Lung (LU)

- "first qi" of a cycle; intake of heavenly qi
- birth to death, 1st 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 problems

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 and air
- body fluids, blood, immunity
- energizes "5 viscera"
- bleeding, menstrual cycle, Edema, diabetea,
- bruising, lethargy, laziness, vomiting, fatigue
- anorexia, depression, diabetes, labor

Starts: medial side of big toenail
Goes almost to armpit
Ends: in front of Latisimus Dorsi attachment

Source Pt. SP 3
Heart (H)
- thyroid, depth of communication, faculty of speech
- vertigo, dizziness, chest probs.
- spiritual distress, anxiety, cold, hysteria, insomnia

Stems: center of armpit
Ends: pinky fingernail Source Pt H7
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
  "armoring" the body
- indicator of all channels & 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

Starts: inner corner of eye
goes down back twice
ends: outside base of pinky toe
Kidney (K1)

- 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 problems
- sterility, pH imbalance

Starts: bottom of foot
Ends: medial edge beneath clavicle

Source pt. K3
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

Source pt P7
Triple Warmer / Burner (TW)

- Starts: ring fingernail
- Ends: lateral tip of eyebrow (edge of temple)
- Source Pt: TW 4

thermoregulation, endocrine, autonomic NS, primitive urges, appetite balance

intuition, arthritis, confusion, deafness, epilepsy, eyes, fever, inflammation, jaw, abnormal sweat
Gall Bladder (GB)
- detox, decision, motility
- eyes, arthritis, paralysis, stiff muscles, irritable, judgemental, frequent sighing, indecision

Starts: corner of eye, bottom of temple
ends: 4th toenail
Liver (LV)

- antibodies, feeling of good spirits and well-being
- planning, lack of follow through - frustration
- Allergies, depression, excessive anger, eyes
- Digestion prob (esp fats)
- indecision, menstrual, muscle spasm, cramp
- Softer cracking nails, nausea
- temper, repressed anger, indigestion

Starts: lateral base at large toenail

Ends: intercostal space between 6th-7th ribs

Nails indicate Liver health