

Traditional Chinese Medicine meridian theory for MSA testing

Dr. Lisa Caller

YIN CHANNELS

YANG CHANNELS

Tai Yin



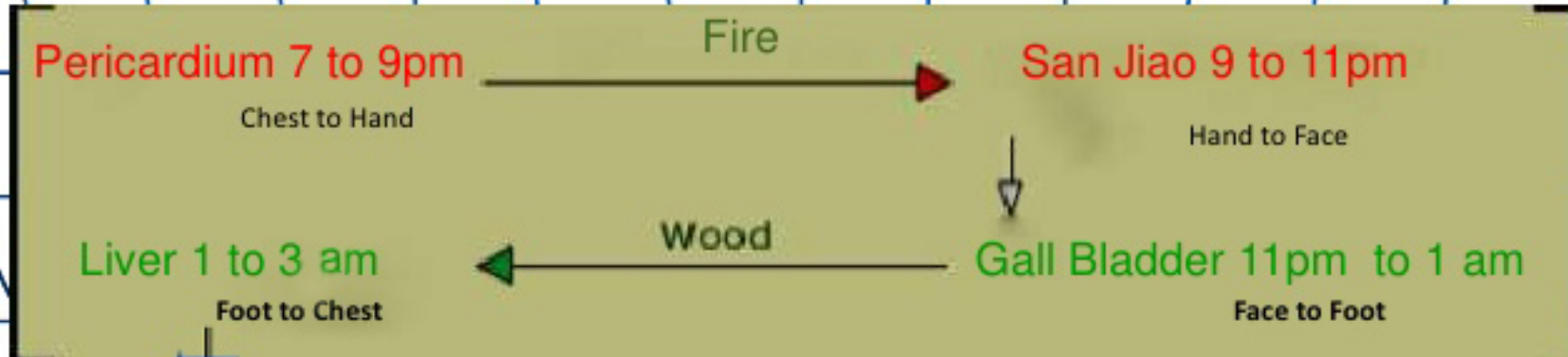
Yang Ming

Shao Yin



Tai Yang

Jue Yin



Shao Yang

Back to Lung



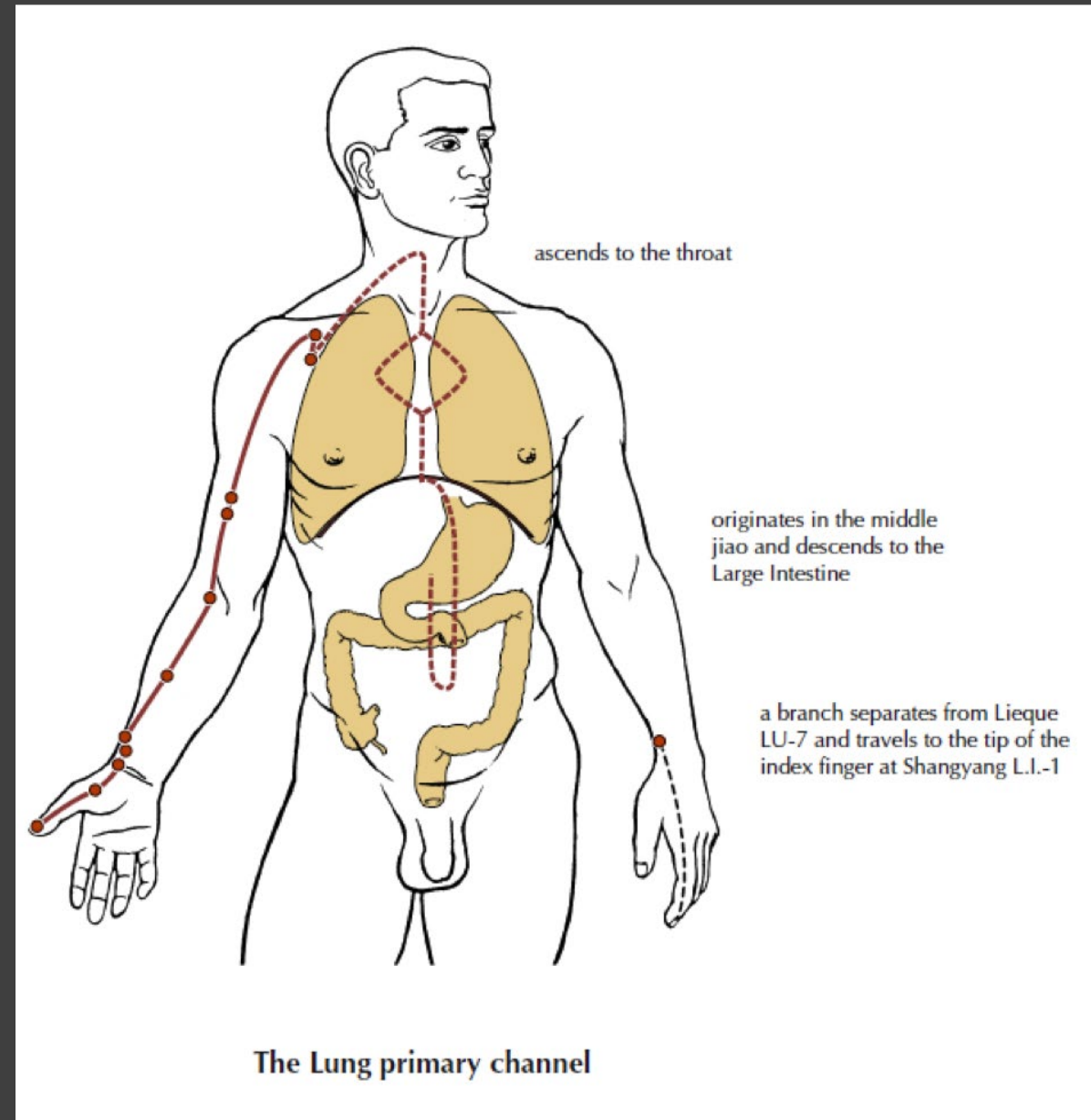
Lung Meridian 3-5am

The Lung channel starts near or within the stomach, goes downward to enter the large intestine (its paired organ), then ascends through the diaphragm, chest and lungs to the throat emerging below the clavicle running down the arm to the thumb.

The digestive system is connected to the respiratory system by a common mucous membrane. In TCM they say that the digestive system produces mucous and the lung is the container.

Imbalances of the Lung meridian can relate to pain in the wrists, elbows and shoulders as the meridian passes through these areas.

It is common for people to cough during lung time at 3-5am



Large Intestine Meridian 5-7am

From the pointer finger up the arm through the front of the shoulder to the throat. It crosses over and ends at the corner of the nose. An internal meridian passes through the lungs (it's paired organ system) and through the intestines and appendix.

Imbalances in this meridian can relate to sinus issues which can be caused by imbalances in the colon

Tooth illnesses and infected teeth

Pains from repetitive strain or injury in the shoulder and elbow

(Hor.) LI-1 Shangyang
(Sed.) LI-2 Erjiaog
LI-3 Sanjiao
LI-4 Hegu • Yuan
LI-5 Yangxi
LI-6 Pianli • Luo
LI-7 Wenliu • Xi
LI-8 Xianliang
LI-9 Shanglian
LI-10 Shousanli
(Ton.) LI-11 Quchi
LI-12 Zhouliao
LI-13 Wuli
LI-14 Binao
LI-15 Jianyu
LI-16 Jugu
LI-17 Tianting
LI-18 Fulu
LI-19 Heiliao
LI-20 Yingxiang

Large Intestine Channel (LI)

Hand Yangming

Time: 05-07

first points
Pain: LI-7 Wenliu
Lack: LI-4 Hegu
other well known
Elbow, fire: LI-11 Quchi
Sinus, face: LI-20 Yingxiang

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Stomach Meridian 7-9am

Starts below the eye, passes over the teeth, through the jaw, descending through the thyroid, breast, passing through the stomach, passing through intestines continuing down through the knee to the 2nd toe.

Eye problems

Sinusitis

Tooth illnesses

Trigeminal neuralgia

Facial palsy

Tonsillitis

Malfunctioning of thyroid and parathyroid

Illnesses of the female breast

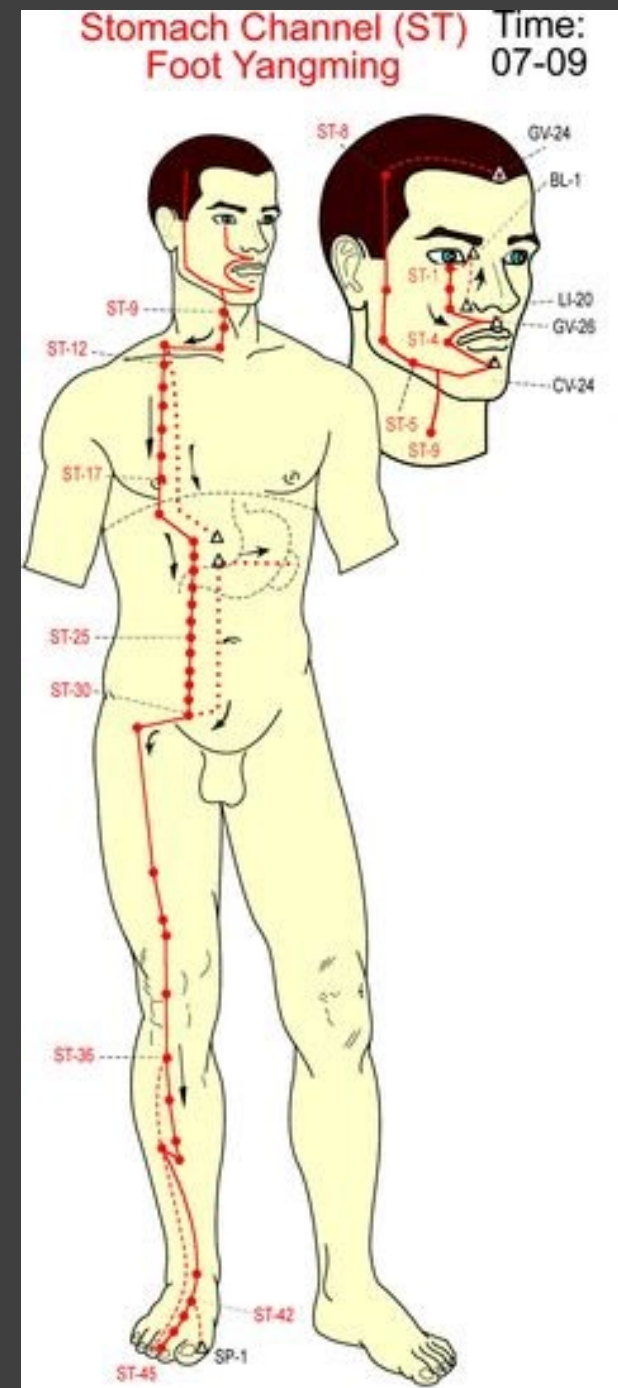
Joint problems affecting knees and ankles

Disturbances of blood circulation in the legs and feet

ST25 Front alarm point for the large intestine

ST37 Connects to the appendix as seen on the large intestine

slide



Spleen Meridian 9-11am

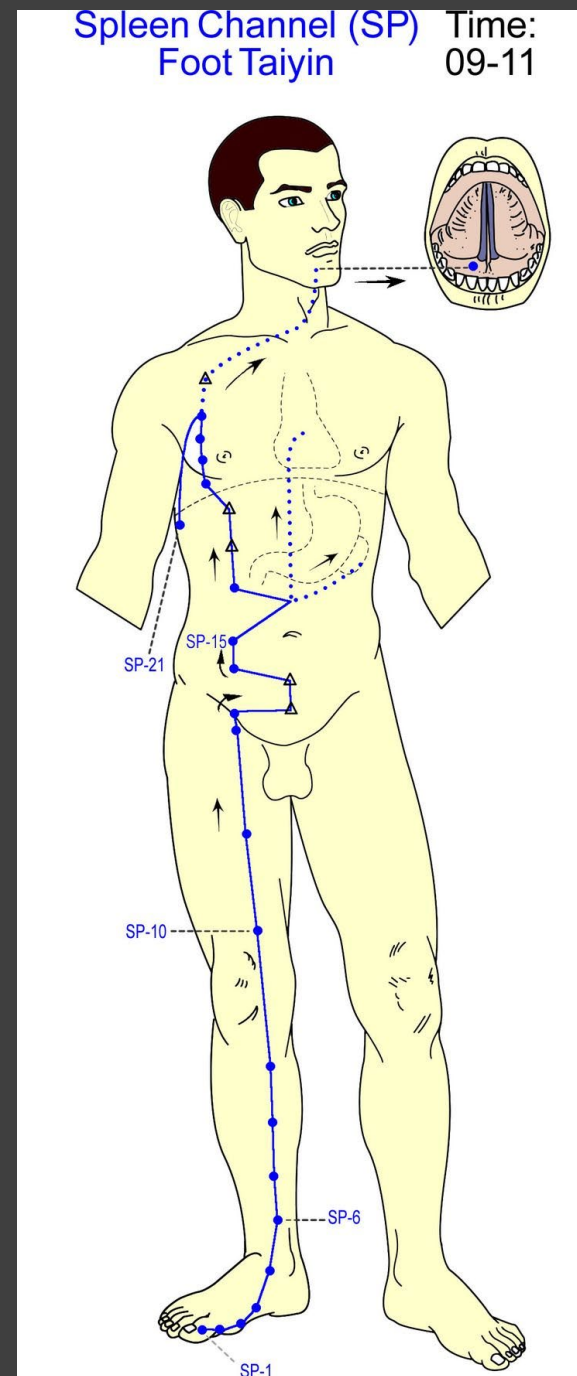
Begins at the internal side of the large toe, runs along the inside of the thigh upward to the abdominal cavity to the spleen, along the stomach (its paired organ) and ends on the thorax. Internal meridians connect to the stomach, its paired organ, and the heart. Another internal meridian goes to the mouth where digestion begins.

Pancreas not mentioned in TCM the Spleen encompasses the concept of the western spleen and pancreas . In MSA testing we measure the pancreas on the right foot ad the spleen on the left.

Spleen (Pancreas) is responsible for the absorption, assimilation, transformation and transportation of the food.

Pancreas branch points Pa-1r for protein, Pa-3r carbohydrate and Pa-4r fat digestion.

Spleen represents the composition of the blood and the lymphatic fluid and regulates the water distribution.

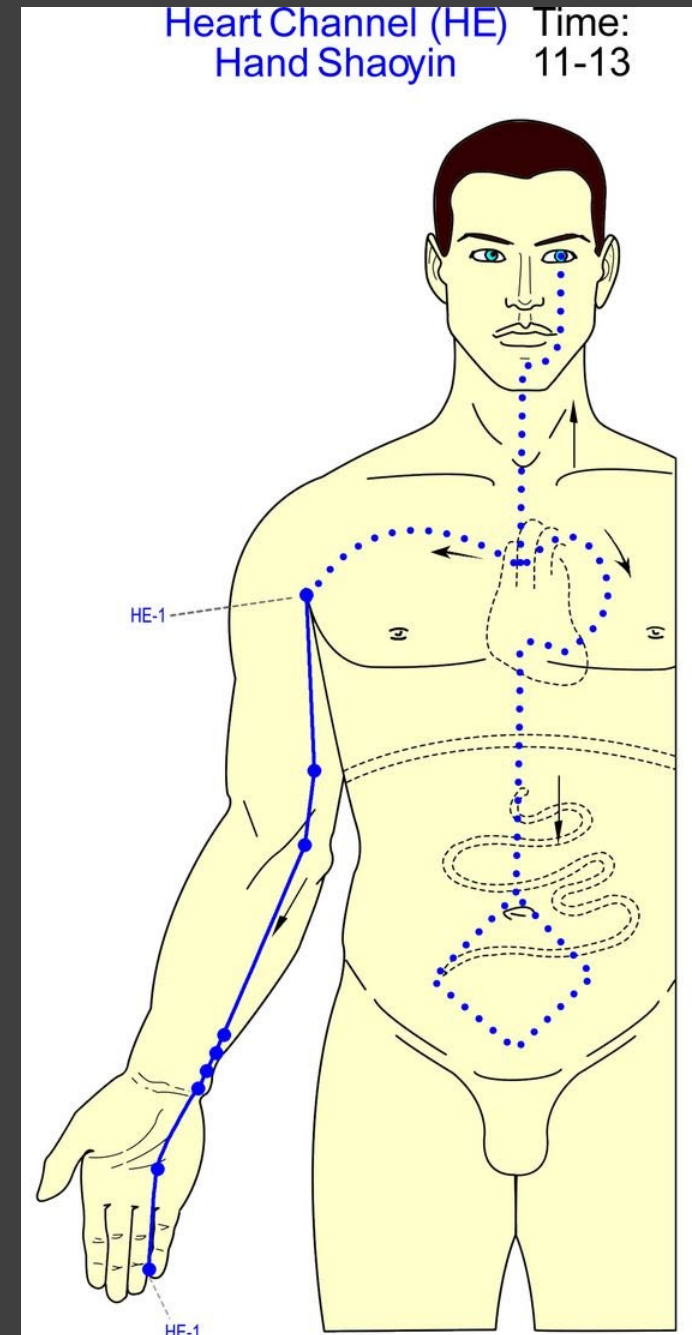


Heart Meridian 11am-1pm

Originates from the heart, emerges and spreads over the heart system including lungs, passes through the diaphragm to connect with the small intestine (its paired organ). The surface meridian emerges in the axilla and travels down the inside of the arm to the little finger.

Small intestine digestive issues can affect the heart.

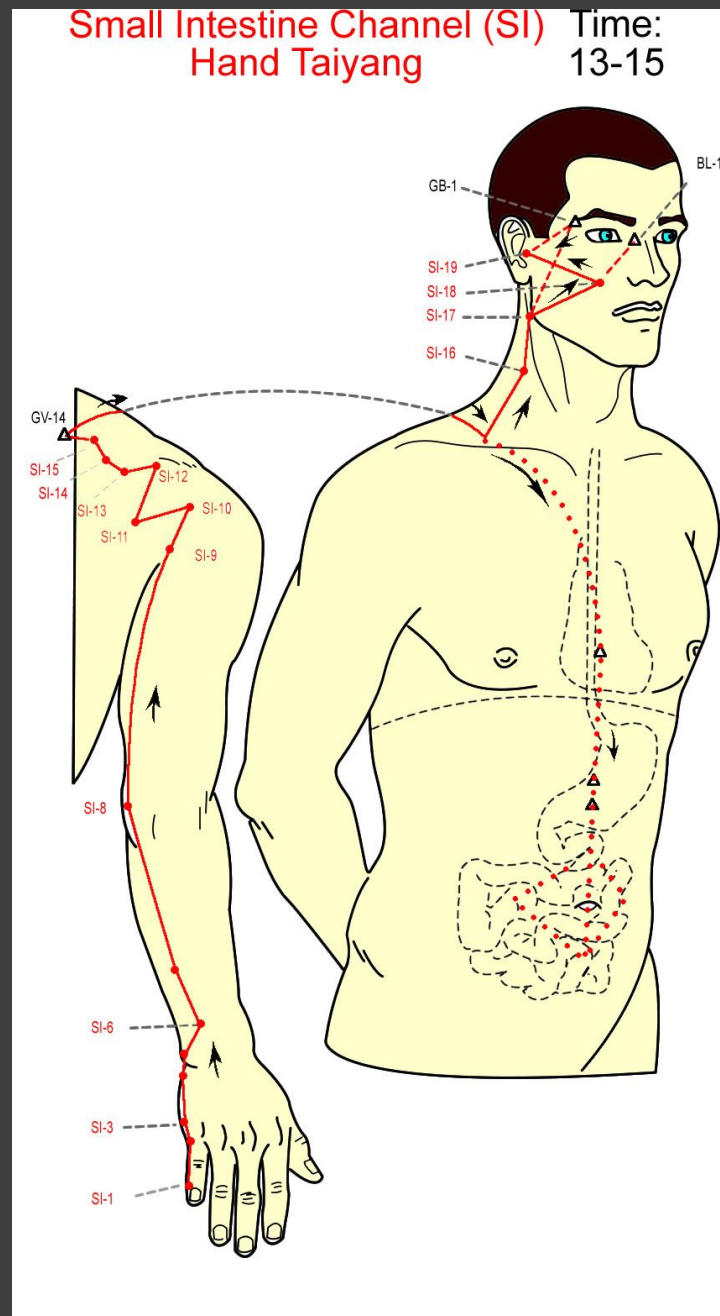
Axillary lymph node swelling or removal can affect the flow of energy in the heart meridian.



Small intestine meridian 1-3pm

The Small Intestine Meridian starts from the tip of the little finger and runs upwards along the posterior side of the arm to the back of shoulder and scapula and travels across the neck and cheek until it reaches the outer corner of the eye and then ends in the ear. Internal meridian travels down through the heart (its paired organ) to the small intestine.

Pains in the wrist, elbow and shoulder
Tinnitus, Ear infections and pain, hearing problems
SI-3 Connects to the Du meridian or Governing Vessel which passes over the head where we measure the “gut/brain” connection

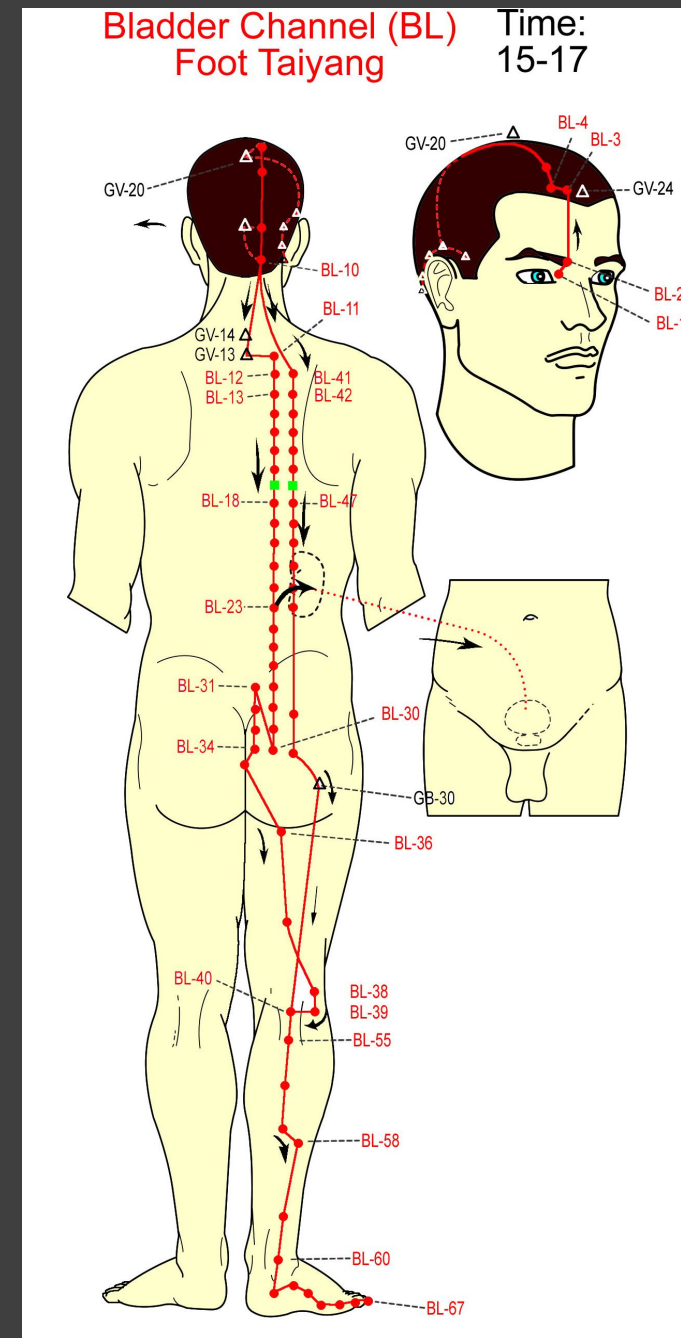


Bladder Meridian 3-5pm

This meridian is the longest and most complex meridian. It starts at the inner portion of the eye and travels across the head. It then forms two branches that travel down the back to the sacrum along the spine. It then goes along the middle of the buttocks and down the back of the thigh. The two branches then meet behind the knee and travel between the calf along the Achilles tendon to the outside of the foot ending at the outside of the small toe.

There are back alarm points for all the organs are on the bladder meridian.

- Eye diseases
- Headaches
- Problems with the spine
- Lumbago & sciatica
- Sexual organ dysfunctions
- Chronic cystitis
- Hemorrhoids



Kidney meridian 5-7pm

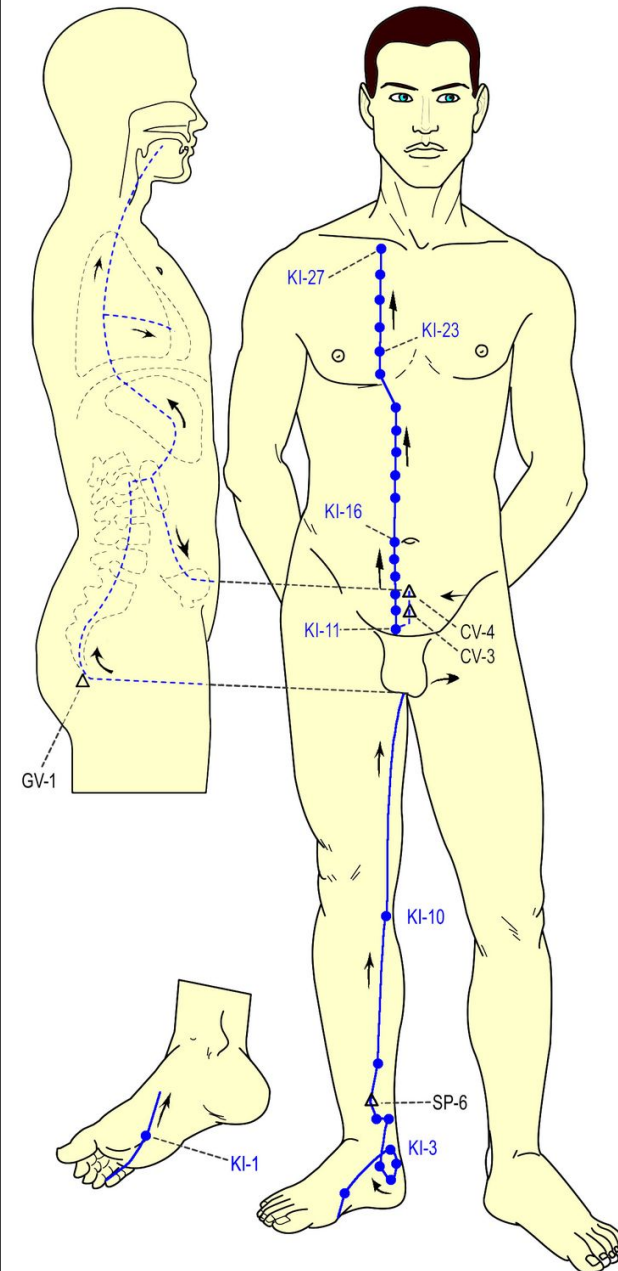
The kidney meridian starts at the center of the sole of the foot. From here it runs to the inside of the foot, continues to rise along the inside of the leg over the belly and chest and ends under the collar-bone. The internal meridian travels along the lower spine connecting to kidney and bladder passing through the liver and lungs to the mouth.

Kidney energy is our “lifetime” or constitutional energy and the foundation of the lung energy. If kidney energy is weak it can translate to weak lung energy

Lower spine problems , weak low back and knees
Weak bones and bone marrow disturbances
Brain (loss of memory)
Prostate/Uterus dysfunction
Hemorrhoids

Kidney Channel (KI)
Foot Shaoyin

Time:
17-19



Pericardium meridian 7-9pm

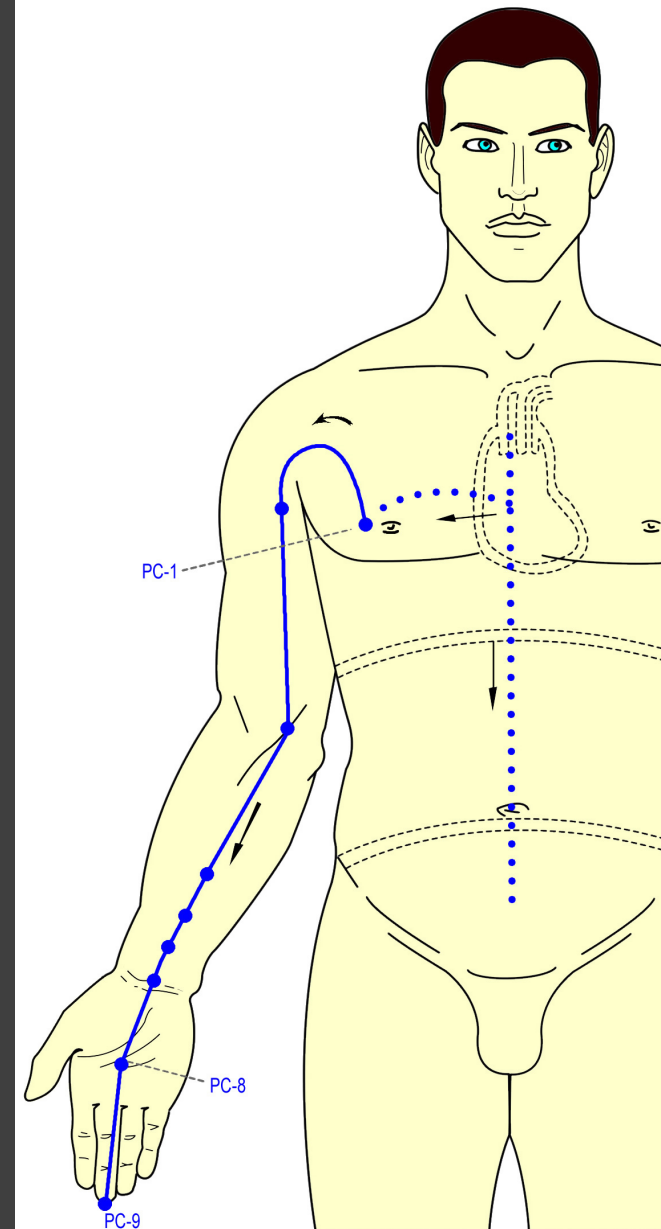
The Pericardium Meridian starts lateral of the nipples runs along the lower edge of the shoulder to the inner upper arm and then in a rather straight line along the lower arm to the wrist over the palm of the hand to the middle finger and ends at the fingertip under the nail. An internal meridian passes through the pericardium, heart and the triple warmers or three jiaos.

The Pericardium as the “Master of the Heart” also known as ‘Heart Constrictor’ or ‘Circulation-Sex’ Meridian stands for the cardio-vascular system representing blood pressure and blood circulation.

In EAV testing circulation and vascular degeneration aka allergy meridian are measured on the dorsal side.

- Malfunctioning of the heart
- Feeling of pressure in the chest
- Raynaud’ syndrome
- Problems with blood circulation, angina pectoris Peripheral vascular disease

Pericardium Channel (PC) Time: 19-21
HandJueyin

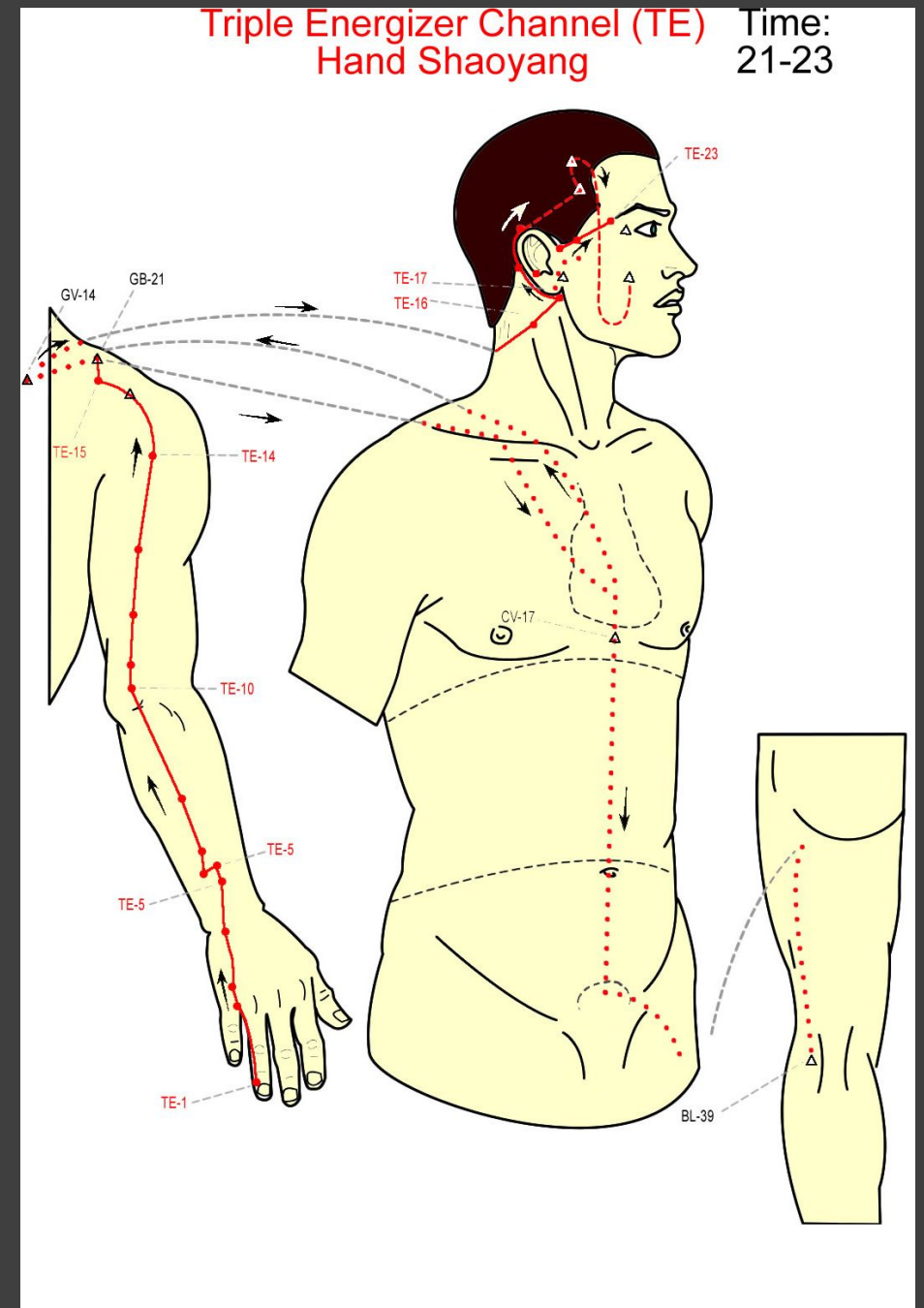


San Jiao (Triple Warmer Burner/Heater/Energizer) Meridian

9-11pm

The Triple Warmer Meridian originates from the tip of the ring finger it ascends between the radius and ulna of the forearm, through the tip of the elbow, and up the back of the arm to the shoulder. It moves forward into the chest to connect with the pericardium (it's paired organ) in the upper burner, the abdomen and the middle and lower burners. Re-emerging from the chest at the collarbone, the meridian ascends the side of the neck and around the back of the ear.

The Triple Warmer embodies all hormone glands and their psychological and physiological control. Hormones activate the metabolic rate and thereby produce "energetic power". It is a functional energy system, involved in regulating the activities of other organs, composed of three parts, known as 'burners', located in thorax, abdomen, and pelvis. The Upper Burner controls intake, the Middle Burner controls transformation, the Lower Burner controls elimination.



Gallbladder Meridian 11pm-1am

It starts lateral of the corner of the eye, moves in a zigzag line over the temple and skull, along the side of the neck and the lateral torso down to the abdomen. Then continues along the exterior of the leg and the foot and reaches its termination on the outside corner of the nail of the fourth toe.

Insomnia - waking up suddenly, very early in the morning and not being able to fall asleep again

Eye diseases, glaucoma, and night blindness,
Stiff neck, ringing in the ears, dizziness

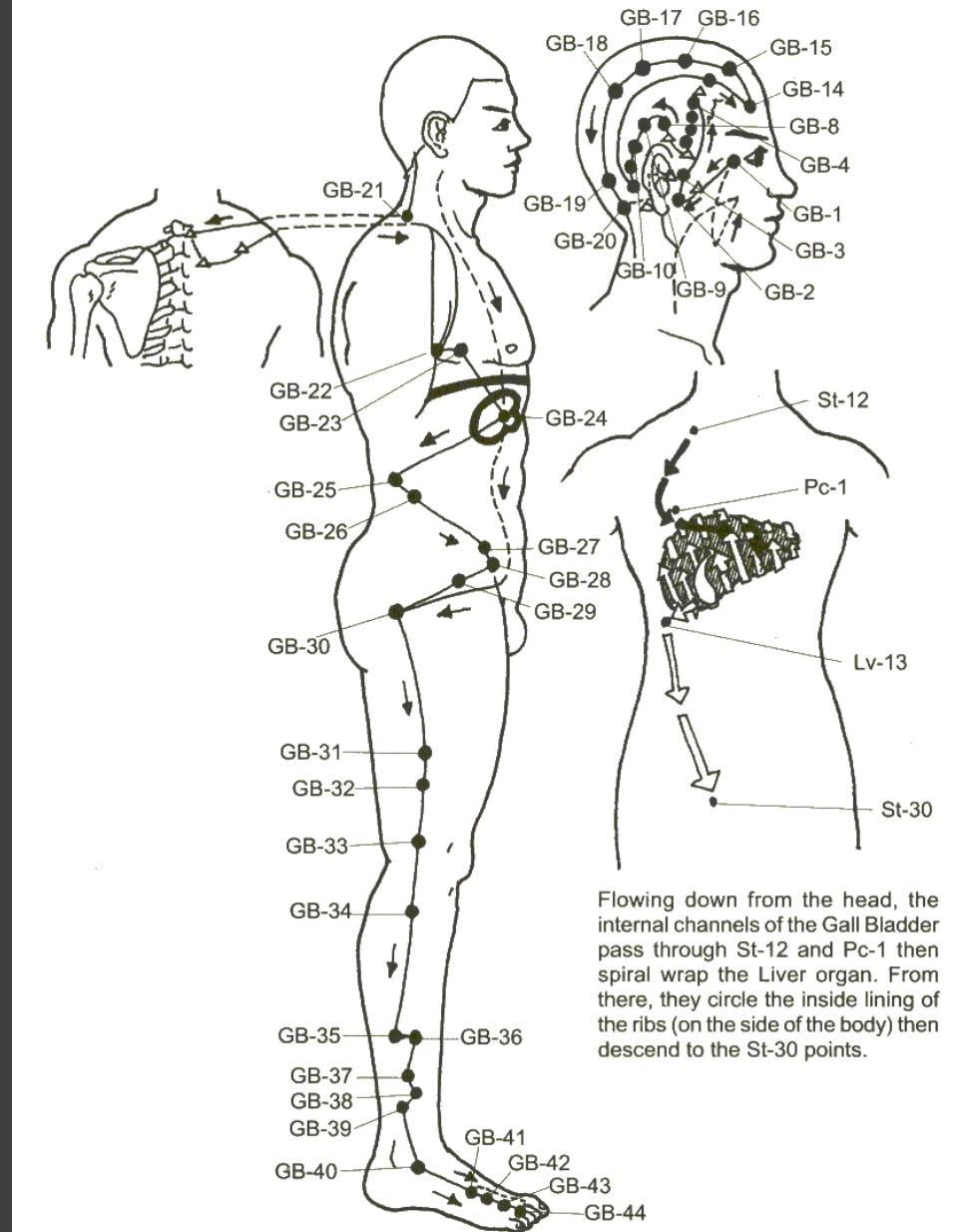
Disturbances of the GB and the bile ducts are frequently the primary cause of many chronic health problems such as migraine, headache, eye diseases, bursitis in shoulders and hips.

GB 21 top shoulder muscle tension here related to liver/gallbladder

GB 25 front alarm point for the kidneys

GB 30 passes through the hip joint

GB 34 relates to tendons and sinews



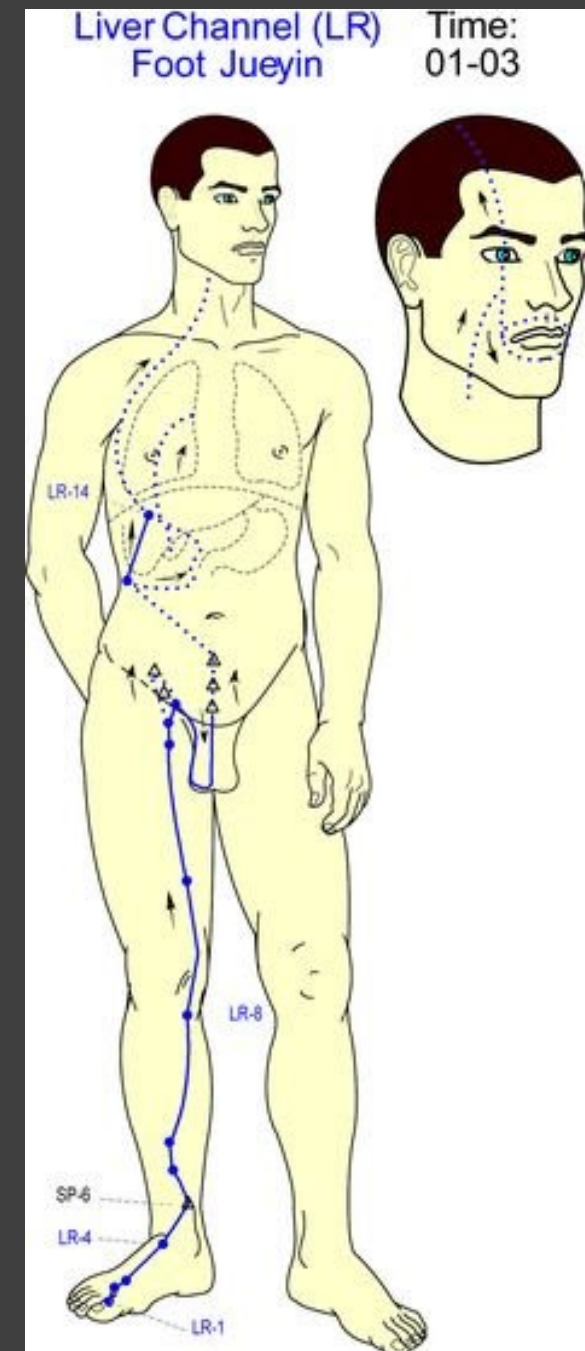
The Internal and External Qi Flow of the Gall Bladder (GB) Channels

Liver Meridian 1-3am

The Liver Meridian starts inside of the big toenail, crosses the top of the foot, passes in front of the inside ankle and up the inner aspect of the leg. It continues upwards along the inner thigh to the groin where it circulates the external genitals. It connects with the conception vessel in the lower abdomen and further up enters both the liver and gallbladder. The meridian then dips into the rib cage, runs up through the throat, opening to the eye, and ends at the crown of the head where it connects with the governing vessel. One meridian branch circles the mouth and another branch, from within the liver, reaches the lungs.

The liver is the laboratory for the entire metabolism. It also represents the veins of the legs and hemorrhoids. • Trigeminal neuralgia
• Functional disturbances of thyroid and parathyroid
• Illnesses of the breasts (mastitis, benign dysplasia and tumor formation) • Diseases of gallbladder and bile ducts • Illnesses of the external genital organ of men and women • Capillary bleedings • Varicose veins in the area of the Vena Saphena Magna • Fatigue syndromes • Prostate disorders • Disturbances of the uterus • Muscle and tendon illnesses of the lower extremities

Liver 13 – front alarm point for the Spleen



Traditional Chinese Medicine Clock

