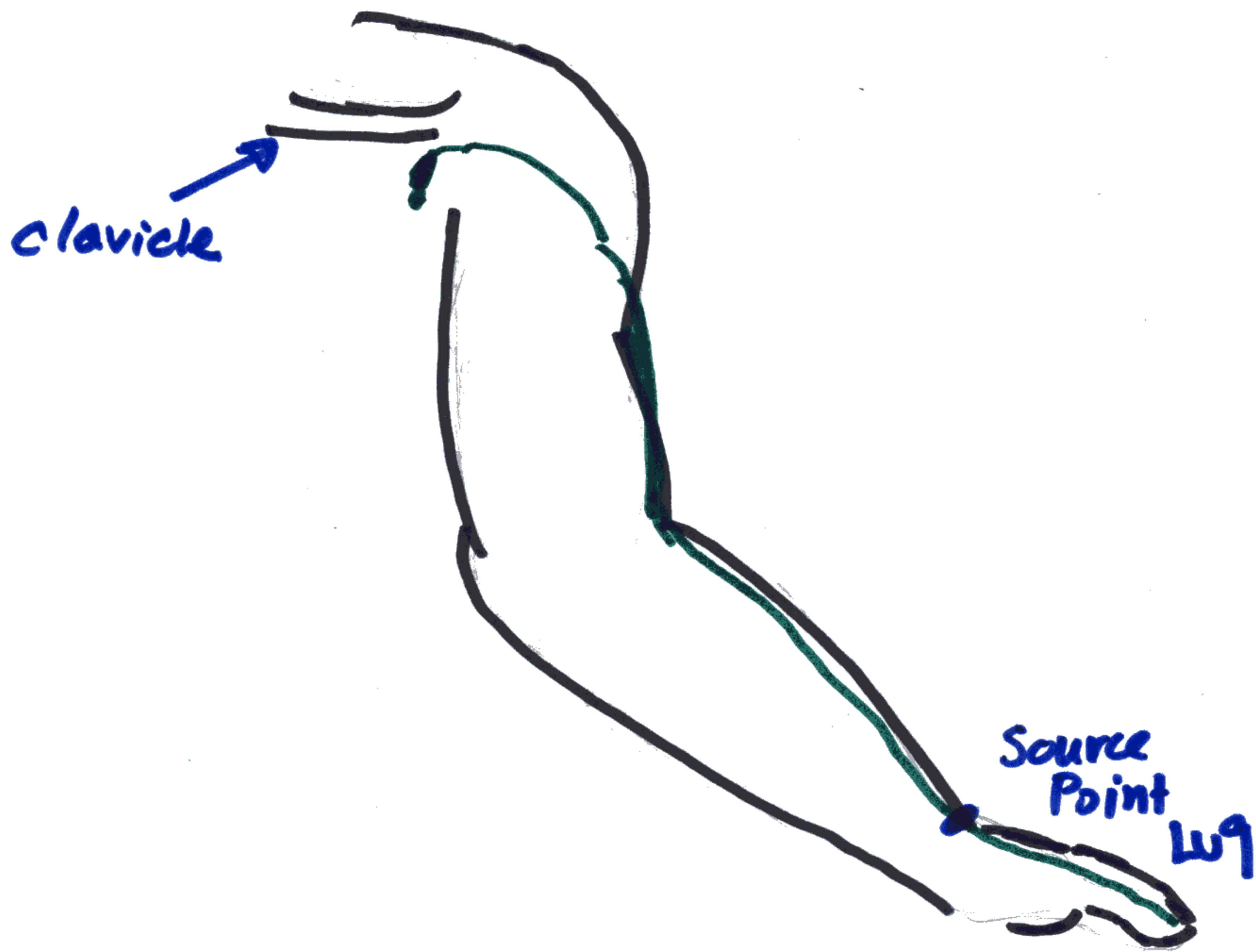


# Lung (LU)

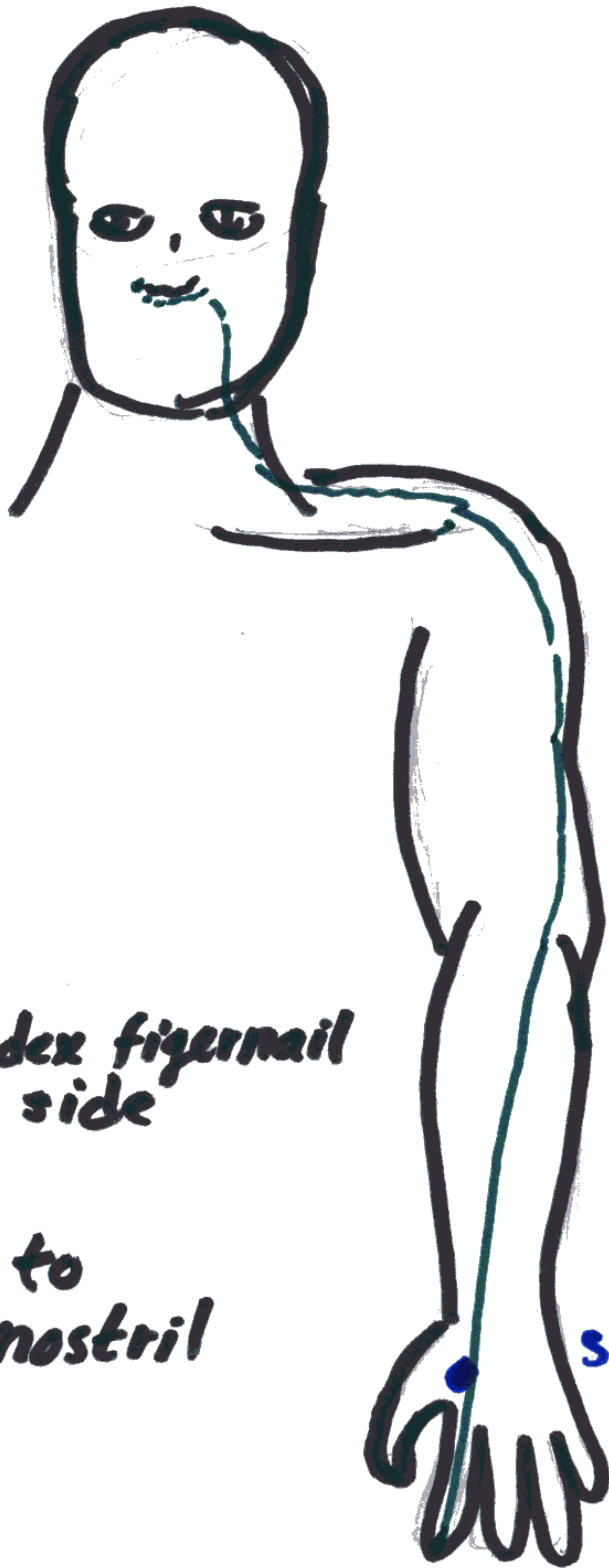
- "first qi" of a cycle ; intake of heavenly qi
- birth to death, 1<sup>st</sup> ; last action is taking a breath.
- important for physical energy
- Affects breath, speech, mucous, energy
- anxiety, asthma, insomnia, voice, letting go / moving on



starts : pit under clavicle, next to humerus  
ends : radial side of thumb fingernail

# Large Intestine (LI)

- elimination, nutrition, ridding of toxins
- imbalance reflected by: arm, shoulder, neck, face pain, and headaches
- constipation, mental/emotional constipation, digestion, absorption.
- arthritis, congestion, nose bleed, diff breathing, skin probs



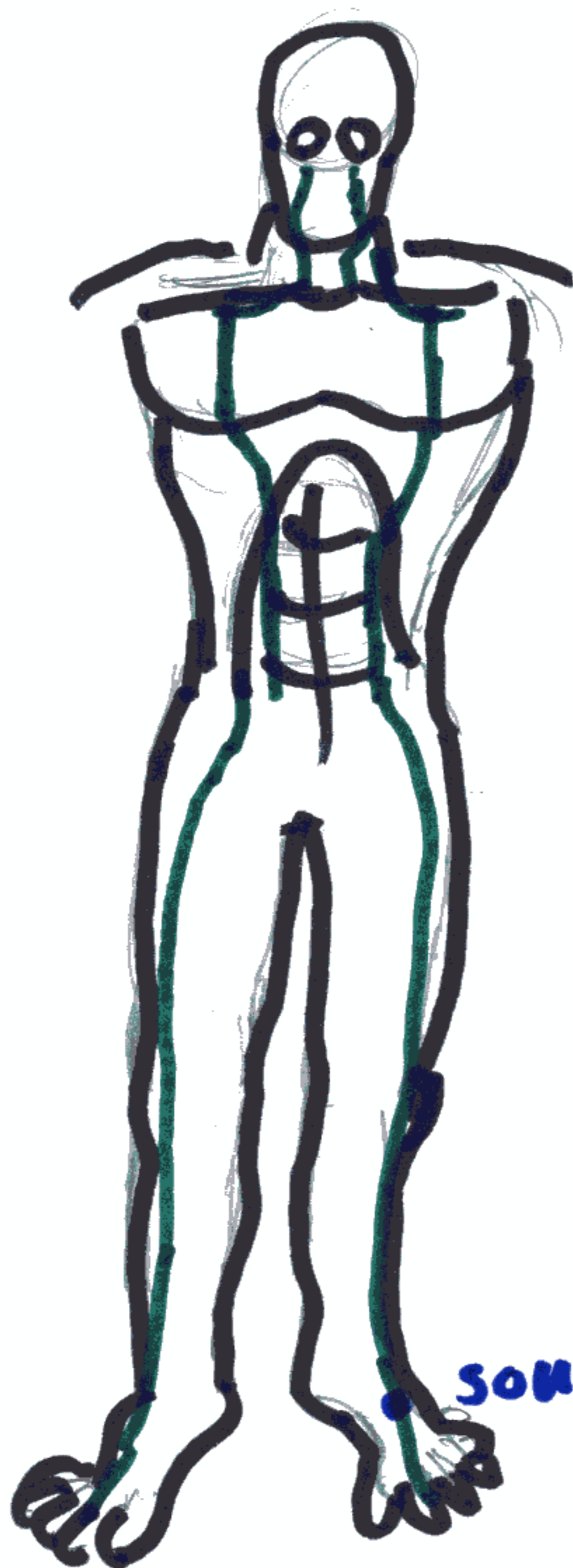
starts: base of index fingernail  
on thumb side

ends: just next to  
opposite nostril

source point  
LI 4

# Stomach (ST)

- nourishment, pass to spleen
- senses
- imbalance ST quickly seen in other meridians
- easily affected by stress (stressed people are weaker mentally & physically!)
- indicator for emotional distress
- muscle, strength, endurance,
- anorexia, breast probs, epilepsy, obsession, compulsion



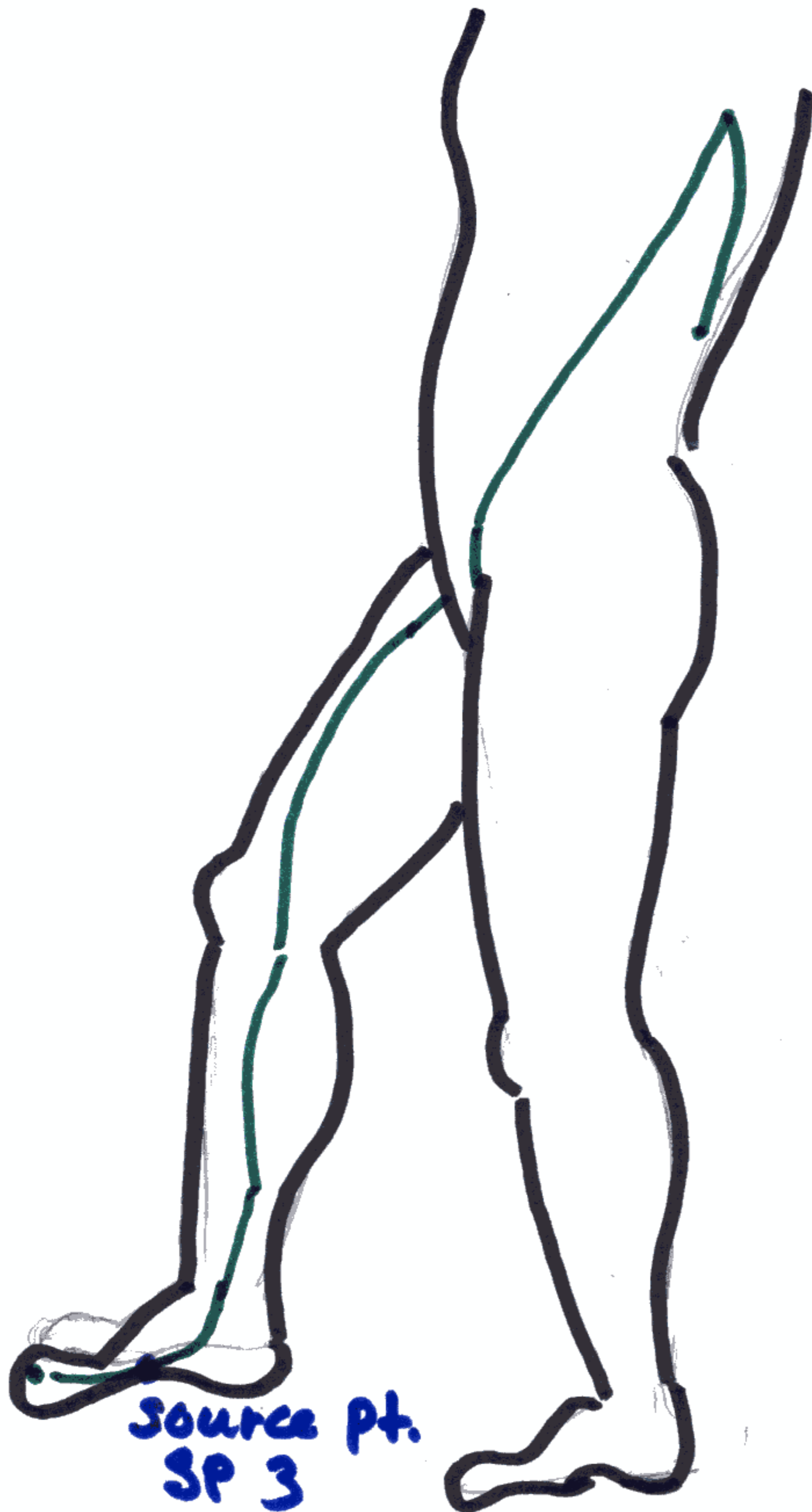
starts: on bone right  
under pupils  
(if looking straight)

ends: toenail of  
2nd toe

source pt  
ST 42

# Spleen (SP)

- nutrient distribution
- moves through lungs, stomach to unify qi of food & air
- body fluids, blood, immunity
- energizes "5 viscera"
- bleeding, menstrual cycle, edema, diarrhea,
- bruising, lethargy, laziness, vomiting, fatigue
- anorexia, depression, diabetes, labor



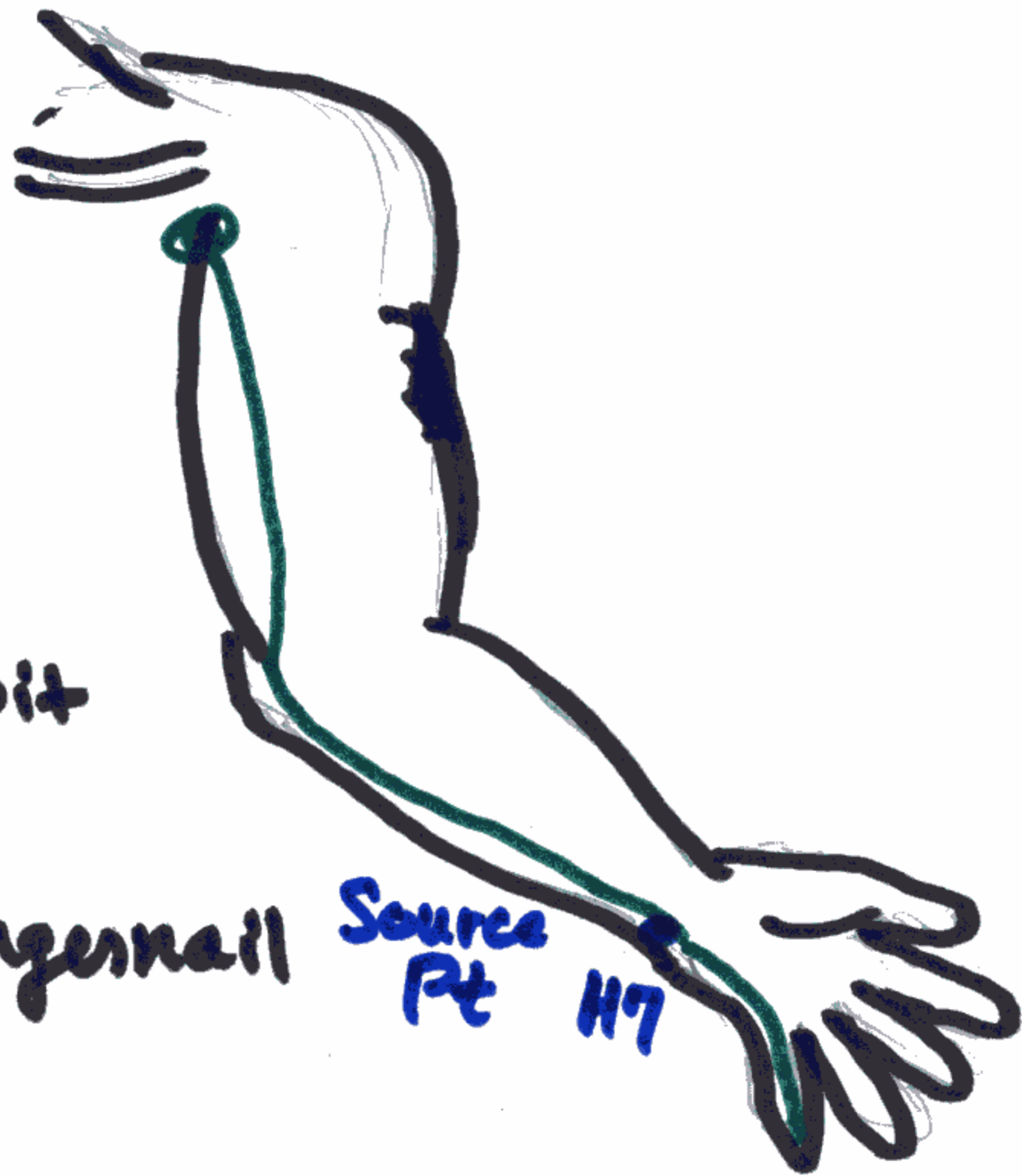
Starts:  
medial side of  
big toenail

Goes almost  
to armpit

Ends: in front  
of latissimus  
Dorsi attachment

# Heart (H)

- thyroid, depth of communication, faculty of speech
- vertigo, dizziness, chest probs.
- spiritual distress, anxiety, cold, hysteria, insanity



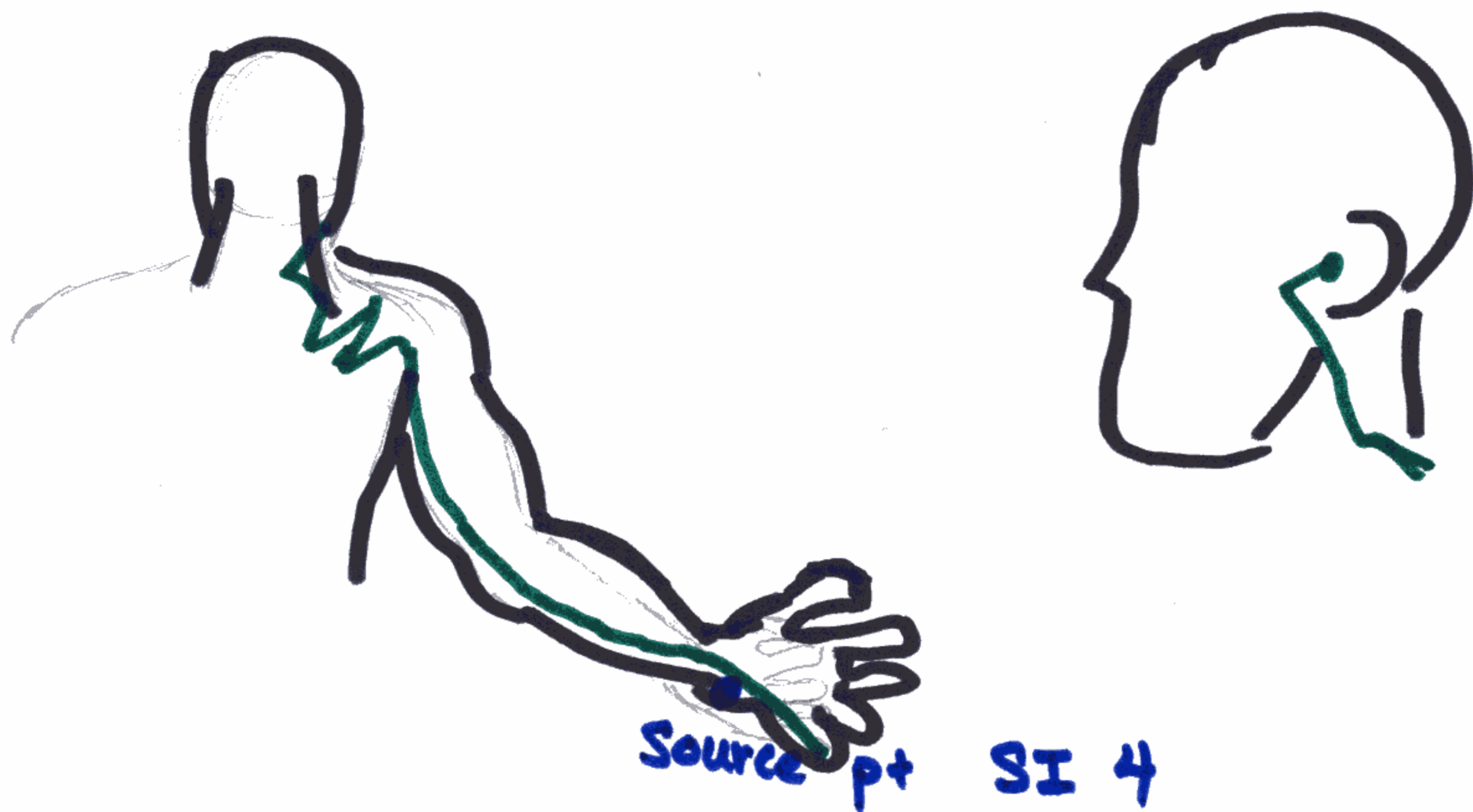
Starts:  
center of armpit

ends: pinky fingernail

Source  
Pt 117

# Small Intestine (SI)

- sorting, filtering (food, sound, sight, emotion, etc)
- sorting things, life out
- confusion, sore throat, tinnitus, shoulder tension

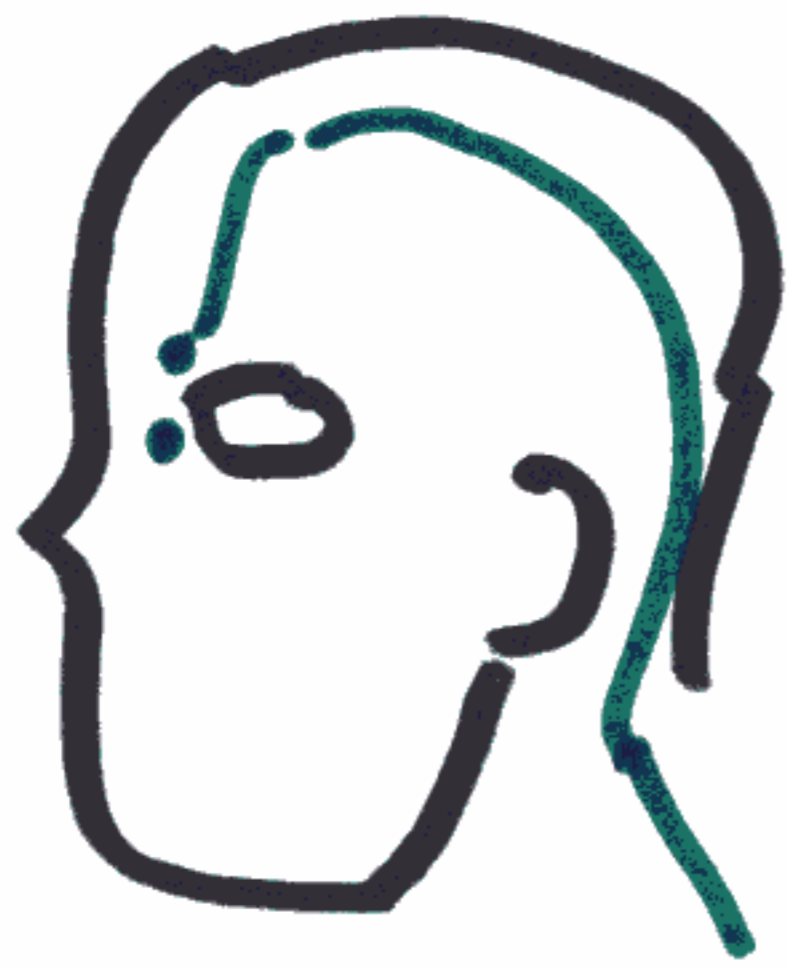


Starts: outside base of pinky finger

Ends: just in front of ear flap in groove that appears when mouth is opened

# Bladder (UB)

- toxin elimination
- adaptability, flexibility DEMO!
- "armoring" the body
- indicator of all channels of whole body (Yu pts)  
can balance body with just this channel
- back trouble, urinary tract & organ troubles
- epilepsy, eyes, sciatica, pain/spasm in calf
- nose bleed, paralysis, motion



Source pt  
B 64

Starts: inner corner of  
eye

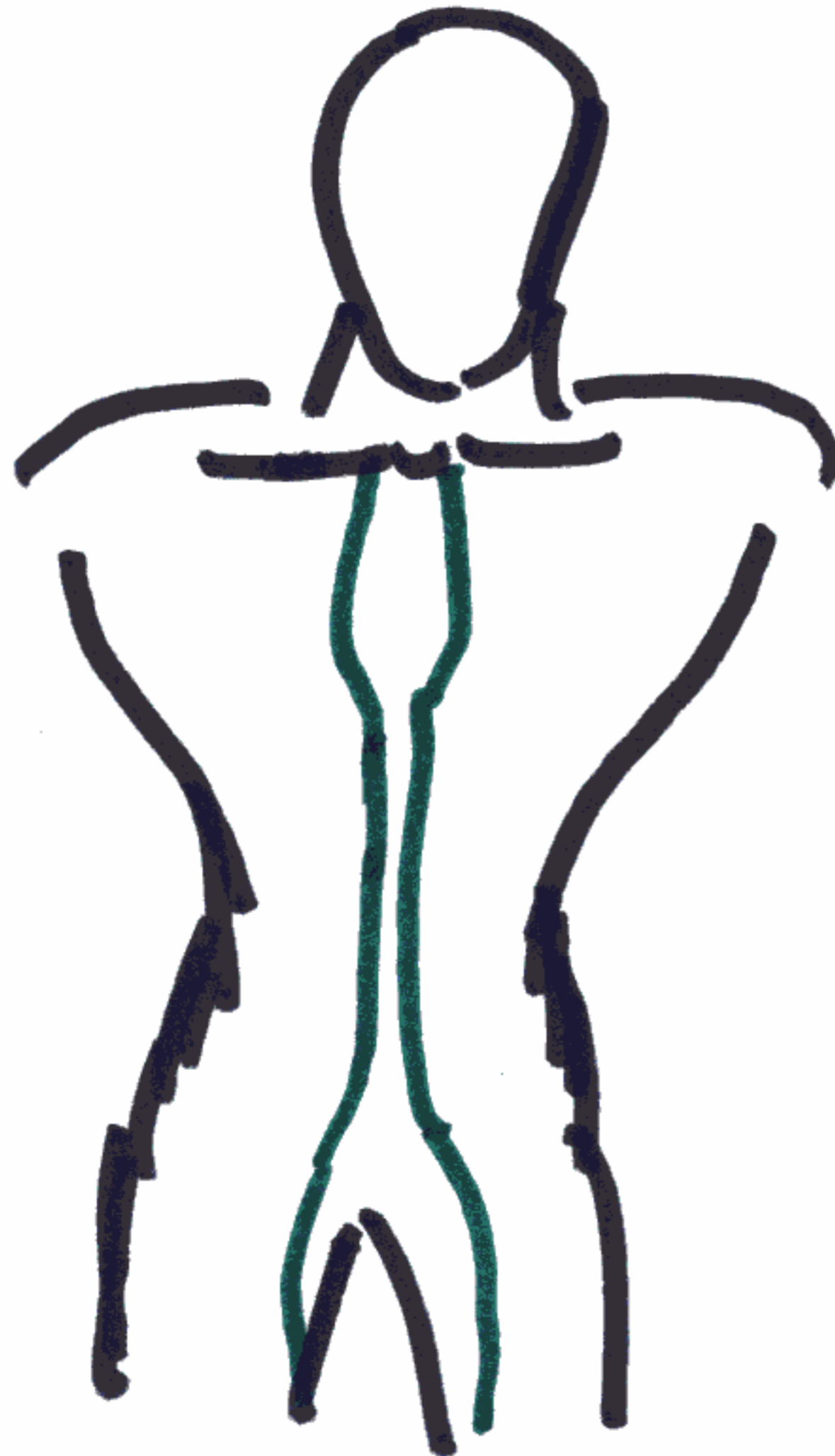
goes down back twice

ends: outside base of  
pinky toe



# Kidney (KI)

- Qi storage, reproductive energy, sexual energy
- nurture fetus
- regulate water, temp
- bones, marrow, brain, adrenals, parathyroid
- energy, cold, diabetes, chronic fatigue, fear
- impotence, insomnia, menstrual disorder, urinary probs
- sterility, pH imbalance



Starts:  
bottom of foot

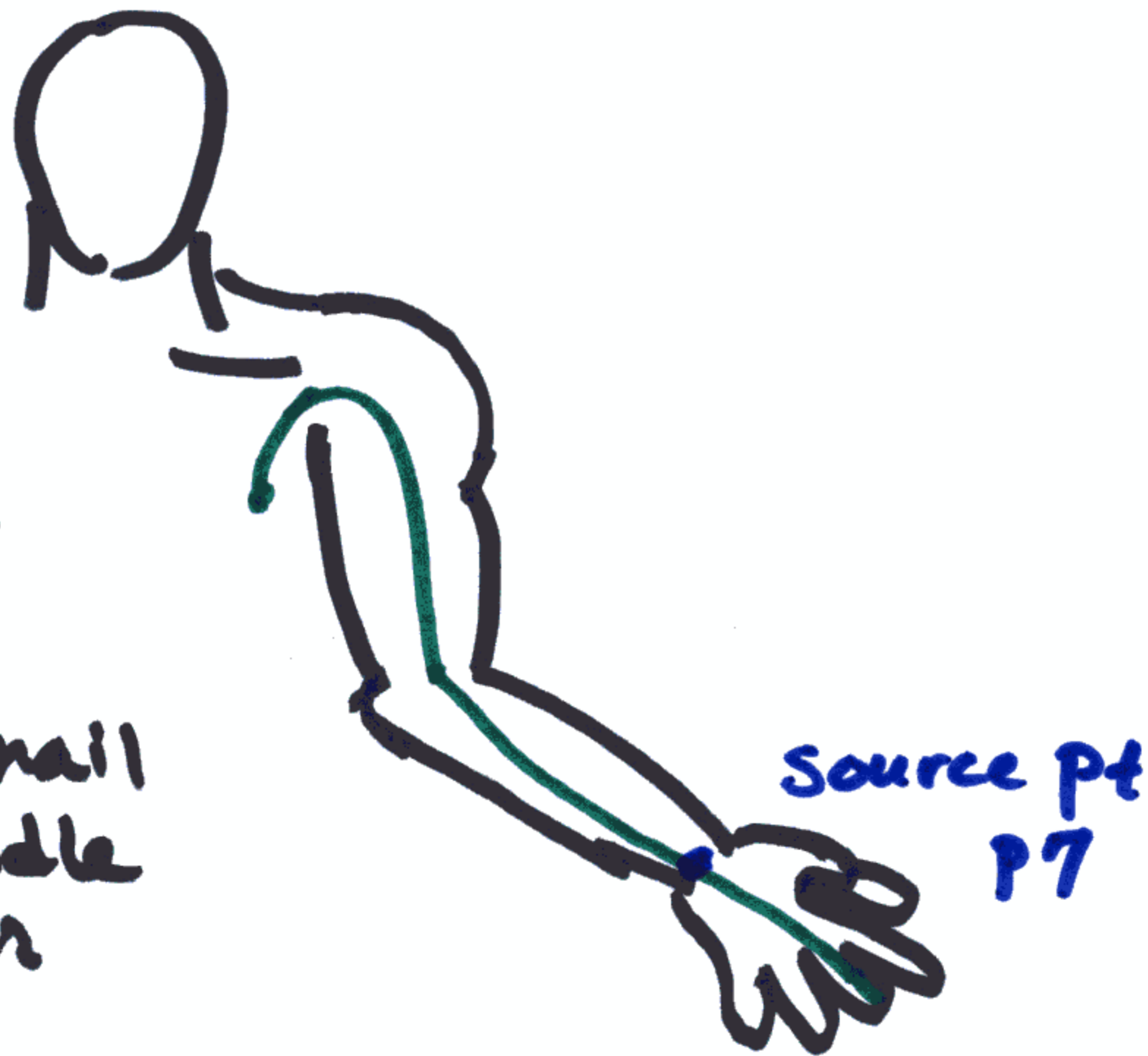
Ends:  
medial edge  
beneath clavicle

# Pericardium (P)

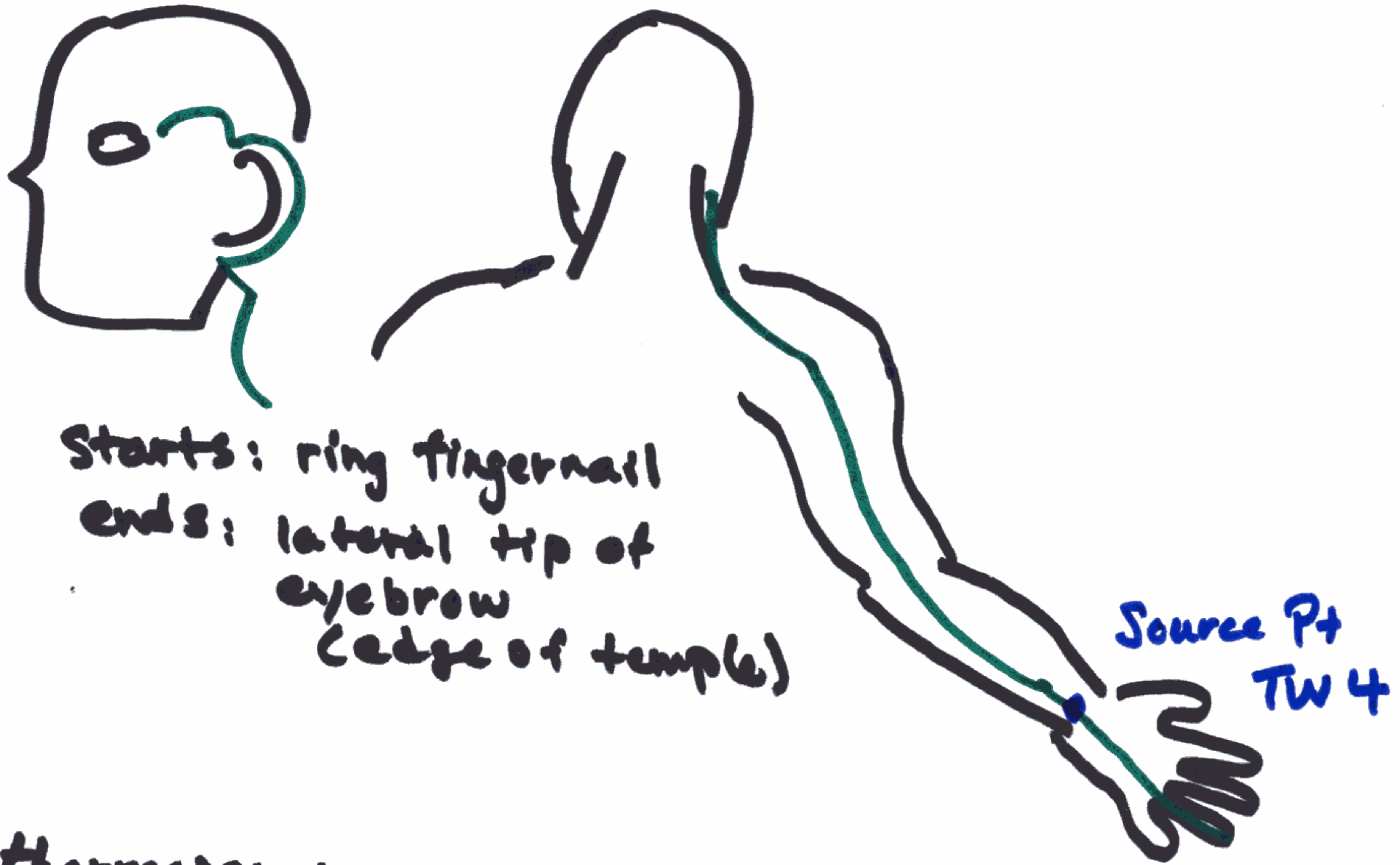
- protects heart (physically & qi)
- emotional trauma, protection, sexual disorder (psyche)
- integrate heart & mind in relationships
- balance emotion Qi and organ transplant
- anxiety, nightmares, depression, inappropriate laughter, menstrual probs, shock, speech & communication

Starts:  
between nipple  
& arm pit

ends: fingernail  
of middle  
finger



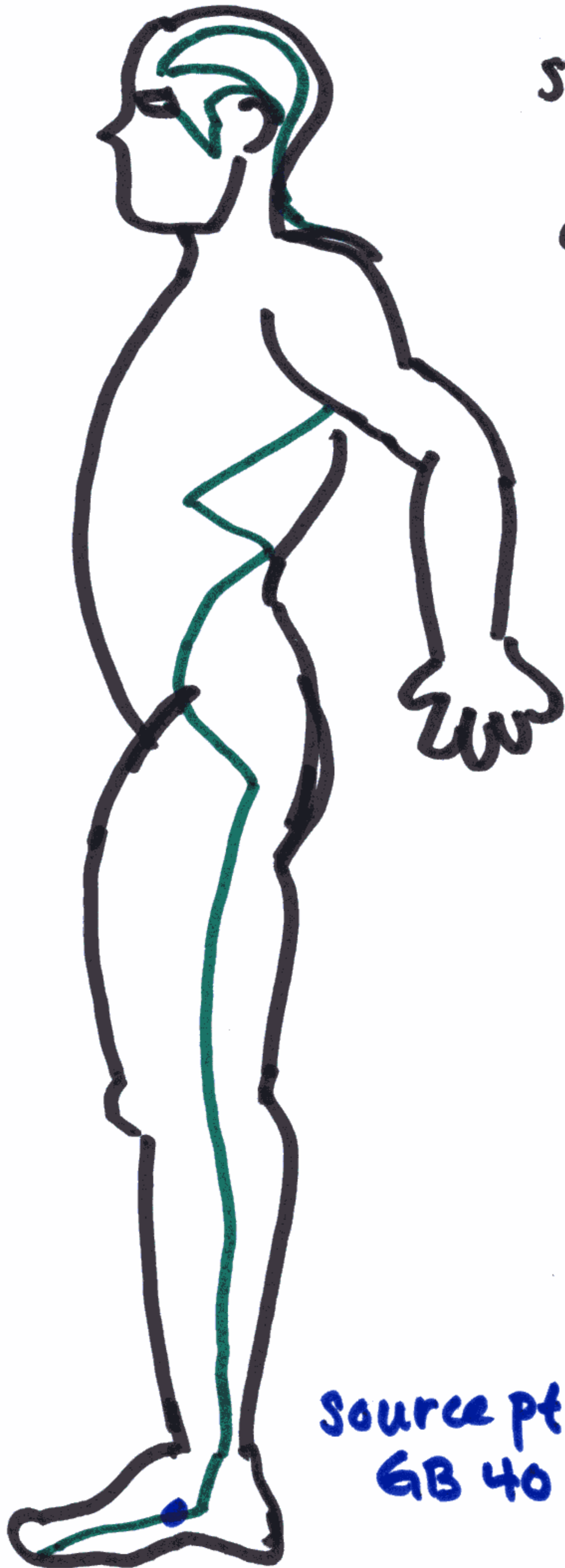
# Triple Warmer/Burner (TW)



- thermoregulation, endocrine, autonomic NS, primitive urges, appetite balance
- intuition, arthritis, confusion, deafness, epilepsy, eyes, fever, inflammation, jaw, abnormal sweat

# Gall Bladder (GB)

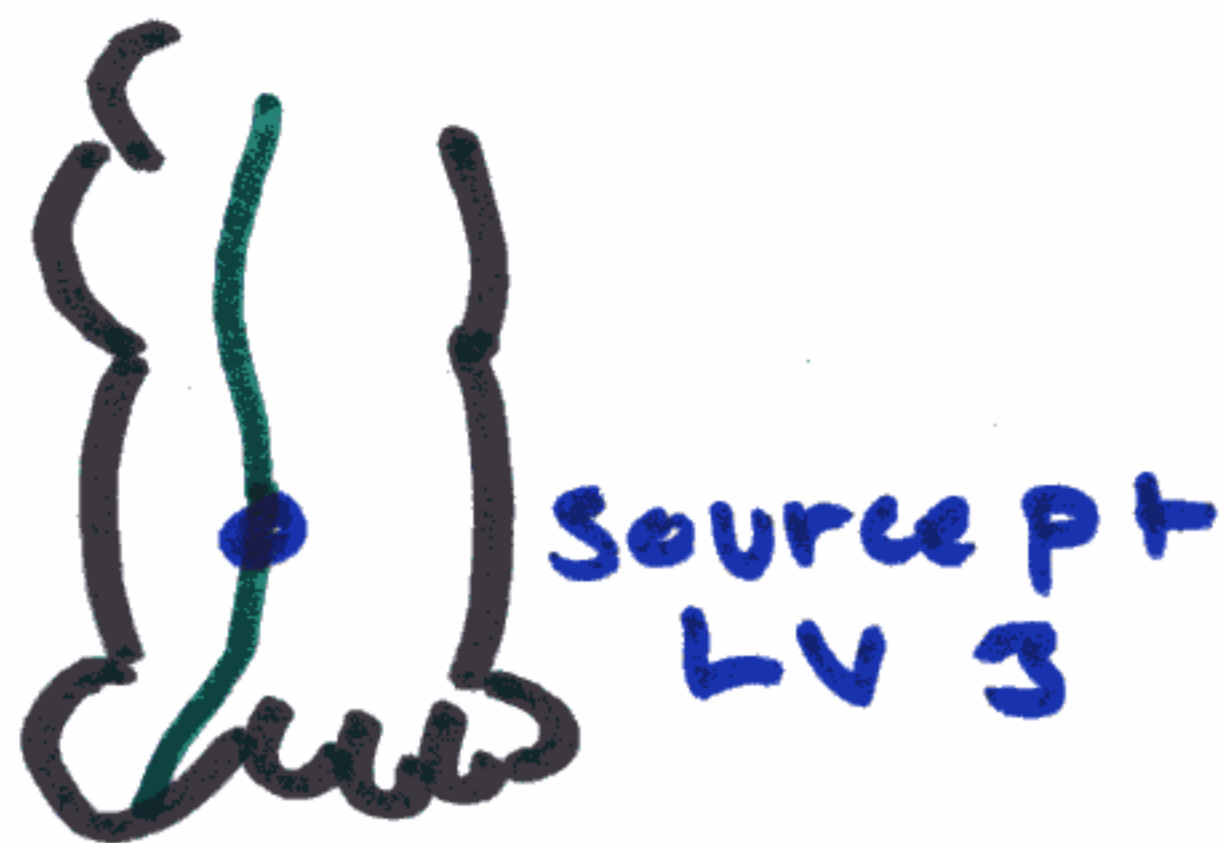
- detox, decisions, motility
- Eyes, arthritis, paralysis, stiff muscles, irritable, judgemental, frequent sighing, indecision



Starts: corner of eye,  
bottom of temple  
ends: 4th toenail

Source pt  
GB 40

# Liver (LV)



Starts:  
lateral base  
of large toenail

Ends: intercostal  
space between  
6th, 7th ribs

Nails indicate  
Liver health

- antibodies, feeling of good spirits and well-being
- planning, lack of follow through → frustration
- Allergies, depression, excessive anger, eyes
- Digestion probs (esp fats)
- indecision, menstrual, muscle spasms; cramp
- soft or cracking nails, nausea
- temper, repressed anger, indigestion