

Chinese Acupuncture

There are 14 'main' meridians or pathways joining the acupuncture points. 12 meridians are bilateral (both on the right and left). And 2 are midline on the body (front and back). There have been new meridians discovered which are called "Extra Meridians". I am not covering them at this time.

Each meridian has a definite pathway on the body, and is divided into internal and external pathways.

The internal pathway begins at an organ. It traverses inside the body and is linked to the external pathway at the 'starting' acupuncture point.

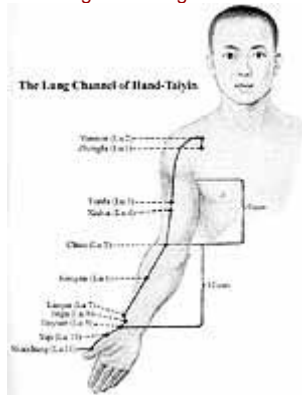
The external pathway ends at the 'terminal' point and is then linked to another internal pathway leading back to the organ of origin. The whole meridian or pathway is a closed circuit and has a definite direction of flow. Since the whole meridian is a closed circuit, a point on the hand can cure a headache. Each meridian has a starting point and a terminal point. The terminal point of each meridian is connected to the starting point of another meridian through 'connecting meridians'. No meridian exists as a separate circuit. They are all interconnected in the following sequence: [lung](#), [large intestine](#), [stomach](#), [spleen](#), [heart](#), [small intestine](#), [urinary bladder](#), [kidney](#), [pericardium](#), [triple heater](#), [gall bladder](#), and [liver](#).

Horary Clock / 24 Hour Clock

In each organ below a time will be given. These are the times when the organs are at their peak: Striking the meridians at the proper time is crucial.

Lung Channel of Hand-Taiyin

[click image for a larger view](#)



Lung Meridian

There are 11 acupuncture points on each side of the body belonging to this meridian. These points are mainly used for treatment of chronic cough, dyspnea, chest discomfort, sorethroat, fever, influenza, and for alleviating shoulder and arm pain.

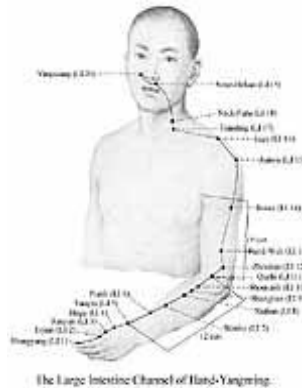
Horary Clock

Metal

3am - 5am Lungs (yin)

Large Intestine Channel of Hand-Yangming

[click image for a larger view](#)



Large Intestine Meridian

There are 20 bilateral points on this meridian. These points are mainly used for treatment of abdominal pain, constipation, diarrhea, fever and also symptoms arising from the head and neck region such as toothache, epistaxis, sorethroat, or rhinitis.

Horary Clock

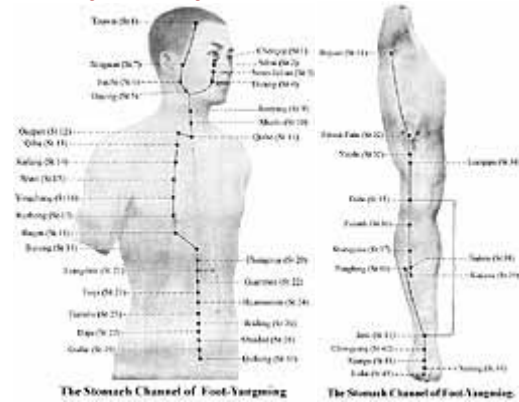
Metal

5am - 7am Colon (yang)



Stomach Channel of Foot-Yangming

click images for a larger view



Stomach Meridian

There are 45 bilateral points on this meridian. These points can be used for stomach ache, vomiting, sorethroat, knee pain, ascites, epistaxis, abdominal extension, hyperpyrexia, and facial palsy.

Hourly Clock

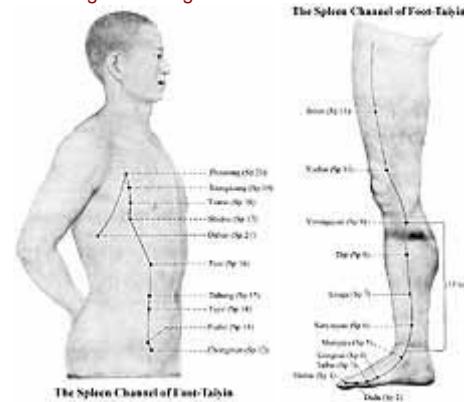
Earth

9am - 11am Stomach (yang)



Spleen Channel of Foot-Taiyin

click image for a larger view



Spleen Meridian

This meridian has 21 bilateral points. Spleen points can be used for, indigestion, malabsorption, anemia, general malaise, vomiting, ulcer pain, abdominal distension, and pain in the lower extremities.

Hourly Clock

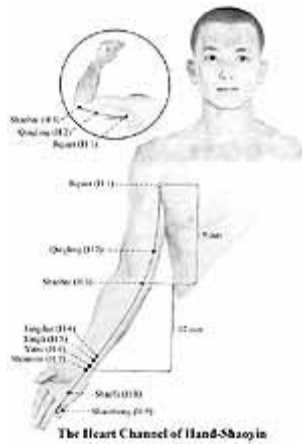
Earth

11am - 1pm Spleen (yin)



Heart Channel of the Hand-Shaoyin

click images for a larger view



Heart Meridian

The heart meridian has 9 bilateral points. The points on the heart meridian can be used for treatment of, chest pain, palpitation, jaundice, and arm pain.

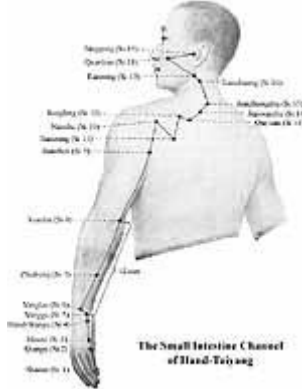
Horary Clock

Fire
11am - 1pm Heart (yin)



Small Intestine Channel of the Hand-Taiyang

[click image for a larger view](#)



Small Intestine Meridian

This meridian has 19 bilateral points. These points can be used for treatment of, neck and shoulder pain, lower abdominal pain, sore throat, and symptoms of the ear such as tinnitus and hearing loss.

Horary Clock

Fire
1pm - 3pm Small Intestine (yang)



Top

Urinary Bladder Channel of Foot-Taiyang

[click images for a larger view](#)



The Urinary Bladder Channel of Foot-Taiyang

Urinary Bladder Channel of Foot-Taiyang



Urinary Bladder Meridian

There are 67 bilateral points on this meridian. Some of the points on this meridian can treat, dysuria, incontinence of urine, soreness of the eyes, headache, backache, runny nose, loin and leg pain, and general malaise.

Horary Clock

Water

3pm - 5pm Urinary Bladder (yang)



Kidney Channel of Foot-Shaoyin

[click image for a larger view](#)

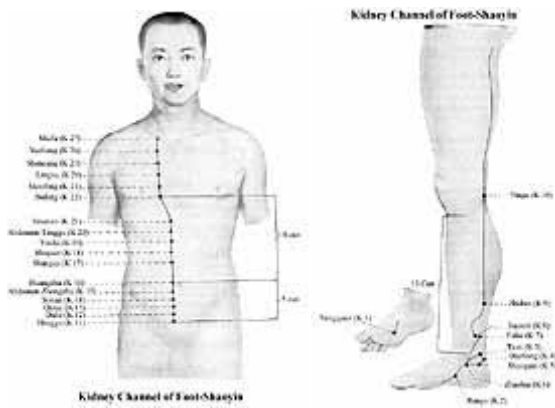
Kidney Meridian

There are 27 bilateral points on this meridian. These point can be used to treat, kidney problems, constipation, loin pain, and diarrhea.

Horary Clock

Water

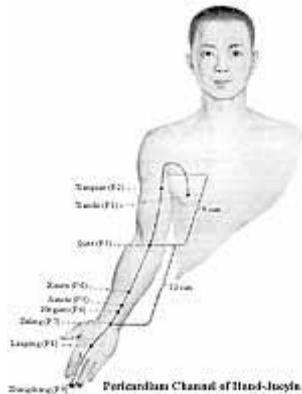
5pm - 7pm Kidneys (yin)



Top

Pericardium Channel of Hand-Jueyin

[click images for a larger view](#)



Pericardium Meridian

There are 9 points on this meridian. These points can be used to treat, chest pain, palpitation, arm pain and drowsiness.

Horary Clock

Fire

7pm - 9pm Pericardium (yin)



Triple Heater Channel of Hand-Shaoyang

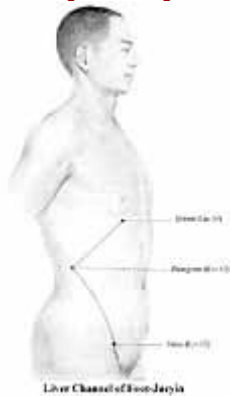
[click image for a larger view](#)

Triple Heater Meridian



Liver Channel of Foot-Jueyin

[click image for a larger view](#)



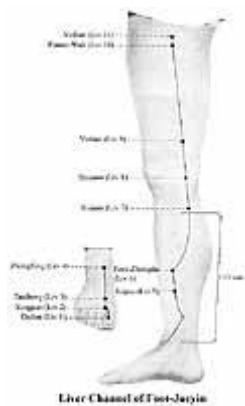
Liver Meridian

There are 14 bilateral points on this meridian. The points on the liver meridian can be used to treat, abdominal pain, loin pain, uterine bleeding, hernia, and retention of urine.

Horary Clock

Wood

1am - 3am Liver (yin)



Du Channel

[click image for a larger view](#)



Governing Meridian

There are 28 points running midline down the back on this meridian. The point on this meridian can be used to treat symptoms arising from the neck and posterior trunk area, cervical syndrome, and mental disorders.



Ren Channel

[click image for a larger view](#)

Conception Meridian

There are 24 points running midline down the front of the body. Acupuncture points on



this meridian are mainly used for treatment problems of the genital-urinary system such as dysuria and enuresis, dysmenorrhea, and genital pain such as hernia.

The Governing Meridian and the Conception Meridian are connected through the tongue which acts as a switch. The circuit is connected when the tip of the tongue touches the point where the gums meet the front two teeth. Siu Lim Tao, the first Wing Chun form is performed using this principle.



Five Element Theory



Yin and Yang are two Chinese words to explain the duality of the universe. Yin, meaning moon, soft, dark, yielding, etc. Yang, meaning sun, hard, light, overpowering, etc. Some say that yin and yang or opposites but they cannot exist without each other. They are both interdependent, and conflicting. The relationships between yin and yang are used in traditional Chinese medicine to explain the physiology and pathology of the human body. Yin and yang are also used as a guide in diagnosis and treatment of patients.

The Five Element Theory teaches that the material world is made up of 5 basic elements which are, wood, fire, earth, metal, and water. We can adapt to the environment, but we're also dependent on it. The Five Element Theory has a generation cycle and a destruction cycle. Wood generates fire, fire generates earth, earth generates metal, metal generates water, and water generates wood.

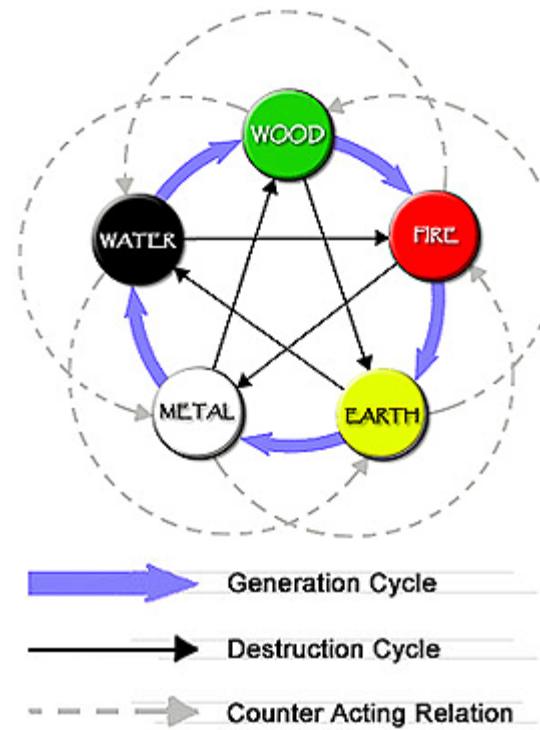
Each of the five elements has a relationship the internal organs. (The pericardium is the membrane that surrounds the heart and is not considered an organ in western medicine. The triple heater or san jiao is also not an organ, but a function.)

Chi/Qi

There are eight types of chi/qi.

- **Chen Chi**
True and nourishing chi/energy
- **Ching Chi**
Chi/energy circulating in the meridians
- **Cheng Chi**
Chi/energy stored in the kidneys
- **Ku Chi**
Physiological chi/energy derived from food

- **Tsung Chi**
Chi/energy circulating in the lungs
- **Wei Chi**
Defensive chi/energy
- **Yuan Chi**
Active part of Hsien Tien Chi
- **Hsien Tien Chi**
Ancestral chi stored in the kidneys. (The chi inherited at birth) Cannot be replenished



The following are examples of diagnostic tools used by traditional Chinese doctors. The six pulses of your wrist are one way to determine the health of someone. Observation is also a basic tool used in Chinese medicine. For instance, if a Chinese doctor talked to a person and the person responded in a loud voice, had a green pallor to his fingernails, had a sour taste in his mouth, and was angered easily. The doctor could feel that there was an imbalance in the wood element of that person. This chart can give a better example.



Wood

- | | |
|------------------------------|---|
| 1. Yin organ - liver | 11. Sense commanded - sight |
| 2. Yang organ - gall bladder | 12. Controls - muscles, nerves, tendons, ligaments, brain |

3. Season - Spring
4. Weather - wind
5. Color - green
6. Direction - east
7. Emotion - anger
8. Sound - shout
9. Flavor - sour
10. Sense organ - eyes

13. Expands into - nails
14. Liquid emitted - tears
15. Smell - rancid
16. Development - birth
17. Grain - wheat
18. Meat - fowl
19. Martial art movement - retreat
20. Weapon - staff



Earth

1. Yin organ - spleen
2. Yang organ - stomach
3. Season - late summer
4. Weather - humid
5. Color - yellow
6. Direction - center
7. Emotion - sadness
8. Sound - sing
9. Flavor - sweet
10. Sense organ - mouth

11. Sense commanded - taste
12. Controls - fat and flesh
13. Expands into - lips
14. Liquid - saliva/spinal fluid
15. Smell - fragrant
16. Development - transformation
17. Grain - rye
18. Meat - ox/beef
19. Martial arts movement - center, balance
20. Weapon - hand



Water

1. Yin organ - kidney
2. Yang organ - Urinary bladder
3. Season - winter
4. Weather - cold
5. Color - black
6. Direction - north
7. Emotion - fear
8. Sound - groaning
9. Flavor - salty
10. Sense organ - ears

11. Sense commanded - hearing
12. Controls - bones
13. Expands into - head hair
14. Liquid emitted - urine
15. Smell - putrid
16. Development - storing
17. Grain - bean
18. Meat - pork
19. Martial arts movement - gaze left
20. Weapon - sword



Fire

1. Yin organ - heart/small intestine
2. Yang organ - pericardium/triple heater
3. Season - summer
4. Weather - heat
5. Color - red
6. Direction - south
7. Emotion - joy
8. Sound - laughter
9. Flavor - bitter
10. Sense organ - tongue
11. Sense commanded - speech
12. Controls - blood vessels/vascular system
13. Expands into - complexion
14. Liquid emitted - sweat
15. Smell - scorched
16. Development - growth
17. Grain - millet
18. Meat - lamb
19. Martial arts movement - gaze right
20. Weapon - spear



Metal

1. Yin organ - lung
2. Yang organ - colon
3. Season - fall
4. Weather - dryness
5. Color - white
6. Direction - west
7. Emotion - grief
8. Sound - weep
9. Flavor - pungent
10. Sense organ - nose
11. Sense commanded - smell
12. Controls - skin and hair
13. Expands into - body hair
14. Liquid emitted - mucous
15. Smell - rank
16. Development - harvest
17. Grain - rice
18. Meat - horse
19. Martial arts movement - advance
20. Weapon - knife

Disclaimer:

I studied Acupuncture and Traditional Chinese Medicine for nearly 2 years at the First World Acupuncture Institute of North America in NYC. I dropped out for financial reasons. I am not a qualified acupuncturist and I'm not making any such claim.

One of my former sifus (instructors) is an acupuncturist and a doctor of TCM. He helped me ace my tests while in acupuncture school. My present sifu has a guest professorship at the Beijing Medical University and is teaching me Cheung's Meridian Therapy. My training in the school and my training with my instructors have given me solid knowledge of the five element theory. I recommend reading the Yellow Emperor's Classic translated by Elza Veith, and the Barefoot Doctor's Manual, prepared by The Revolutionary Health Committee of Hunan Province. I hope that my notes will be of some help.

Sifu Phillip (Bilal) Redmond

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TRADITIONAL WING CHUN ACADEMY

EFT - Emotional Freedom techniques."

by Mike Strawbridge

Energy meridians that run through our body can be blocked or disrupted by unresolved emotional issues, thereby compromising our natural healing potential.

Quite often, people are aware of the events or memories that trigger emotional discomfort in their lives, but they have not yet connected those memories to the symptoms of disease in their bodies. Using EFT, it is possible to revisit the event(s) in question, and balance the disturbed meridians. Properly done, both emotional anguish and the physical symptoms often subside.

Although based on acupuncture, EFT has simplified the realignment process by gently tapping on key meridian points on the head, torso and hands. Traditional acupuncture needles are not necessary in this process.

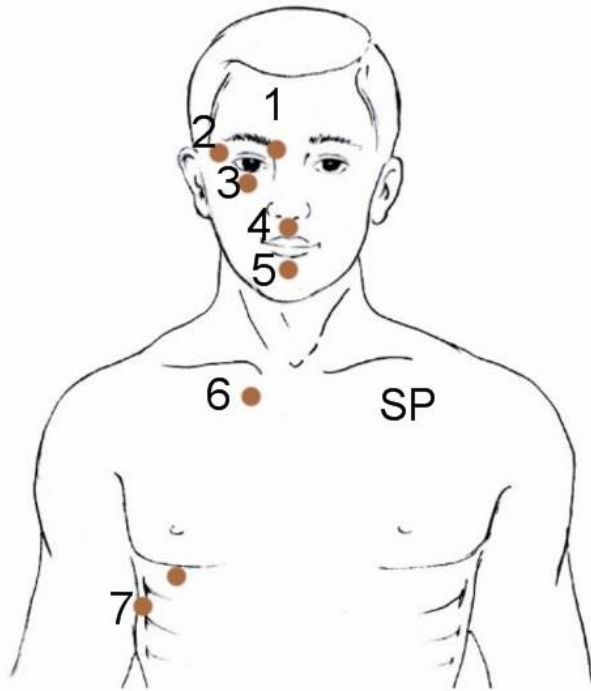
Headache Example

A basic EFT application would initially focus on a current issue. This would include simple language designed not only to hold the focus, but also to add self-acceptance to the process. For example, someone trying to address migraine headaches might say "even

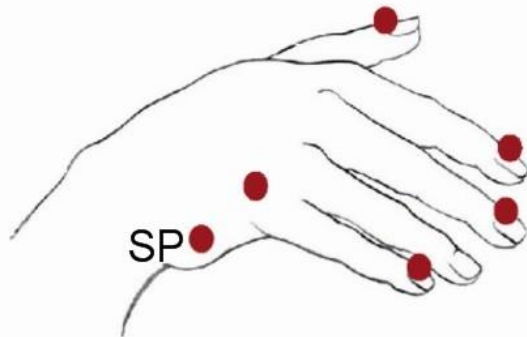
though I have this horrible headache, I deeply and completely accept myself”, while tapping through the points. If this initial procedure provides significant relief, then applying the Basic EFT procedure as headaches appear can be very effective.

Interestingly, it has provided permanent relief in several migraine cases. If the headache hasn't vanished after the initial realignment, or if the Basic procedure doesn't provide relief for subsequent headaches, then there is almost always a deeper emotional factor at work. Advanced EFT application can enhance the results significantly, and is usually necessary for more complicated cases. The best EFT practitioners have learned the techniques available for uncovering the core issues, and approaching them with minimal amounts of emotional pain.

Although the Basic EFT procedure has shown astonishing relief for a wide variety of symptoms, applying EFT to serious diseases and chronic illness requires advanced experience. Please consult a qualified health practitioner before discontinuing any treatment or medications.



This illustration is provided for your reference after you have learned the Basic EFT Recipe



EFT is sometimes called "acupuncture without needles" and generates its results by balancing the body's energy meridians while the client "tunes in" to their problem in a gentle, conversational manner. In this way an important link is established between mind and body. It parallels acupuncture, except that needles are not used. Instead, certain meridian points are stimulated by tapping with the fingertips while the client focuses on the issue they wish to resolve.

A simple way to explain how the EFT strategies work is to use the analogy of a circuit breaker in your kitchen. Once the circuit is over-powered you cannot turn the lights on or get the refrigerator to cool until the circuit breaker has been reset. EFT resets the circuits in a person's body and mind.

This acupressure-based healing modality was pioneered by renowned chiropractor, George Goodheart, furthered by medical doctor John Diamond and psychologist Roger Callahan and dramatically simplified and improved by Stanford engineer Gary Craig. With the initial aid of Adrienne Fowlie, Craig developed EFT and made the work elegant, efficient and affordable for almost anyone. Craig deserves the Legion of Honor award for making the work available at little or no cost to millions of people.

If while you are doing the procedure, you are suddenly reminded of old fears or painful memories, just tap those away using the same procedure. Many people have gotten unexpected emotion relief from the treatment of their breathing problems using this quick and easy procedure.

To learn more about how to use EFT and improve your ability to treat yourself and others, I recommend you get Gary Craig's free EFT manual or better yet get the DVD series where you can see how EFT is administered to a variety of ailments. [Click here to go to Gary's web site.](#)

Mike Strawbridge

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