fingers and hand; toothache, especially of the lower teeth
- Sore throat
- Fever and chills, dry mouth and lips

LI 5 “Yang Xi, Yang Ravine



Jing River point (Fire)

Location: In the anatomical snuffbox. Stretch the palm flat and stretch the thumb as far toward the back of the hand as possible. Feel the depression between the base of the thumb and the wrist.

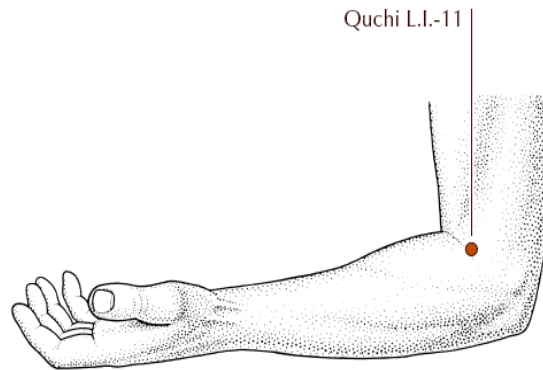
Functions:

- Activates the channel and collaterals and alleviates pain
- Clears Heat
- Calms the Spirit, clears manic depression

Indications:

- Pain of the wrist and hand
- Headache, sore throat, epistaxis, rhinitis, tinnitus, eye pain and redness, and toothache
- Epilepsy, mania, depressive psychosis

LI 11 “Quchi,” Pool at the Bend



He-Sea point (Earth)

Ghost, Heavenly Star point

Mother/Tonification point

Location: At the lateral end of the transverse cubital crease midway between LU 5 and the lateral epicondyle of the humerus.

- Reduction of high fevers, patients with the 4 “big’s”, combine with LI 1, LI 2, or LI 4.
- Damp Heat skin diseases, red, itchy, oozing & inflamed (hives, herpes zoster, acne), may be used with UB 40 for any skin disease.
- ST Excess Issues, burning diarrhea.
- Elbow and upper limb disorders, pain and inflammation, atrophy, tremors, expels wind dampness from the channel.
- Hot flashes, menstrual issues with heat in the Blood.

- Expels summer heat with UB 40 & SP 10, for heat stroke add SI 3.
- Useful for any blood circulation issue (Raynaud's, anemia, etc.), skin problems (hives, itchiness), tennis elbow.

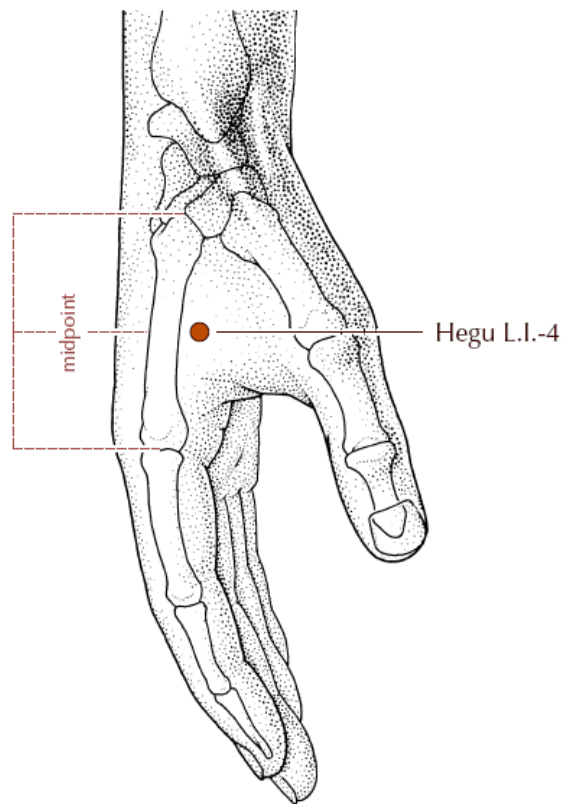
Functions:

- Activates the channel and collaterals to relieve pain
- Clears Heat
- Cools Blood, expels Wind, drains Dampness
- Subdues Rebellious Qi to relieve vomiting and diarrhea

Indications:

- Paralysis, pain, numbness and weakness of the elbow and arm
- Fever, thirst, sweating
- Eczema, urticaria, erysipelas, skin itching
- Abdominal pain and distention, vomiting, diarrhea, constipation, dysentery, dyspepsia
- Tranquilization & Hypertension

LI 4 “He Gu,” Union Valley



Yuan Source point

Command point

Heavenly Star point

Four Gates point

Location: In the middle of the 2nd metacarpal bone on the radial side.

- Releases the exterior for wind-cold or wind-heat syndromes
- Strengthens the Wei qi, improves immunity

- Regulates the sweat glands, for excessive sweating tonify LI 4 then disperse KD 7 and vice versa.
- Any problem on the face, sense organs, mouth, teeth, jaw, toothache, allergies, rhinitis, hay fever, acne, eye problems, etc.
- Toothache use both LI 4 & ST 44. LI for the lower jaw & ST for the upper jaw.
- Headache, especially frontal and, or sinus (Yang Ming area).
- Chronic Pain
- Influence the circulation of Qi and Blood. Use the four gates, LI 4 & LI 3 to strongly move the Qi and Blood in the body clearing stagnation and alleviating pain.
- Promote labor or for retained placenta

Functions:

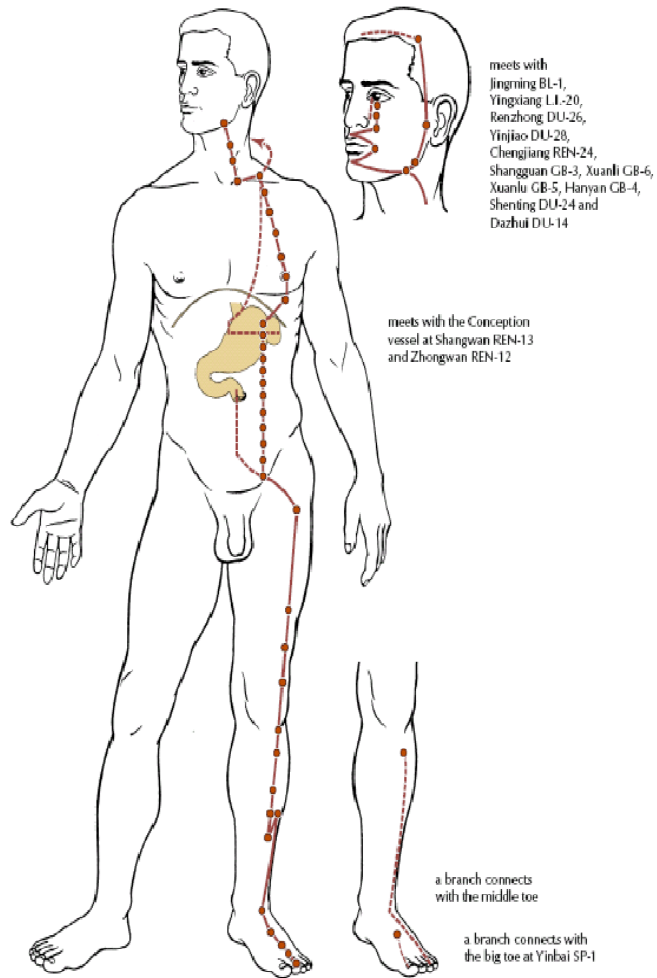
- Expels Wind and releases the exterior
- Regulates Defensive Qi and adjusts sweating
- Regulates the throat, neck, face, eyes, nose, mouth and ears
- Activates the channel and collaterals and alleviates pain; Nourishes the sinews
- Regulates the Uterus and induces labor
- Calms the Spirit

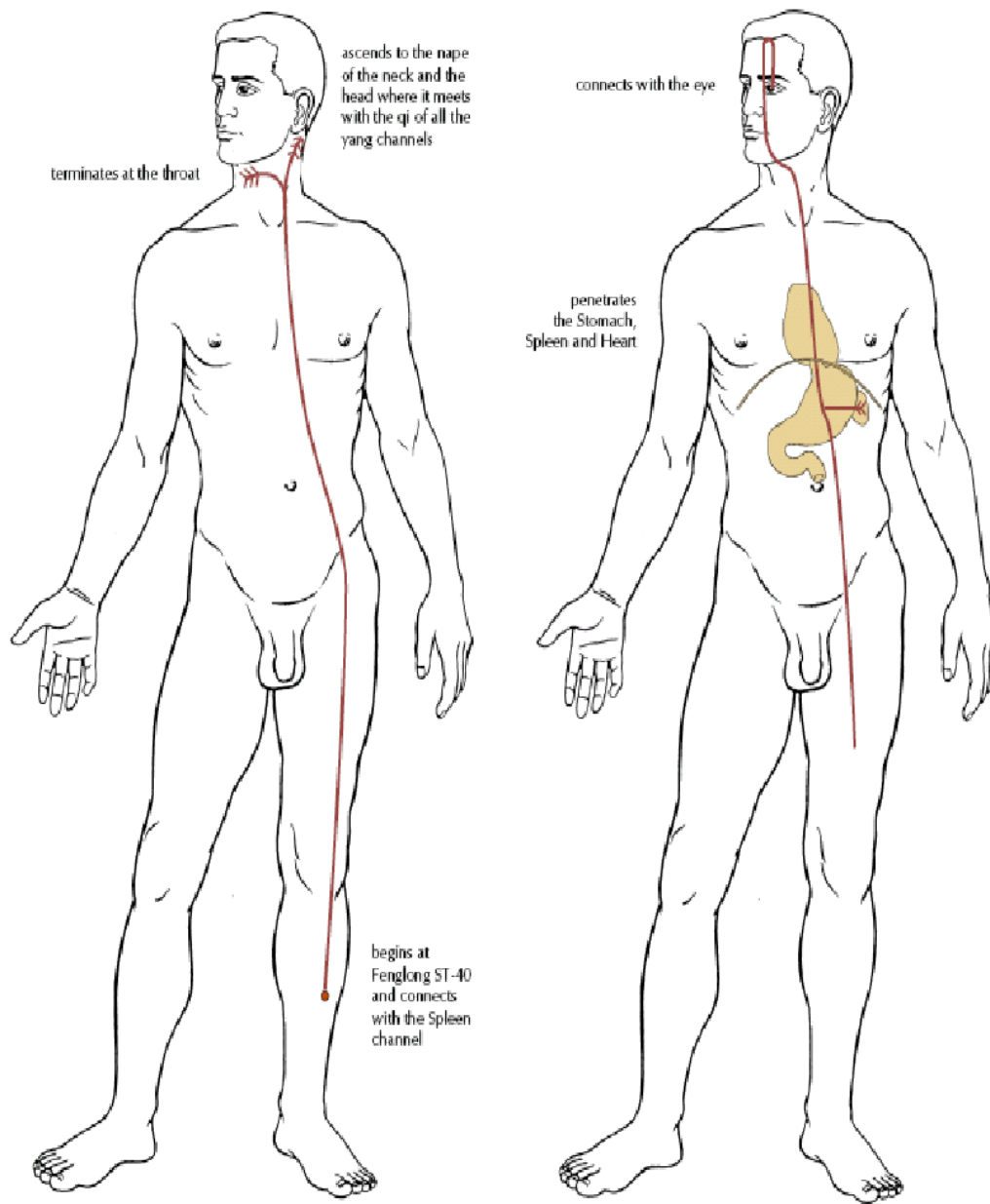
Indications:

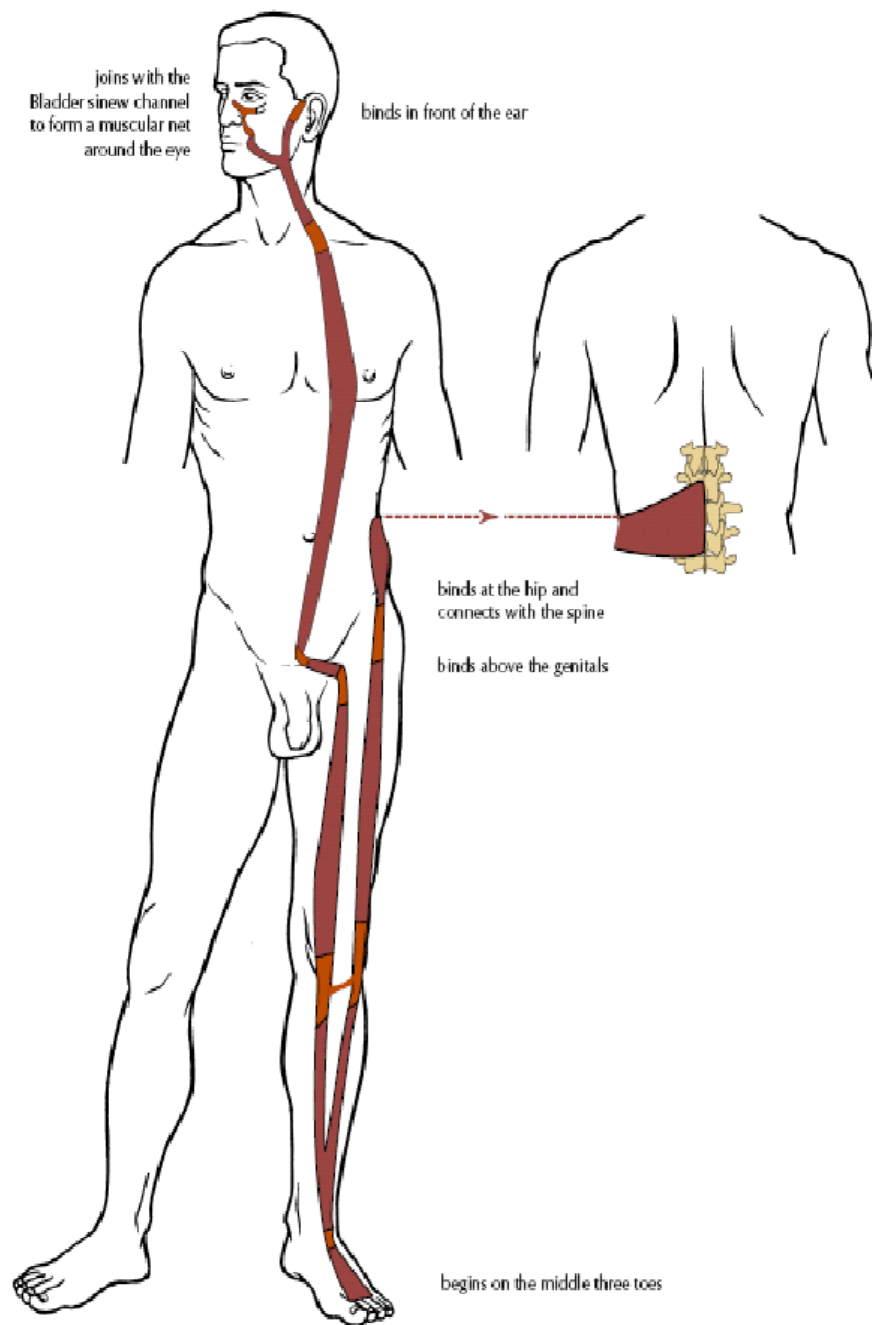
- Exterior patterns: fever, chills, absence of sweating or sweating without relief of symptoms, cough, floating pulse.

- Skin disorders: rashes, measles, acne, skin itching, eczema.
- Goiter, lymphadenopathy, sore throat, headache, facial pain or paralysis, stuffy nose, rhinorrhea, epistaxis, sore throat, aphonia (loss of voice), red, swollen and painful eyes, blurred vision, toothache, canker sores tinnitus, deafness.
- Pain, atrophy or paralysis of the hands, arm or shoulder
- Gynecological disorders: amenorrhea, delayed labor, retention of placenta, difficult labor
- Mental disorders: insomnia, mania, depression

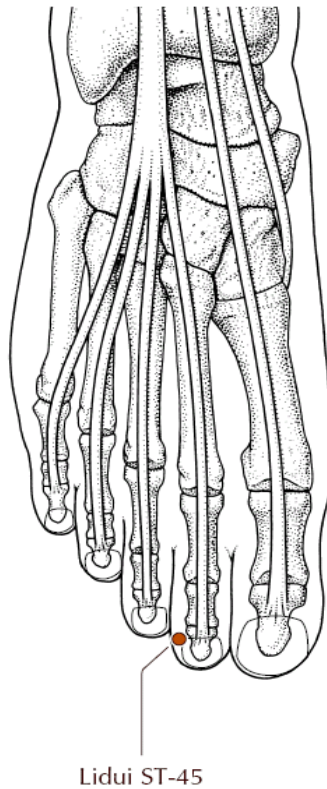
The Stomach Channel, Foot *Yang Ming*







ST 45 “Li Dui,” Severe Mouth



Jing Well point (Metal)

Location: .1 cun posterior to the corner of the nail on the lateral side of the 2nd toe.

ST 45 is a strong candidate to be used in treatments for patients who exhibit Heart Yin Deficiency, Liver Wind, Phlegm misting the heart.

ST 45 may potentially be used to influence the following conditions: Bell's Palsy, fainting, headache, insomnia, knee pain, manic depression, sore throat, toothache temporomandibular joint disorder, stroke.

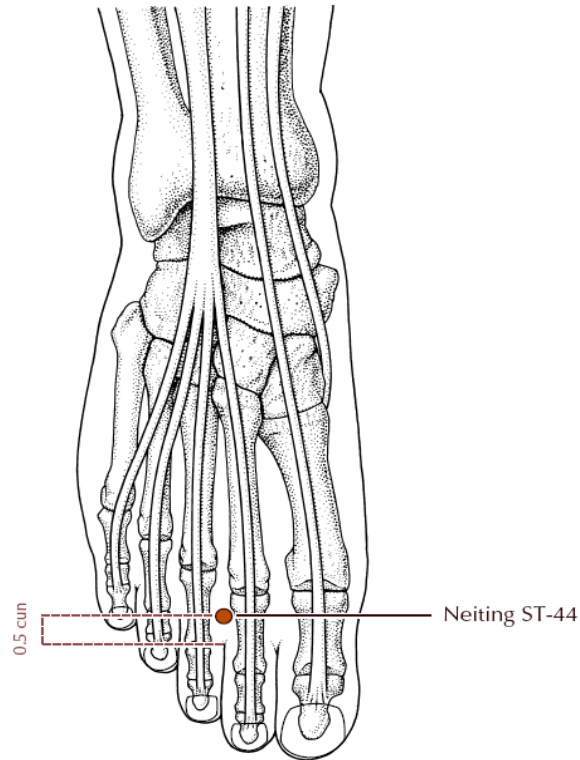
Functions:

- Clears Stomach Channel Heat
- Clears Stomach Heat
- Calms the Spirit and restores consciousness

Indications:

- Toothache, eye pain, frontal headache, purulent nasal discharge, facial paralysis, gingivitis, epistaxis, cracked lips, sore throat
- Abdominal pain, excessive hunger, fever
- Mania, dream-disturbed sleep, depression, epilepsy, loss of consciousness

ST 44 “Nei Ting,” Inner Residence/Court



Ying Spring point (Water)

Location: Proximal to the web margin between the 2nd and 3rd metatarsal bones, in a depression distal and lateral to the 2nd meta-tarsal digital joint.

ST44 is a strong candidate to be used in treatments for patients who exhibit Spleen and Stomach Damp Heat, Stomach Fire, Rebellious Qi

ST 44 may potentially be used, in coordination with a well-designed acupuncture treatment protocol, to influence the following conditions: Abdominal pain, acid reflux (GERD,) bell's palsy, constipation, diarrhea, eye problems, facial pain, fever, sore throat, stroke, toothache.

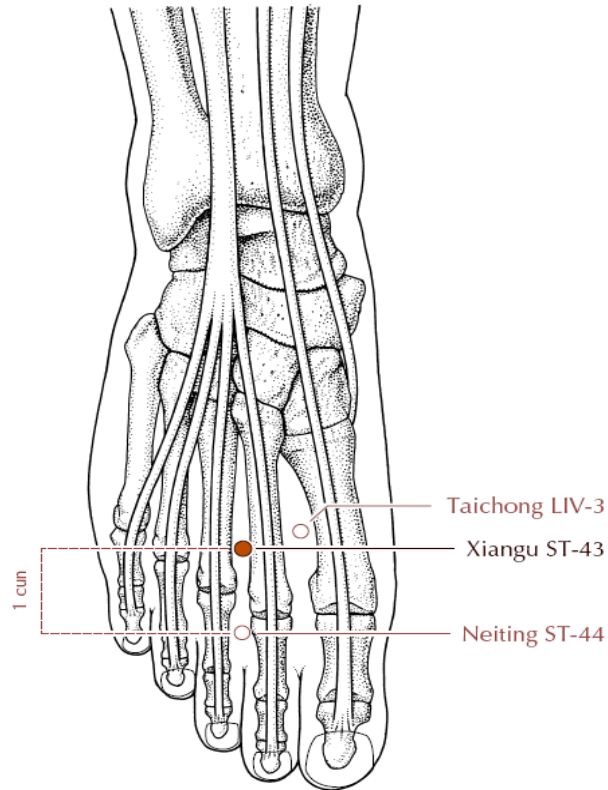
Functions:

- Clears Stomach Channel Heat
- Activates the channel and alleviates pain
- Harmonizes the Stomach and intestines and clears Damp Heat
- Calms the Spirit

Indications:

- Toothache, eye pain, frontal headache, gingivitis, epistaxis, sore throat, fever, facial pain or paralysis
- Toothache, eye pain, frontal headache, facial pain
- Abdominal pain, acid regurgitation, excessive hunger, diarrhea, dysentery, constipation
- Aversion to the sound of talking, desire for silence

ST 43 “Xian Gu,” Sunken Valley



Shu Stream point (Wood)

Location: In a depression distal to the junction of the 2nd and 3rd metatarsal bones.

- Similar actions to ST 44 but used less often. Will clear heat from the channel and organ.
- Classically noted for clearing facial pain and or swelling. May be used for general edema.
- Abdominal pain, bloating, borborygmus, frequent belching.

- Local point for pain and/or swelling of the dorsum of the foot.

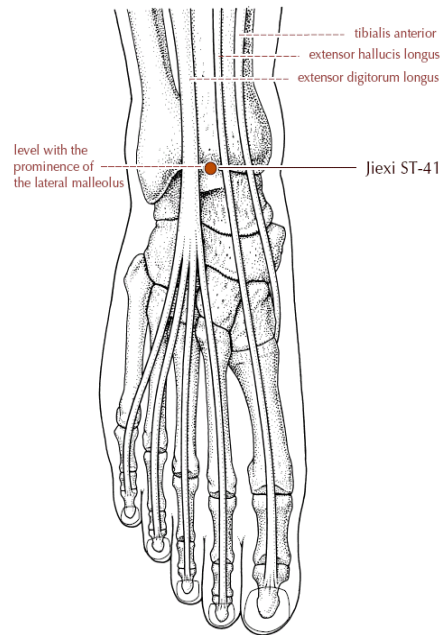
Functions:

- Regulates the Spleen and eliminates edema
- Regulates the Stomach and intestines and alleviate pain
- Activates the channel and collaterals and alleviates pain

Indications:

- Ascites, edema of the face, pain and swelling of the eyes
- Abdominal pain and distention, borborygmus
- Pain and swelling of the dorsum of the foot

ST 41 “Jie Xi,” Separation Stream or Ravine Divide



Jing River point (Fire)

Location: On the midpoint of the transverse crease of the ankle, approximately level with the tip of the external malleolus, in a depression between the tendons of extensor digitorum longus and hallucis longus.

ST 41 is a strong candidate to be used in treatments for patients who exhibit Phlegm misting the heart

ST 41 may potentially be used to influence the following conditions: Abdominal pain, ankle pain, attention deficit disorder (ADHD-ADD,) constipation, dizziness (Vertigo,) epilepsy, seizure, headache, manic depression, any palpitations.

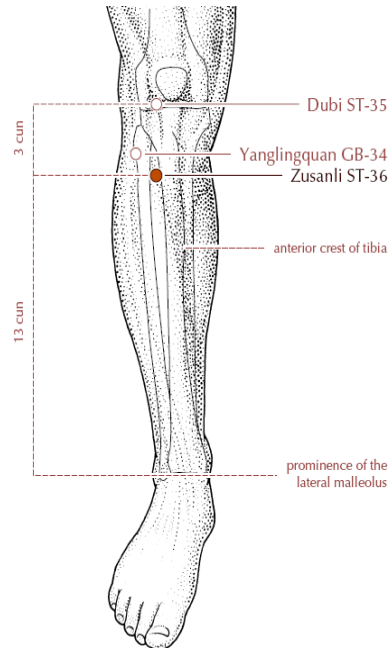
Functions:

- Activates the channel and collaterals and alleviate pain
- Clears Heat from the Stomach fu and Stomach channel
- Calms the Spirit

Indications:

- Pain, swelling or motor impairment of the ankle; hemiplegia
- Fu Heat: abdominal pain or distention, constipation, belching, excessive hunger
- Channel Heat: pain, swelling, inflammation of the Yang Ming aspect of the head, red face and eyes, frontal headache, mouth pain, dizziness
- Epilepsy, mania

ST 36 “Zu San Li,” Foot Three Mile



He-Sea point (Earth)

Command point

Sea of Water and Grain point

Location: 3 cun below ST 35, one finger width lateral from the anterior border of the tibia.

- Tonify deficient Qi and or Blood.
- Tonify Wei Qi and Qi overall - low immunity, chronic illness, poor digestion, general weakness, particularly with moxibustion, very important acupuncture point for building and maintaining overall health.

- All issues involving the Stomach and or the Spleen, abdominal/epigastric pain, borborygmus, bloating, nausea, vomiting, GERD, hiccups, diarrhea, constipation, etc.
- Clear disorders along the course of the channel - breast problems, lower leg pain.
- Earth as the mother of Metal will support Lung function in cases of asthma, wheezing, dyspnea.
- Psychological, emotional disorders, PMS, depression, nervousness, insomnia.

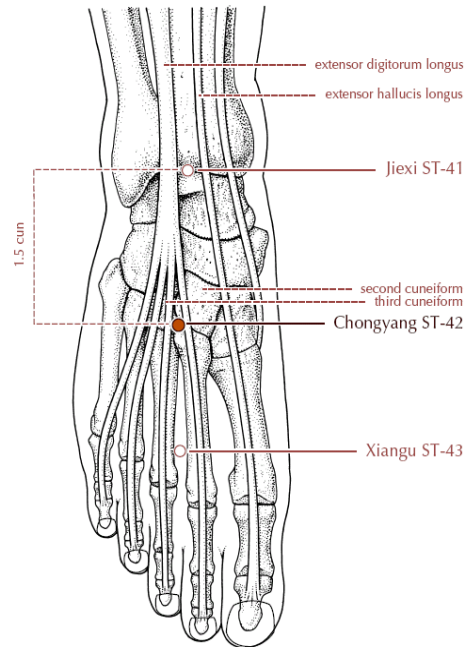
Functions:

- Disperses Wind Dampness
- Activates the channel and collaterals and relieves pain

Indications:

- Pain, numbness or contraction of the thigh muscles; weakness, paralysis, pain or numbness of the leg; pain of the knee and lower back; pain of the hip joint; contraction of hip flexors
- Urticaria

ST 42 “Chong Yang,” Rushing Yang



Yuan. Source point

Location: Between the 2nd and 3rd metatarsals and the cuneiform bone, between the tendons of the long extensor muscles of the big toe and other toes.

ST42 is a strong candidate to be incorporated into an acupuncture protocol for patients who exhibit Liver Wind

ST 42 may potentially be used **to influence the following** conditions: Ankle pain, bell's palsy, multiple sclerosis, Parkinson's disease, stroke, or toothache.

Functions:

- Activates the channel and collaterals and alleviate pain
- Clears Heat from the Stomach fu and Stomach channel
- Calms the Spirit

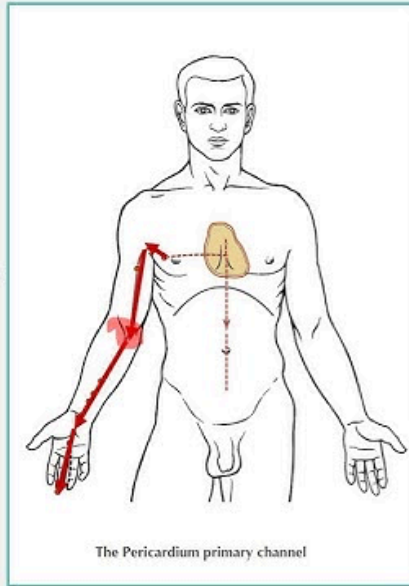
Indications:

- Pain or swelling of the dorsum of the foot; motor impairment of the foot
- Fu Heat: abdominal pain or distention, epigastric pain
- Channel Heat: pain, swelling, inflammation of the Yang Ming aspect of the head, deviation of eyes and mouth, tooth and mouth pain
- Mania

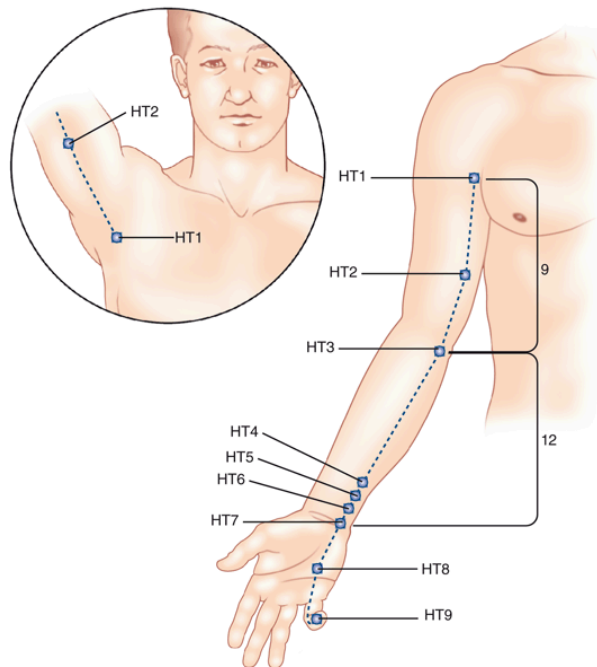
The Heart Channel, Hand *Shao Yin*

THE COURSE OF THE MERIDIAN

6. It ascends to the axilla and then descends the medial aspect of the upper arm (between lung and heart meridians)
7. It continues its descent to the cubital fossa and along the forearm
8. On the forearm it descends down to the palm of the hand
9. From here it continues along the middle finger ending at its tip



手厥陰心包經



HT 9 “Shao Chong,” Lesser Surge



Jing Well point (Wood)

Exit point

Location: .1 cun posterior to the corner of the nail on the radial side of the little finger.

- Jing Well points clear heat and or obstruction from the opposite end of the channel, eye pain a/or redness, mouth ulcerations, sores.
- Can be bled or needled for emotional disturbances, strong restlessness, anxiety, panic attacks, manic depression, epilepsy, etc.
- Restore consciousness, heart attack, stroke.
- Emergency heart attack point, strong stimulation.

- Fullness below the heart stagnation, pain and or distention in the HT area.

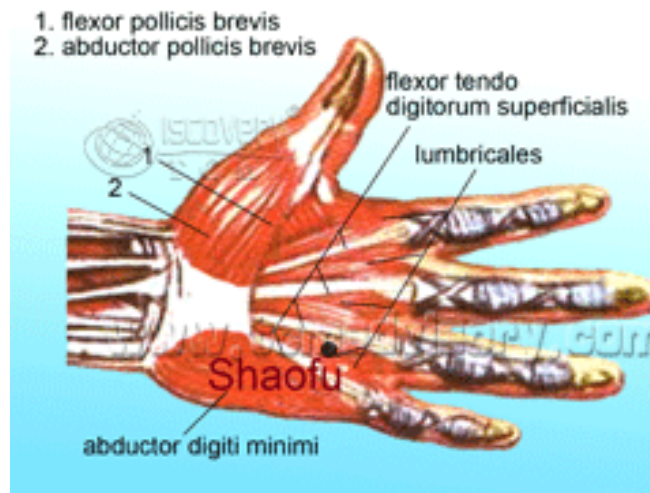
Functions:

HT 9 is a strong candidate to be incorporated into an acupuncture protocol for patients who exhibit Heart Blood Stagnation

HT 9 may potentially be used to influence the following conditions: Anxiety, canker cold sores, epilepsy, seizure, eye problems, fainting, heart disease, manic depression, panic attacks, strokes.

HT 8 “Shao Fu,” Lesser Mansion





Ying Spring point (Fire)

Location: When a loose fist is made where the tip of the little finger rests between the 4th and 5th metacarpal bones.

HT 8 is a strong candidate to use in treatments for patients who exhibit Bladder Damp Heat and or Heart Fire

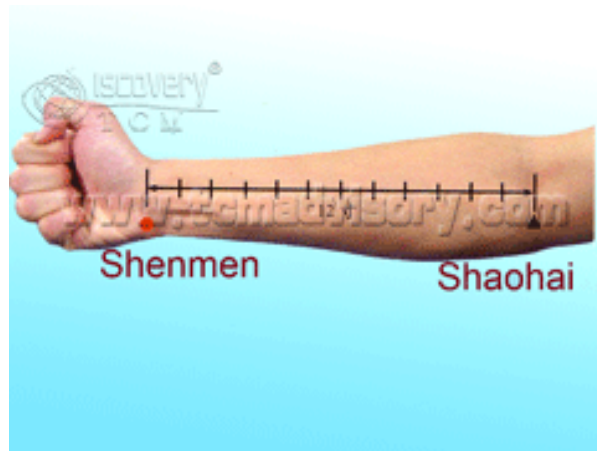
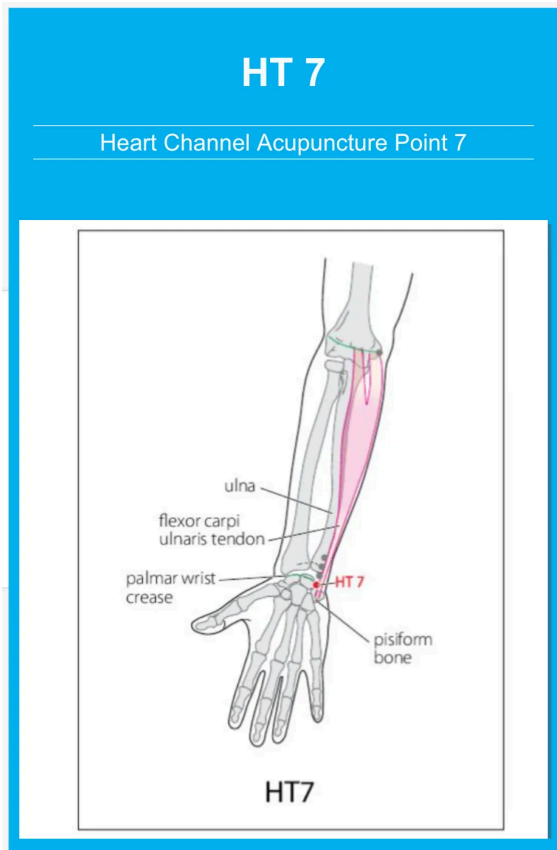
HT 8 may potentially be used to influence the following conditions: Arm Pain, canker cold sores, genital swelling, incontinence, sweaty palms, hyperhidrosis, urinary tract infection UTI, uterine bleeding.

Indications:

- HT Fire effecting the SI effecting the UB, heat descending to the lower jiao incontinence, difficult urination, fungal infections, genital itching.
- Channel issues, sore throat, tongue stiffness, pain along the ulnar aspect of the arms.
- Heart Qi Deficiency palpitations, fear, hot palms.

- Emotional disorders although PC 8 may be a better choice.
- HT Fire effecting the mouth ulcers, canker sores.
- Local point for arm pain, elbow pain, and/or pain in the pinky finger.

HT 7 “Shen Men,” Magic Gate



Shu Stream point (Earth)

Yuan Source point

Locations: At the wrist crease, on the radial side of the flexor carpi ulnar tendon, between the ulna and the pisiform bones.

HT 7 is a strong candidate to be incorporated for patients who exhibit Heart Blood Deficiency, Heart Qi Deficiency, Heart Yang or Yin Deficiency.

HT 7 may potentially be used to influence following conditions: Angina, anxiety, fear, insomnia, manic depression, panic attack, sweat issues.

Indications:

- Tonify deficiencies of the HT Qi, Blood, Yin and Yang.
- Emotional issues, especially those with related sleep or thinking manifestations, insomnia, muddled thinking.
- Heart and Phlegm fire leading to insomnia, anxiety, mania.
- Physical responses to emotional stimuli, anxiety w/palpitations, nausea w/panic and or fear.
- Heart palpitations from any etiology as well as irregular heartbeat, pounding heart, angina.

HT 4 “Ling Dao,” Spirit Pathway



Jing River point (Metal)

Location: 1.5 cun above the wrist crease on the radial side of the flexor carpi ulnar tendon, on the HT 3 to HT 7 line.

HT 4 is a strong candidate to be incorporated into an acupuncture protocol for patients who exhibit Liver Qi Stagnation

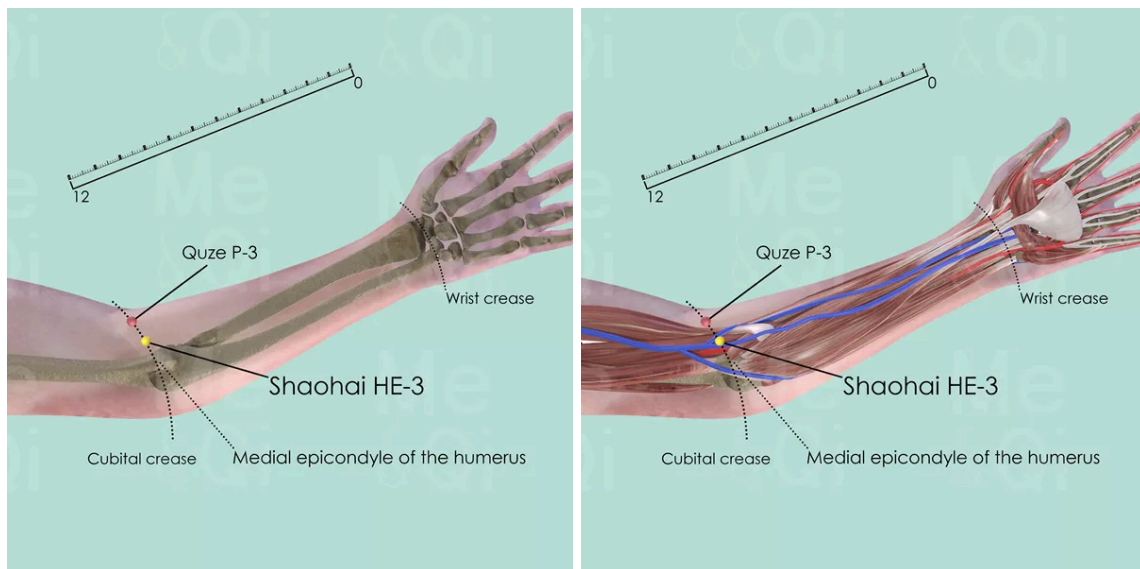
HT 4 may potentially be used to influence the following conditions: Anxiety, arm pain, chest pain, insomnia, mania, depression, stuttering, vocal problems.

Indications: Precordial pain, contraction and pain of upper arm, sudden loss of voice, convulsion.

- Sudden loss of voice.

- Restless Zang disorder (fluctuating emotions, mania, depression, anxiety, insomnia), various emotional disturbances.
- Chest pain that perhaps worsens with emotional distress.
- Local point for pain in the elbow and or arm.

HT 3 “Shaohai,” Lesser Sea



He Sea point (Water)

Location: With the elbow flexed, between the ulnar end of the cubital crease and the medial epicondyle of the humerus.

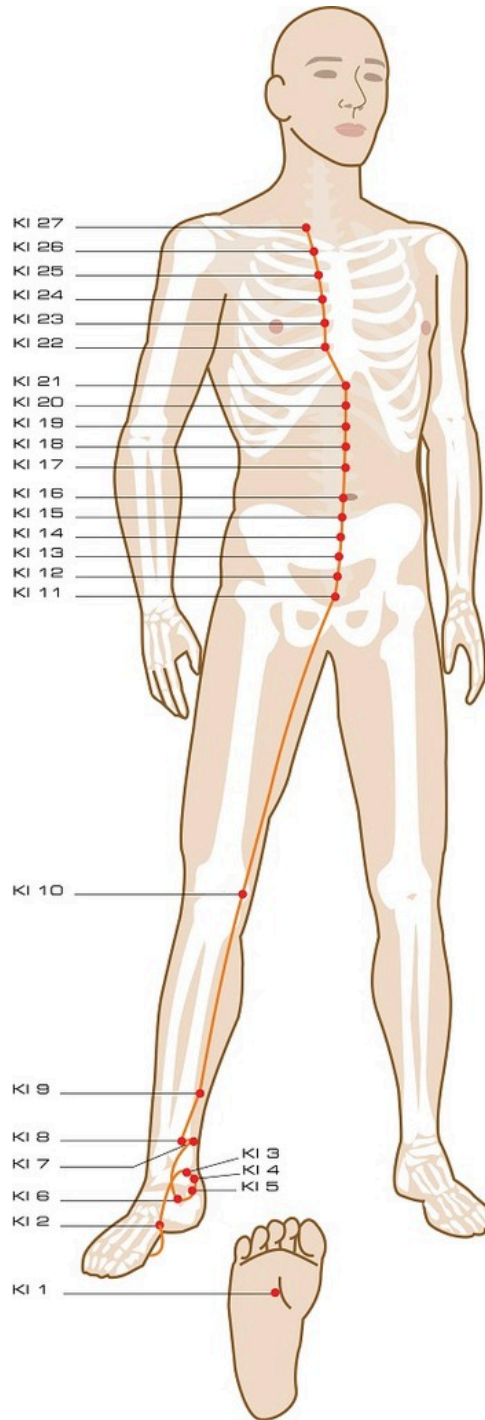
HT 3 is a strong candidate to be incorporated into an acupuncture protocol for patients who exhibit Liver Qi Stagnation

HT 3 may potentially be used to influence the following conditions: Anxiety, arm pain, chest pain, insomnia, mania, depression, stuttering, vocal problems.

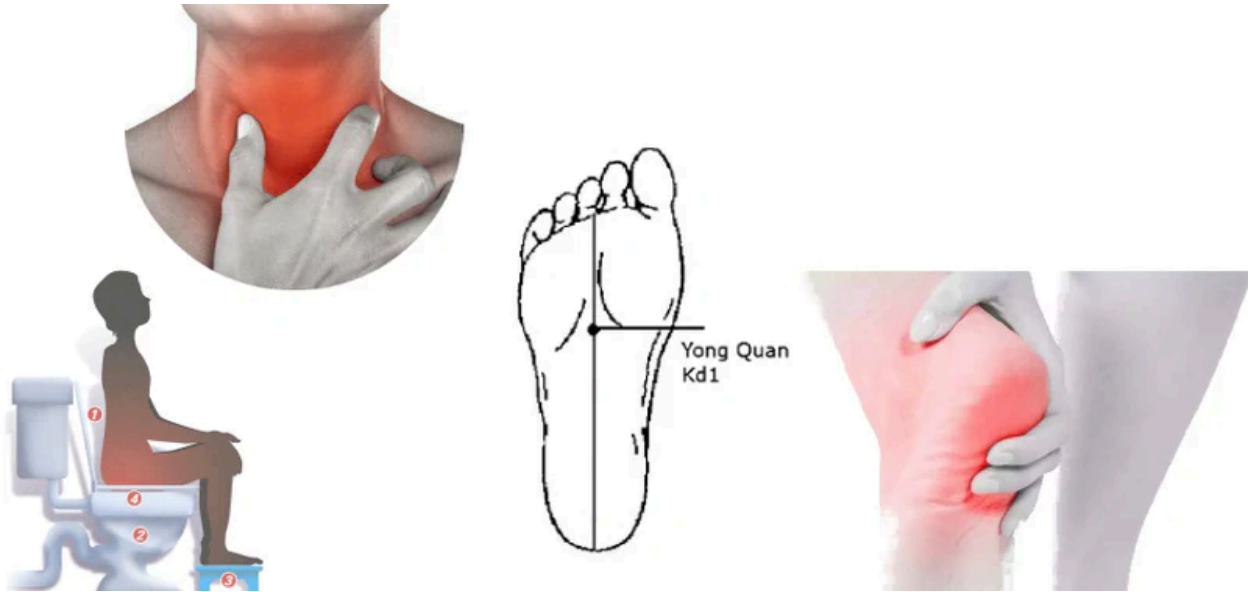
Indications:

- Pain, numbness, tremors, etc. of the lower arms and or hands. Parkinson's, stroke.
- Good local point to move the Qi and Blood.
- Spirit disorders from phlegm and or heat etiologies, epilepsy, depression, anxiety, nervousness, poor memory, fuzzy thinking.
- Redness of the eyes, mouth ulcerations.

The Kidney Channel, Foot *Shao Yin*



KD 1 “Yong Quan,” Gushing Spring



Jing Well point (Wood)

Entry point

Location: On sole, in depression with foot in plantar flexion, at the junction of the anterior 1/3 and posterior 2/3 of line connecting base of the 2nd and 3rd toes with the heel.

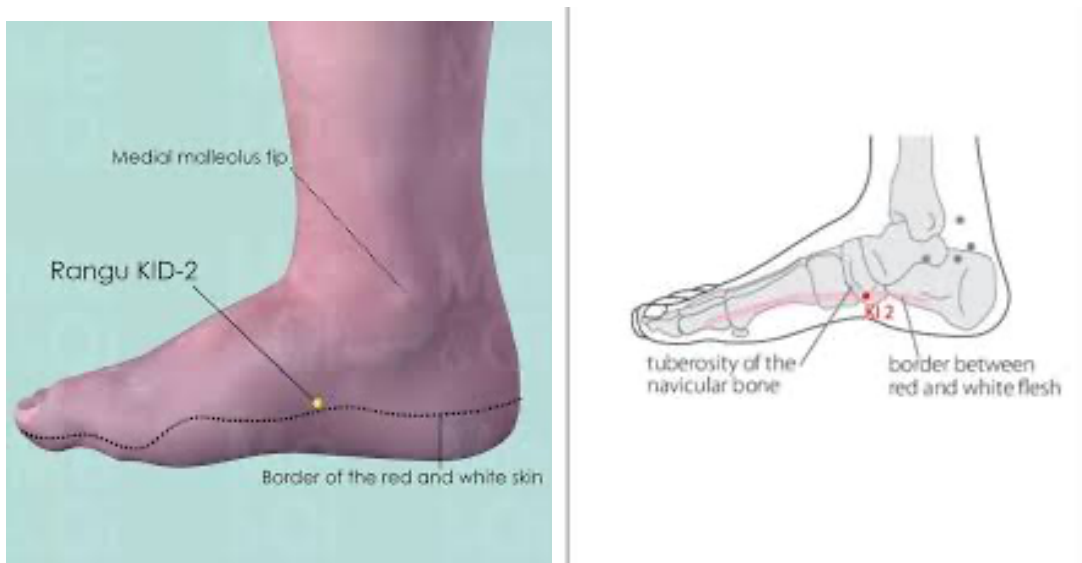
KD1 is a strong candidate to treat for patients who exhibit Heart Yang Deficiency, Kidney Yin Deficiency, Liver Fire, and or Liver Yang Rising

KD 1 may potentially be used to influence the following conditions anxiety, epilepsy, seizure, loss of consciousness, fainting, headache, hot flashes, hypertension, high blood pressure, insomnia, night sweats, sore throat, tinnitus.

Indications:

- Descends excess from above, useful for LV Yang Rising or LV Fire, headaches, tinnitus, hypertension, epilepsy.
- Cooling KD empty heat, chronic sore throat, dry mouth, low back pain.
- Tonify KD/HT Yin, insomnia, palpitations, anxiety, poor memory, mania, rage w/desire to kill, hot flashes, night sweats.
- Loss of consciousness, yang collapse.
- Used to descend the energy in the body particularly after qi gong exercises, energy healing sessions, etc. Useful for headache, nausea, insomnia, etc.

KD 2 “Ran Gu,” Blazing Valley



Ying Spring point (Fire)

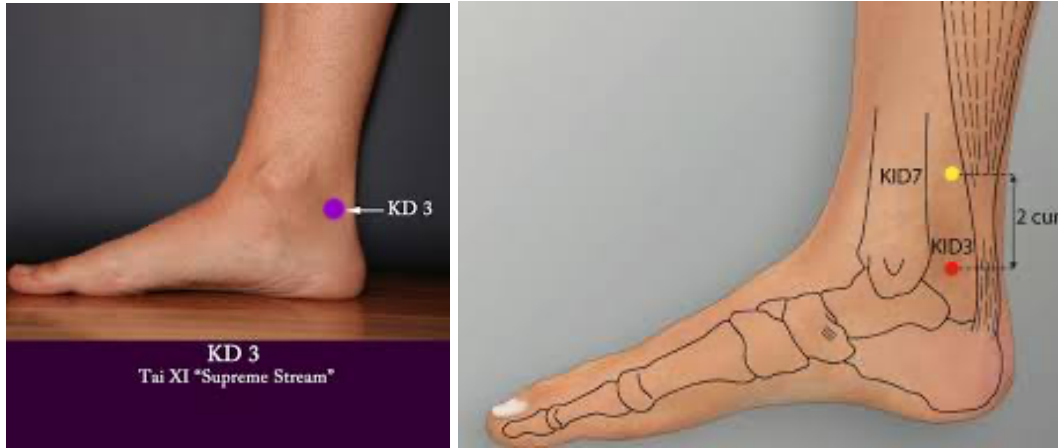
- **Location:** On the medial border of the foot. below the tuberosity of the navicular bone. and at the junction of the red and white skin.

KD 2 is a strong candidate to add into the treatment for patients who exhibit Kidney Yin Deficiency

KD 2 may potentially be used to influence the following conditions: Fear, genital pain and swelling, impotence, irregular menstruation, irritability, night sweats, hyperhidrosis, restless legs syndrome, sore throat, urinary disease, uterine prolapse.

- Generally useful for clearing excesses & acute presentations
- Ying Spring point clears heat, especially KD empty heat, chronic sore throats, irritability, night sweats, thirst.
- Lower abdomen/sex organ/genital issues. Irregular menstruation, uterine prolapse, seminal emissions, impotence, genital itching and/or pain, difficult urination.
- Wasting and thirsting disorders, dry mouth.
- Local point for foot problems, swelling and or pain, restless feet.
- KD related emotional imbalances, fear of being apprehended, fright.
- Moxa to tonify KD Yang.

KD 3 “Tai-Xi,” Great Stream



Shu Stream point (Earth)

Yuan Source point

Location: In depression midway between the tip of the medial malleolus and the attachment of the Achilles tendon.

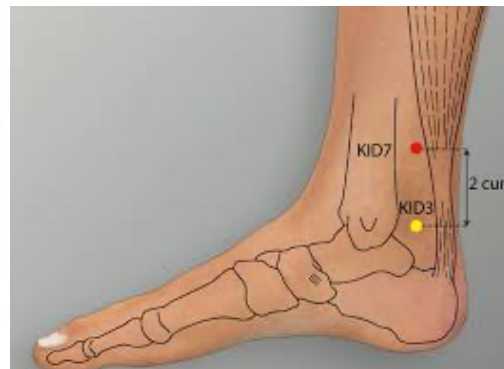
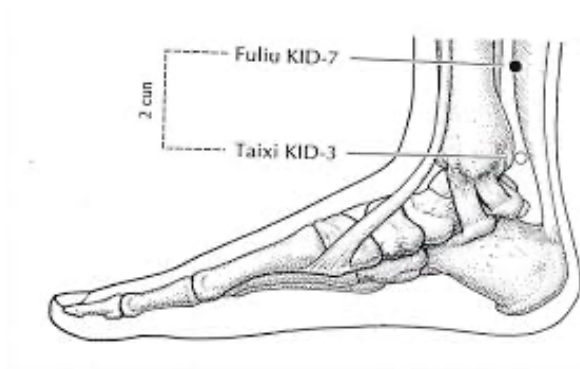
KD 3 is a strong candidate to use in treatments for patients who exhibit: Kidney Qi Deficiency, Kidney Yang Deficiency, and or Kidney Yin Deficiency

KD 3 may potentially be used to influence the following conditions: Anxiety, asthma, back pain, dizziness, vertigo, frequent urination, headache, impotence, insomnia, seminal emission, sore throat, and or tinnitus.

- Tonify KD Qi, Yin or Yang Deficiencies from any etiology.
- Asthma from KD Deficiency, difficulty inhaling.

- Tonifies Yin of KD (chronic sore throat, empty heat), LV (dizziness, tinnitus, headache) and or HT (anxiety, insomnia, excessive dreaming).
- Tonifies Yang of KD (impotence, premature ejaculation, seminal emission, weak low back/knees, frequent urination).
- Low back pain, usually of a chronic nature.
- Local point for heel and or ankle pain.

KD 7 “Fu Liu,” Recover Flow



Jing River point (Metal)

Location: 2 cun above KD 3 on the anterior border of the Achilles tendon.

KD 7 is a strong candidate to use in treatments for patients who exhibit Kidney Yang Deficiency

KD 7 may potentially be used to influence the following conditions: Back pain, constipation, diarrhea, edema, hemorrhoids, sweat problems, and or urinary disorders.

- Tonifies KD Yang, especially with respect to water regulation, sweating (too much or too little, spontaneous), swellings, urinary issues.
- Edema, especially chronic effecting the abdomen and or lower legs
- Resolve accumulation of damp and or damp-heat.
- Diarrhea, abdominal distention, hemorrhoids, constipation.
- Low back pain from deficiency and or stagnation.
- Main treatment point of Kidney pattern, use with LU 5 or LU 8.

KD 10 “Yin Gu,” Yin Valley



He Sea point (Water)

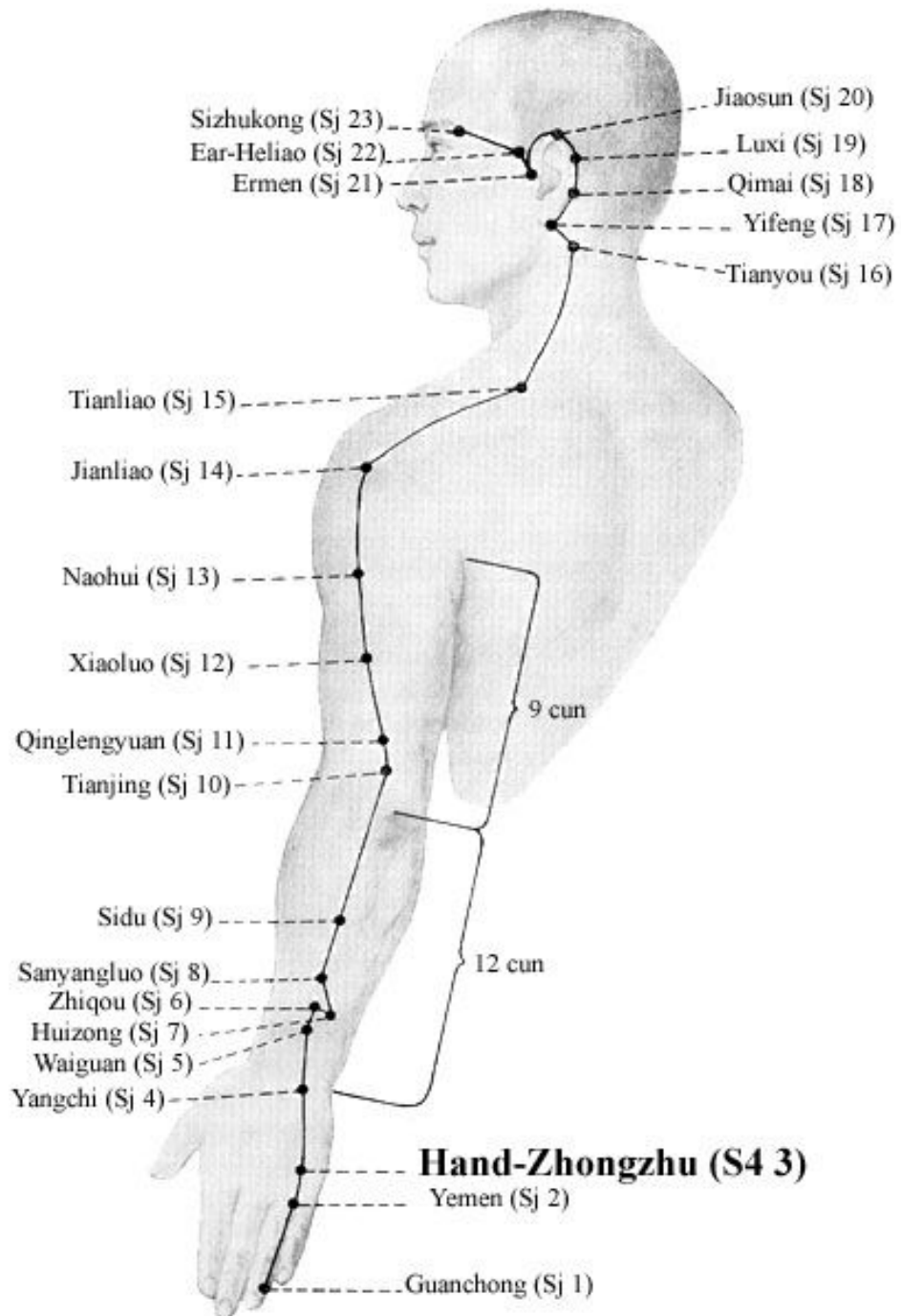
Location: On the medial side of the popliteal fossa, between the tendons of the semitendinous and semimembranous muscles when the knee is flexed.

KD 10 is a strong candidate to use in treatments for patients who exhibit Bladder Damp Heat, and or, Liver Yin Deficiency.

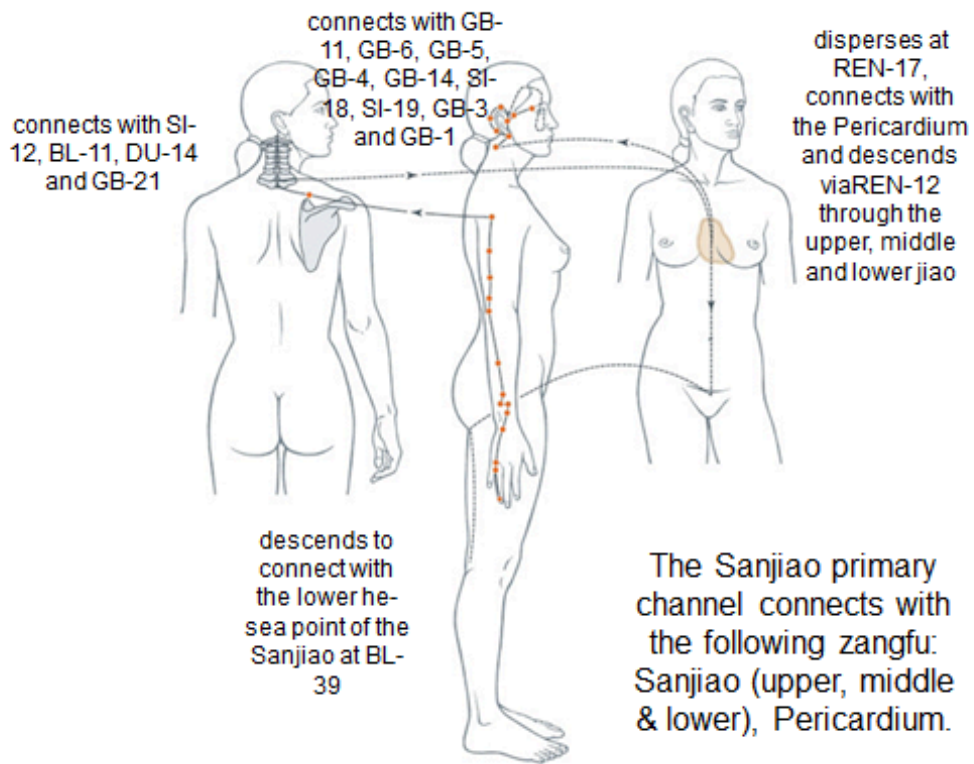
KD 10 may potentially be used to influence the following conditions: Leukorrhea, urinary disorders, and or uterine bleeding.

- Clears damp or damp-heat in the lower warmer, urgent/difficult urination, genital pain/itching, leukorrhea, uterine bleeding.
- Main treatment point of Liver patterns, use with L 8.

The San Jiao Channel, Hand *Shao Yang*

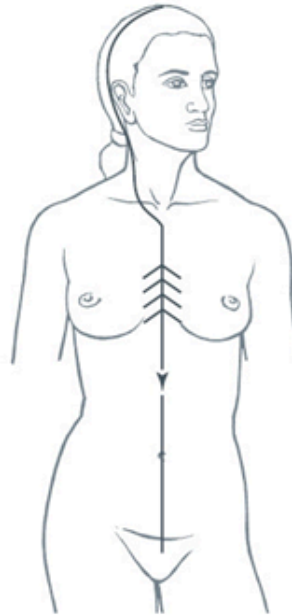


Sanjiao Channel of Hand-Shaoyang



THE SANJIAO DIVERGENT CHANNEL

- separates from the primary channel on the head and branches to the vertex,
- descends into the supraclavicular fossa and across the three jiao, dispersing in the chest.



The Sanjiao sinew channel

branches to the outer canthus and binds at the corner of the forehead

links with the root of the tongue

begins at the ulnar side of the ring finger



SJ 1 “Guan Chong,” Passage Hub



Jing Well point (Metal)

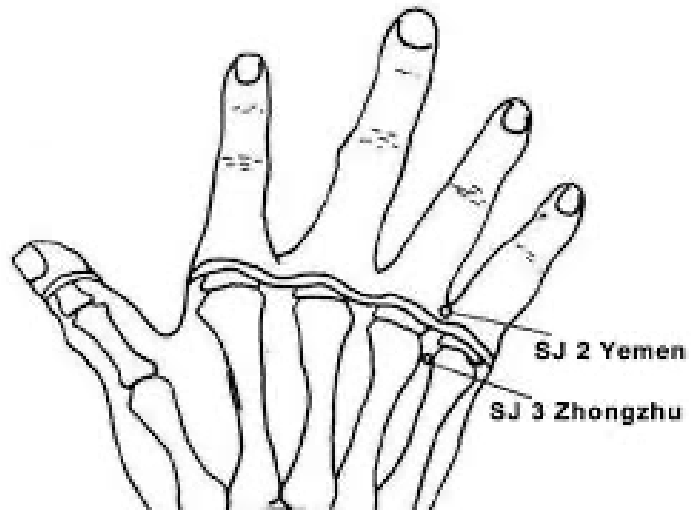
Entry point

Location: .1 cun posterior to the corner of the nail on the ulnar side of the ring finger.

SJ 1 is effective in clearing heat obstructing the sinews and collaterals and can be used with H 9 to treat heart disorders, strokes, mania, hypertension and or convulsions.

Indications: Headache, deafness, ear ringing, sore throat, stiffness of the tongue, fever, irritability.

SJ 2 “Ye Men,” Humor Gate



Ying Spring point (Water)

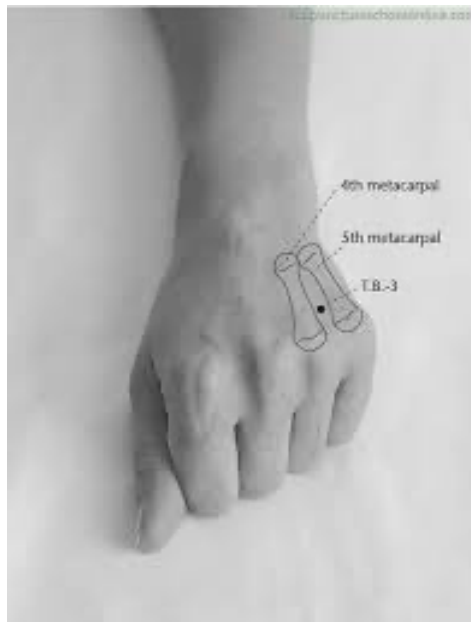
Location: On the dorsum of the hand, between the 4th and 5th fingers, at the junction of the red and white skin, proximal to the margin of the web.

Of many possible clinical applications, it may be considered to influence the following issues:

- Ear Problems of any etiology such as excess tinnitus, especially those arising from a LV issue such as LV Qi Stagnation or LV Yin Deficiency.
- Distal point for temporal headaches, shoulder and or upper back pain, pain and or inflammation in the throat.
- Eye diseases with GB 37.

Indications: Headache, conjunctival congestion, sore throat, sudden deafness, malaria, brachialgia.

SJ 3 “Zhong Zhu,” Central Islet



Shu Stream point (Wood)

Location: On the dorsum of the to the 4th metacarpophalangeal joint, in the depression between the 4th and 5th metacarpal bones.

Of many possible clinical applications, it may be considered to influence the following issues:

- Ear Problems of any etiology such as excess tinnitus, especially those arising from a LV issue such as LV Qi Stagnation or LV Yin Deficiency.
- Distal point for temporal headaches, shoulder and or upper back pain, pain and or inflammation in the throat.

- Eye diseases with GB 37.

Indications: Headache, eye congestion, sore throat, deafness, tinnitus, fever, brachialgia, stiffness of the fingers

SJ 4 “Yang Chi,” Yang Pool



Yuan Source point

Location: At the midpoint of the dorsal crease of the wrist, in the depression on the ulnar side of the tendon of the extensor muscle of the fingers.

Of many possible clinical applications, it may be considered to influence the following issues, symptoms:

- Harmonizes/activates Yuan original Qi, relaxes sinews, cools heat, promotes fluid transformation, strengthens Chong and Ren, unblocks channel.
- Dorsal wrist issues such as strains, sprains or subluxations.

- Wasting & thirsting disorder, regulates water metabolism, alleviates dry mouth and or thirst.

Indications: Pain in the shoulder and arm, pain in the wrist, malaria, deafness, diabetes.

SJ 6 “Zhi Gou,” Branch Ditch



Jing Spring point (Fire)

Location: On the dorsal side of the forearm and on the line connecting SJ 4 and the tip of the olecranon, 3 cun proximal to the dorsal crease of the wrist, between the radius and ulna.

- Effects the Triple Warmer in the following ways:

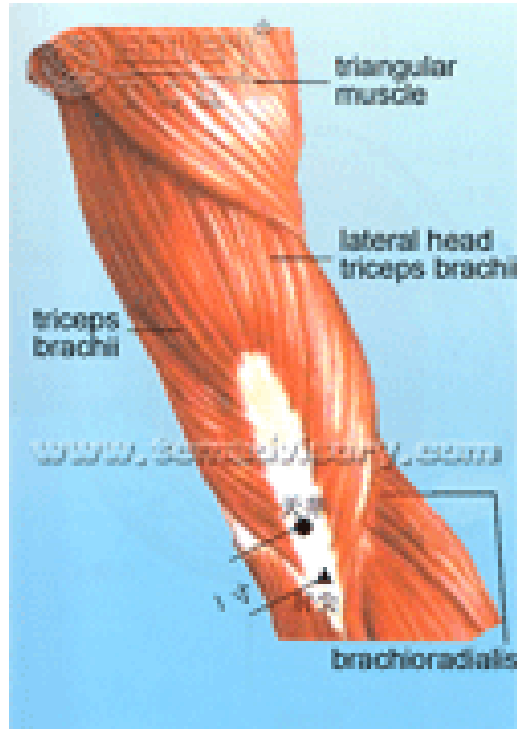
Lower: Constipation due to stagnation and heat in the body.

Middle: Issues with the chest & hypochondrium, often used with GB 34 for chest & rib pain, also "sudden turmoil disorder" (vomiting & diarrhea.)

Upper: Febrile diseases with no sweating, eye redness & pain, ear pain, inflammation.

Indications: Deafness, tinnitus, pain in the hypochondriac region, vomiting, constipation, fever, soreness and heaviness sensation in the shoulder and back, sudden loss of voice.

SJ 10 “Tian Jin,” Celestial Well



He Sea point (Earth)

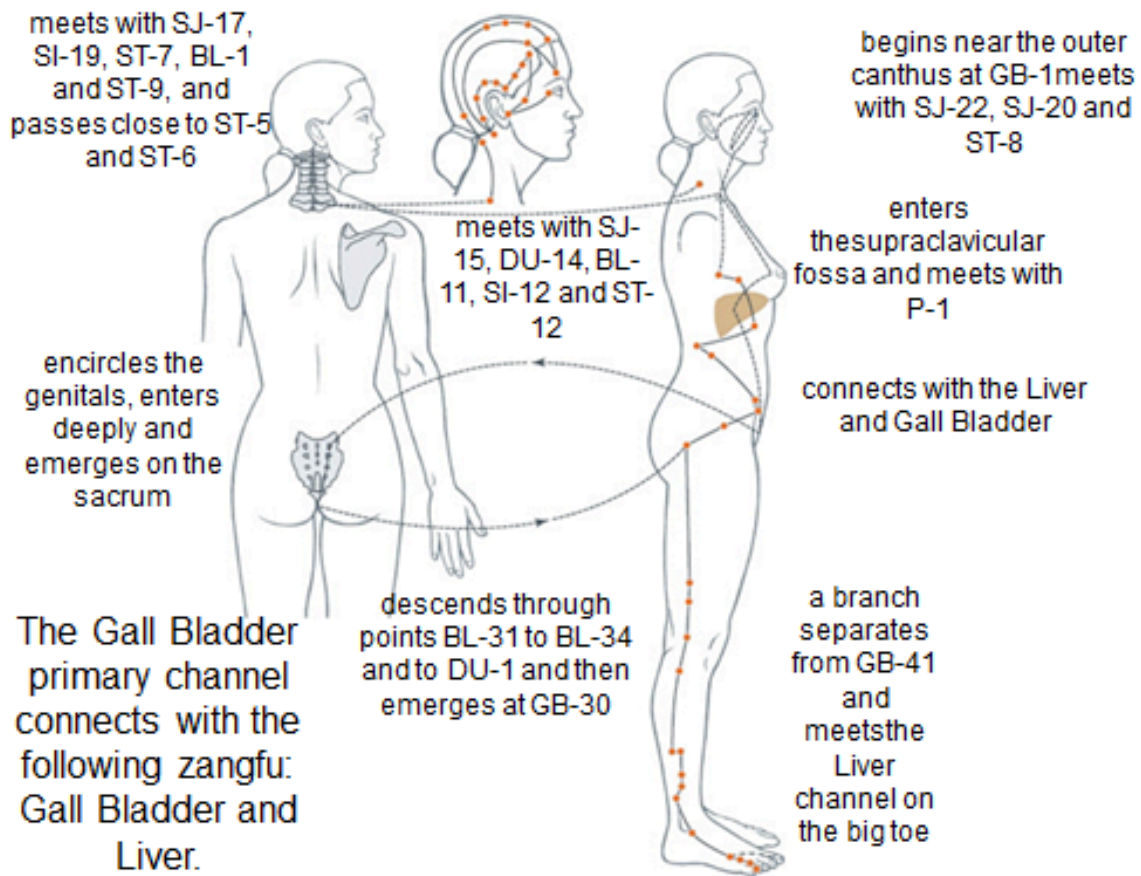
Sedation/Reduction point

Location: On the lateral side of the upper arm, in the depression 1 cun proximal to the tip of the olecranon when the elbow is flexed.

- **Transforms phlegm**, reduce lymph swellings, thyroid disorders.
- Elbow pain, tendonitis.
- **One-sided headache**, migraines.
- Useful for depression a/or anxiety, especially with chest pain or oppression, angina and or palpitations.

- **Epilepsy** (phlegm obstruction), possibly mania as well.
- Differentiation:
- SJ 5 is for headache anywhere whereas SJ 10 is specifically for one-sided headaches

The Gall Bladder Channel, Foot *Shao Yang*



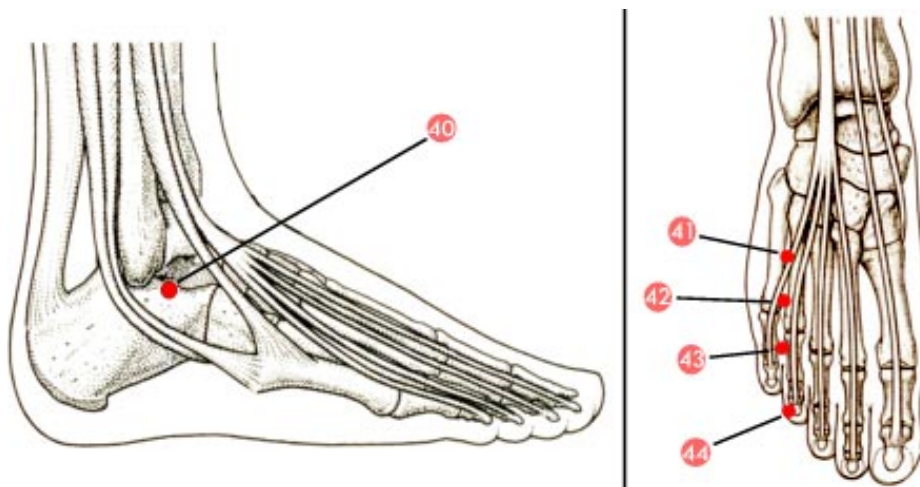
- THE GALL BLADDER LUO-CONNECTING CHANNEL
- separates from the primary channel at GB-37,
 - connects with the Liver channel,
 - descends and disperses over the dorsum of the foot.



- THE GALL BLADDER DIVERGENT CHANNEL**
- diverges from the primary channel on the thigh,
 - converges with the Liver divergent at the pubic hairline,
 - enters the flank between the lower ribs,
 - connects with the GB and Liver,
 - crosses the Heart and esophagus,
 - emerges at the jaw, disperses in the face, connects with the eye and rejoins the GB primary channel at the outer canthus.



GB 44 “Zu Qiao Yin,” Foot Portal Yin

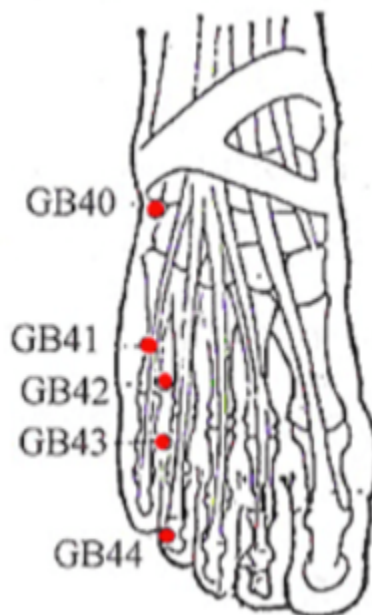


Jing Well point (Metal)

Location: .1 cun posterior to the corner of the nail on the lateral side of the 4th toe.

- Insomnia especially with nightmares. LV/GB heat rising to effect the HT (fullness below the heart.)
- Issues with the sense organs (eyes, ears, nose, mouth, tongue) related to excesses and or stagnation, pain, inflammation, speech disorders, stiff tongue.

GB 43 “Xia Xi,” Pinched Ravine

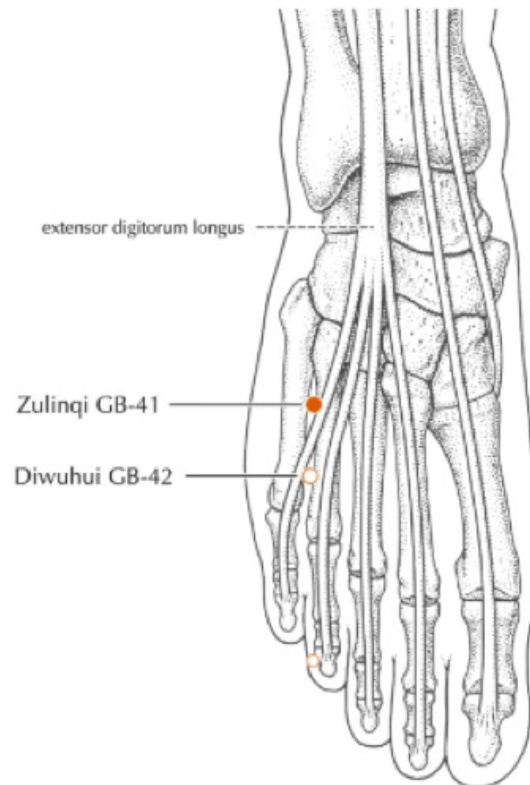


Ying Spring point (Water)

Location: On the dorsum of the foot between the 4th and 5th toes, proximal to the margin of the web at the junction of the red and white skin.

- Ying Spring points clear heat from the entire channel.
- Effects opposite end of the channel; headaches, dizziness, tinnitus, eye a/or ear pain.
- GB Damp Heat stagnations in the channel; swelling in axillary region, lateral costal pain, breast abscesses, knee pain.

GB 41 “Zu Lin Qi,” Foot Overlooking Tears



Shu Stream point (Wood)

Yang Wei Master point of the Girdling vessel, Dai Mai

Location: Posterior to the 4th metatarsophalangeal joint in a depression lateral to the tendon of extensor digiti minimi.

- Moves LV Qi - menstrual/breast disorders, distal point for headaches (lateral or migraines, classical mentioned for occipital or vertex.)
- As the name indicates "foot overlooking tears," useful for eye problems, redness, swelling and lacrimation issues, tearing, excessive lacrimation.
- Local point for lateral foot pain, cramping.

GB 40 "Qiu Xu," Hill Ruins



Yuan Source point

Location: At the ankle joint, in the depression anterior and inferior to the lateral malleolus.

- Local point for issues of the lower limbs and or ankle weakness, paralysis, atrophy.
- Wrist issues using the cross joints needling method.
- Chronic malaria where chills are predominant.

GB 38 “Yang Fu,” Yang Assistance



Jing River point (Fire)

Location: 4 cun above the tip of the external malleolus, slightly anterior to the anterior border of the fibula between extensor digitorum longus and peroneus brevis.

- Moving point for GB channel issues - pain, heat, stagnation along the channel.
- Jing River points are useful for treating the fever period of **Shao Yang stage** diseases (alternating fever and chills.)

GB 34 “Yang Ling Quan,” Yang Mound Spring



He Sea point (Earth)

Hui-meeting point of **sinews**

Lower He Sea point of GB

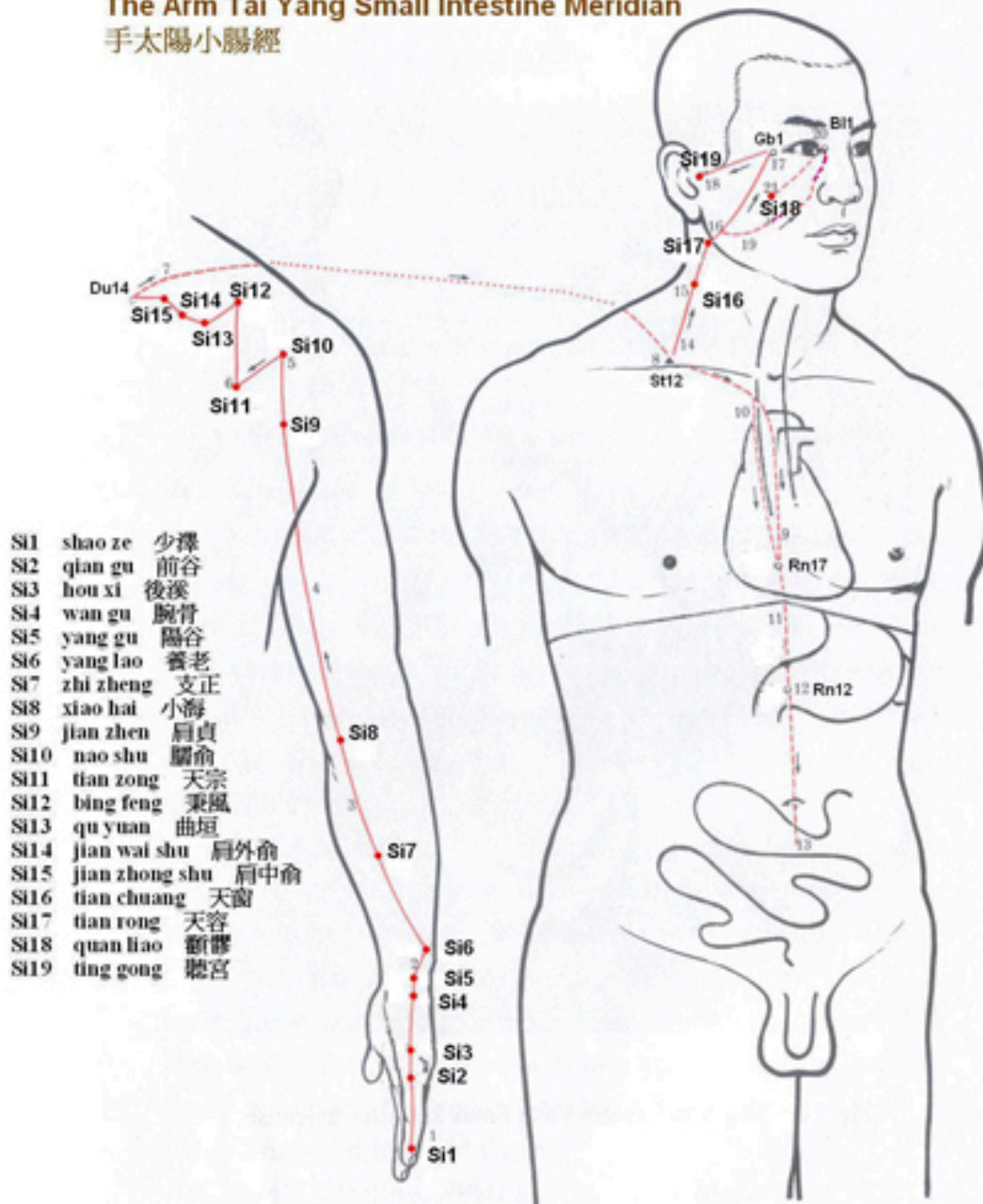
Location: Below the lateral aspect of the knee, in the tender depression approximately 1 cun anterior and inferior to the head of the fibula.

Functions:

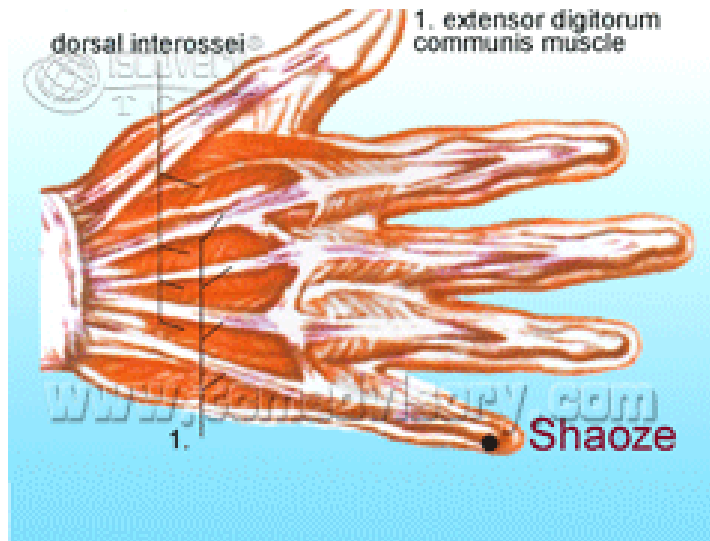
- Hui meeting point of the Sinews. Useful for treating soft tissue anywhere in the body, contracture, cramping, pain, spasm, weakness, numbness, paralysis.
- Sciatica and issues with the low back, hip, and or lower limbs, knees.
- All disorders of the lateral regions of the body.
- **Lower He Sea** point of foot effects GB organ, usually with GB Damp-Heat conditions, cholecystitis, hepatitis, jaundice, nausea, vomiting, bitter taste in mouth, gallstones.
- **Shao Yang** level diseases presenting with alternating chills/fevers, costal pain, bitter taste in mouth.
- LV attacking SP, counterflow Qi, nausea, vomiting, indigestion.

The Small Intestine Channel, Hand *Tai Yang*

The Arm Tai Yang Small Intestine Meridian 手太陽小腸經



SI 1 “Shao Ze,” Lesser Marsh



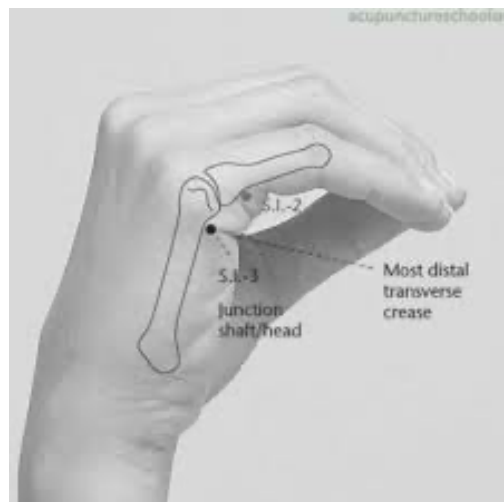
Jing Well point (Metal)

Entry point

Location: .1 cun posterior to the corner of the nail on the ulnar side of the little finger.

- **Breast disorders** of any etiology, insufficient lactation, mastitis, breast abscess, cysts.
- **Jing Well points** clear heat from the opposite end of the channel, for eye redness, earache, tinnitus, sore throat, stiff tongue.
- Headache, dizziness, loss of consciousness.
- Local point for problems of the little finger and the course of the channel - pain and or weakness of the arm and or shoulder.

SI 2 “Qian Gu,” Front Valley



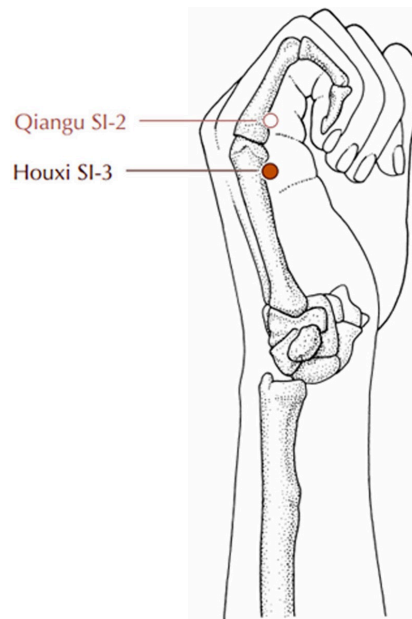
Ying Spring point (Water)

Entry point

Location: At the junction of the red and white skin along the ulnar border of the hand, at the ulnar end of the crease of the 5th metacarpophalangeal joint when a loose fist is made.

- Local point for pain, swelling, numbness of the fingers. As the water point it will remove heat, febrile disease, hot palms, darker urine.
- Clear heat from the opposite end of the channel, tinnitus, headache, sore throat, neck, ear and or eye pain, swelling.

SI 3 “Hou Xi,” Back Ravine



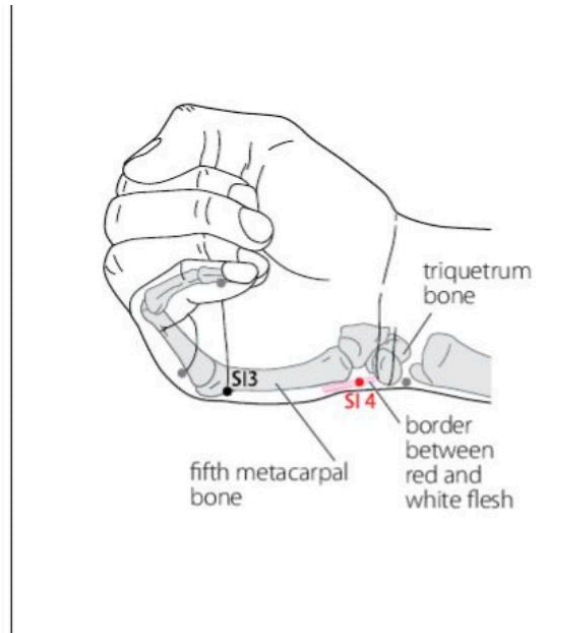
Shu Stream point (Wood)

Master point of Du (Governing) channel, coupled with UB 62

Location: At the junction of the red and white skin along the ulnar border of the hand. sit the ulnar end of the distal palmar crease, proximal to the 5th metacarpophalangeal joint when a hollow fist is made.

- Master Point of the GV, effects entire pathway.
- Pain in the scapula, arm and or hand combine with local points.
- Stiff neck, cervical strain/sprain, pain of the back or neck.
- **Occipital headaches**, combine with local points.
- **Night sweats**, combine with HT 6 and HT 7.
- Clears heat and excess from the head, ears and eyes, eye redness, inflammation, visual dizziness, earache, tinnitus, sore throat.
- **Calms the spirit**, anxiety, manic depression.

SI 4 “Wan Gu,” Wrist Bone



Yuan Source point

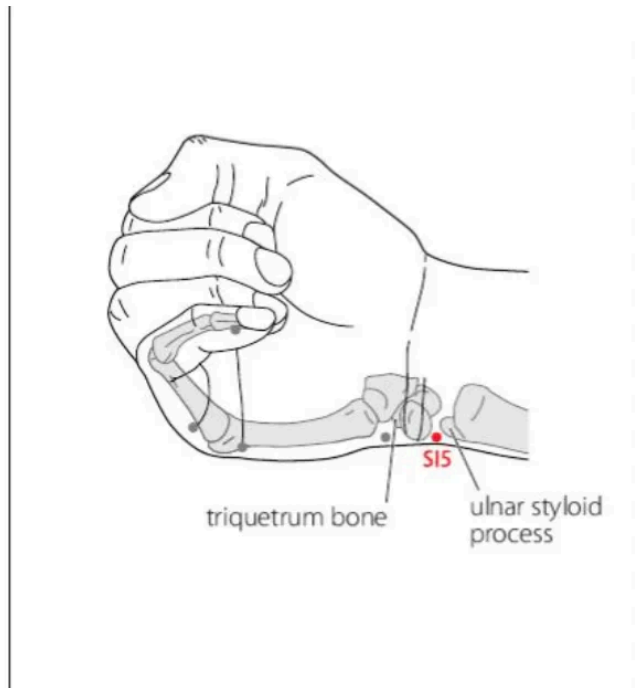
Location: On the ulnar side of the palm in a depression between the base of the 5th metacarpal joint and the hamate bone.

SI 4 is a strong candidate to use in treatments for patients who exhibit: Liver and Gall Bladder Heat

SI 4 may potentially be used to influence the following conditions: Hand, fingers, headache, jaundice, or neck pain.

Indications: Fever with anhidrosis, headache, stiffness of nape, contraction of fingers and carpal pain, jaundice.

SI 5 “Yang Gu,” Yang Valley



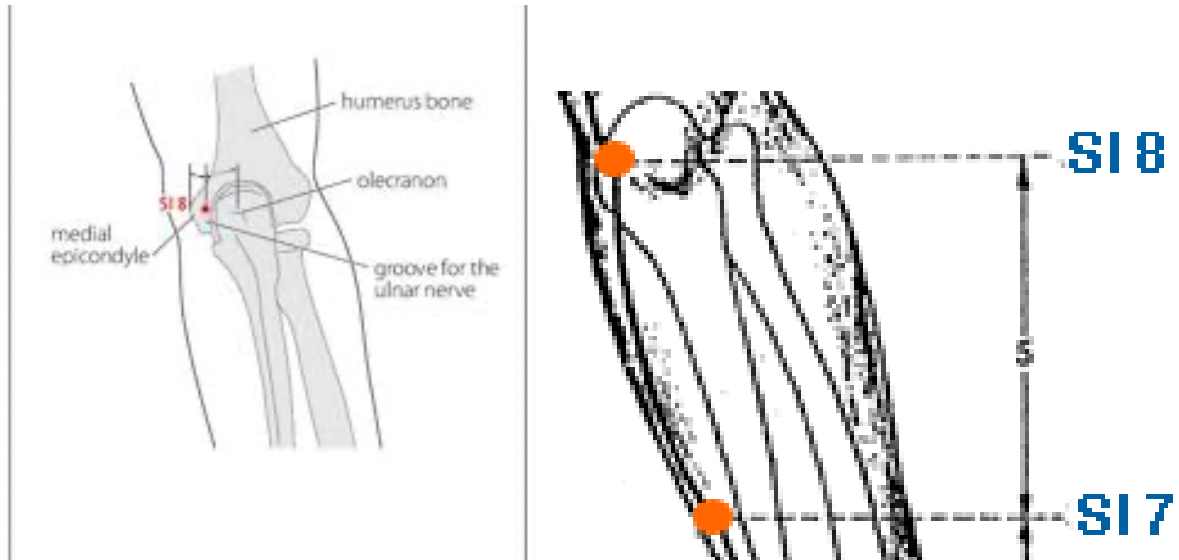
Jing River point (Fire)

Location: On the ulnar end of the transverse wrist crease in a depression between the styloid process of the ulna and the triquetral bone.

- Local point for the hand and wrist.
- Neck and shoulder pain and or swelling.
- Toothache, lockjaw.
- Jing River points clear heat from the heart, calms the spirit, treats manic behavior.

Indications: Swelling in the neck and submental region, carpal pain, fever.

SI 8 “Xiao-Hai,” Small Sea



He Sea point (Earth)

Location: Between the olecranon process of the ulna and the medial epicondyle of the humerus, found with the elbow flexed.

SI 8 is a strong candidate to use in treatments for patients who exhibit: Liver Fire, Liver Wind, Lung Wind invasion/Wind Heat.

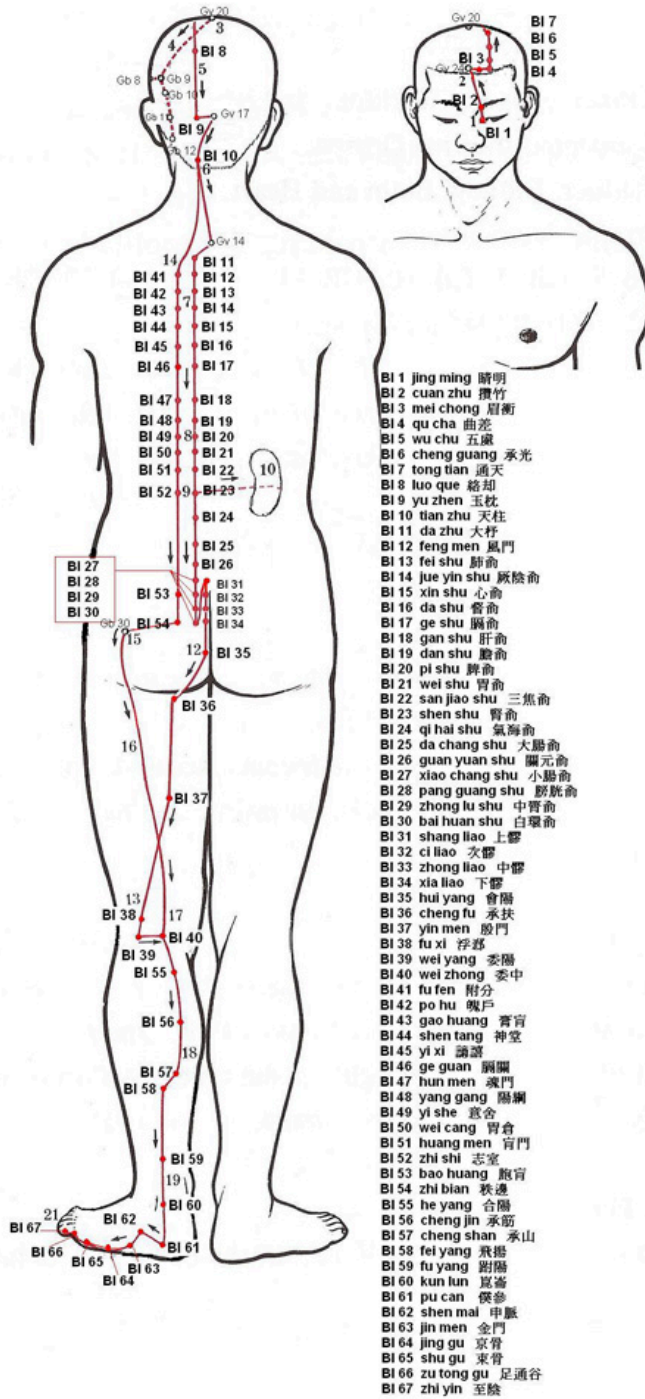
SI 8 may potentially be used to influence the following conditions: Arm pain, epilepsy, seizure, mouth ulcers, neck pain, toothache.

- **Elbow problems**, swelling, trembling, pain, numbness, weakness, channel issues with excess wind and or heat.
- **Submandibular region swelling** or pain, toothache, gums, cheek, neck, scapula, axilla.
- Epilepsy

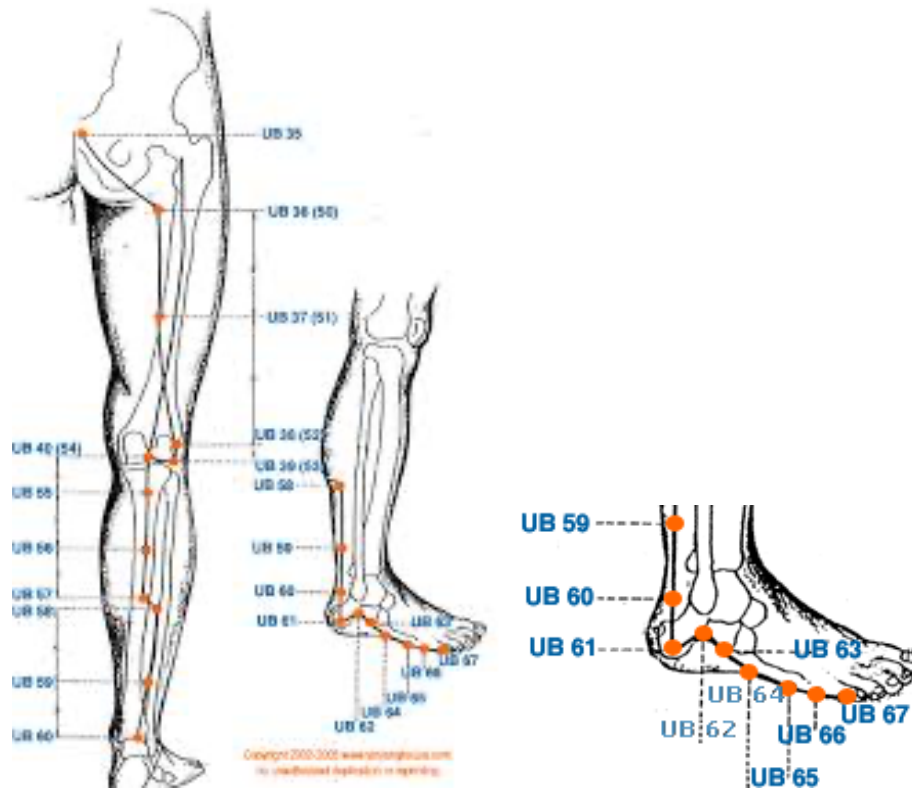
Indications: Swelling in the neck and submental region, carpal pain, fever.

The Urinary Bladder Channel, Foot *Tai Yang*

The Leg *Tai Yang* Bladder Meridian 足太陽膀胱經



UB 67 “Zhi Yin,” Reaching Yin



Jing Well point (Metal)

Entry point

Tonification point

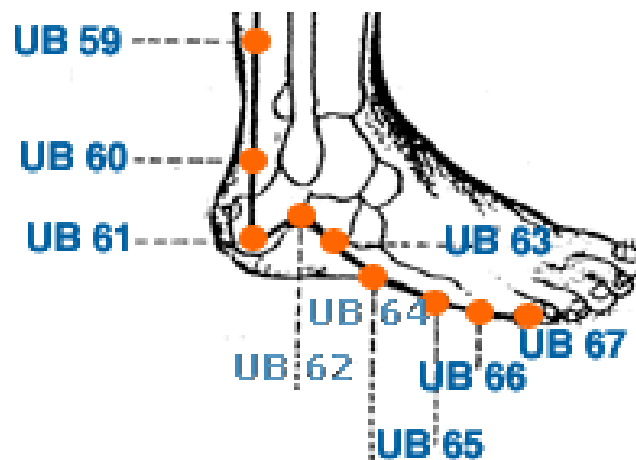
Location: On the lateral side of the distal segment of the little toe ,0.1 cun from the corner of the toenail.

- Clears pain a/or stagnation from the opposite end of the channel: headache, eye pain, sinus pain, etc.

- Use with moxabustion to adjust breech fetal position (generally indirect moxa for 10–20 minutes 1x/day).

Indication: Headaches, stuffy nose, nasal bleeding, ophthalmalgia, malposition of fetus, dystocia, retention of placenta.

UB 66 “Zu Tong Gu,” Valley Passage

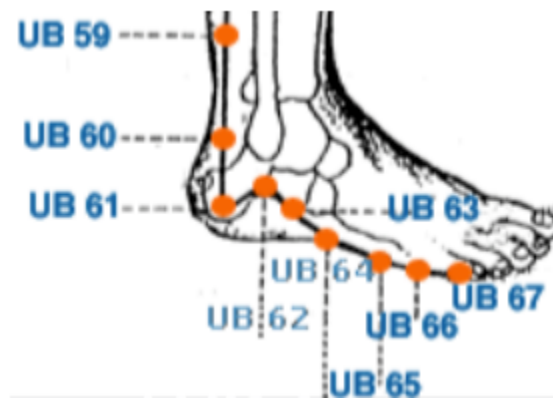


Ying Spring point (Water)

Location: On the lateral side of the foot, anterior to the 5th metatarsophalangeal joint, at the junction of the red and white skin.

Indications: Headache, stiffness of the nape, vertigo, epistaxis, manic-depressive psychosis.

UB 65 “Shu Gu,” Bundle Bone

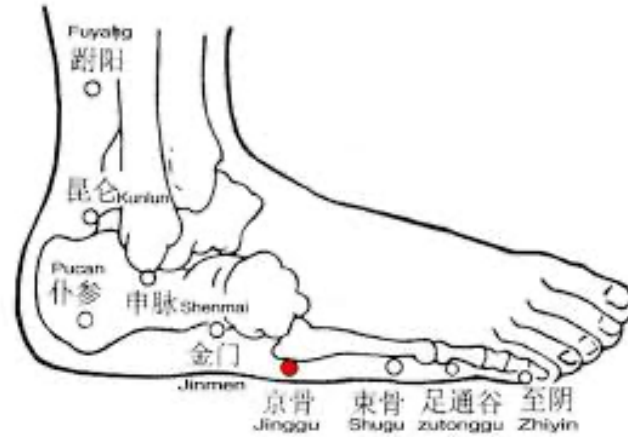


Shu Stream point (Wood)

Location: On the lateral side of the foot, posterior to the 5th metatarsophalangeal joint, at the junction of the red and white skin.

Indications: Manic-depressive psychosis, headache, stiffness of the nape, vertigo.

UB 64 “Jin Gu,” Capital Bone



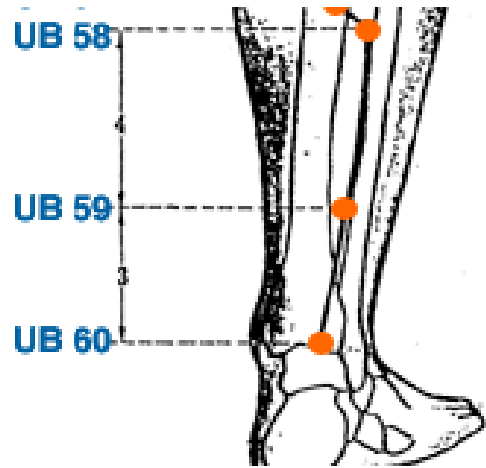
Yuan Source point

Location: Below the tuberosity of the 5th metatarsal bone at the junction of the red and white skin.

- Has a relationship to the Heart and Spirit, good distal point for palpitations, chest pain, irritability, mental confusion.
- Local Point.

Indications: Headache, stiffness of the nape, lumbar pain, epilepsy.

UB 60 “Kun Lun,” Kunlun Mountains



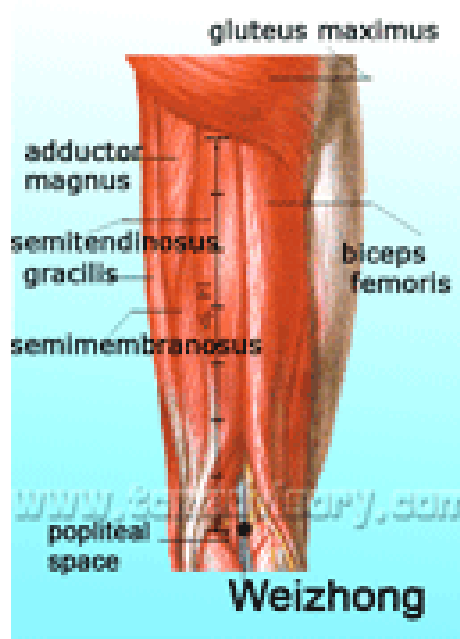
Jing River point (Fire)

Location: Posterior to the lateral malleolus, in the depression between the tip of the external malleolus and Achilles tendon.

- Main point for pain anywhere along the spine.
- Main point for chronic low back pain and or numbness in the lower limbs.
- Main point for headache and other excesses effecting the head.
- Induce labor or promote discharge of a retained placenta.

Indications: Headache, vertigo, stiffness of the nape, epistaxis, pain in the shoulder, lumbago and sciatica, painful heels, dystocia, epilepsy.

UB 40 “Wei Zhong,” Bend Middle



He Sea point (Earth)

Lower He Sea point of the Urinary Bladder

Lumbar Command point

Location: Midpoint of the transverse crease of the popliteal fossa, between the tendons of biceps femoris and semitendinosus.

- As the Lumbar Command point, UB 40 is useful for all lumbar related issues of acute low back pain, sprain, muscle spasms, etc.

- Main point for heat conditions such as summer heat, heatstroke and heat exhaustion.
Night sweats in some cases from deficiency.
- Main point for all skin related issues: itching, oozing, inflammation, eczema, etc.
- Good local point for hip, leg and or knee pain.

Indications: Lumbago, dyskinesia of the hip joint, flaccidity of lower extremities, hemiparalysis, vomiting and diarrhea, erysipelas.