

Element	Fire	Earth	Metal	Water	Wood
Color	Red	Yellow	White	Blue/black	Green
Flavor	Bitter	Sweet	Pungent	Salty	Sour
Sense	Tongue	Mouth	Nose	Ears	Eyes
Emotion	Joy	Worry	Sadness	Fear	Anger
Tissue	Pulse	Muscles	Skin	Bones	Tendons
Climate	Heat	Humidity	Dryness	Cold	Wind
Sounds	Laughing	Singing	Crying	Groaning	Shouting
Odor	Scorched	Fragrant	Rotting	Putrid	Rancid
Seasons	Summer	Autumn	Autumn	Winter	Spring
Direction	South	Center	West	North	East

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FIRE

Fire promotes earth
Fire controls metal



YIN YANG
Negative Positive
Solid Organs Hollow Organs
Inner (shadow) Outer (light)
Front Back
Cold Heat



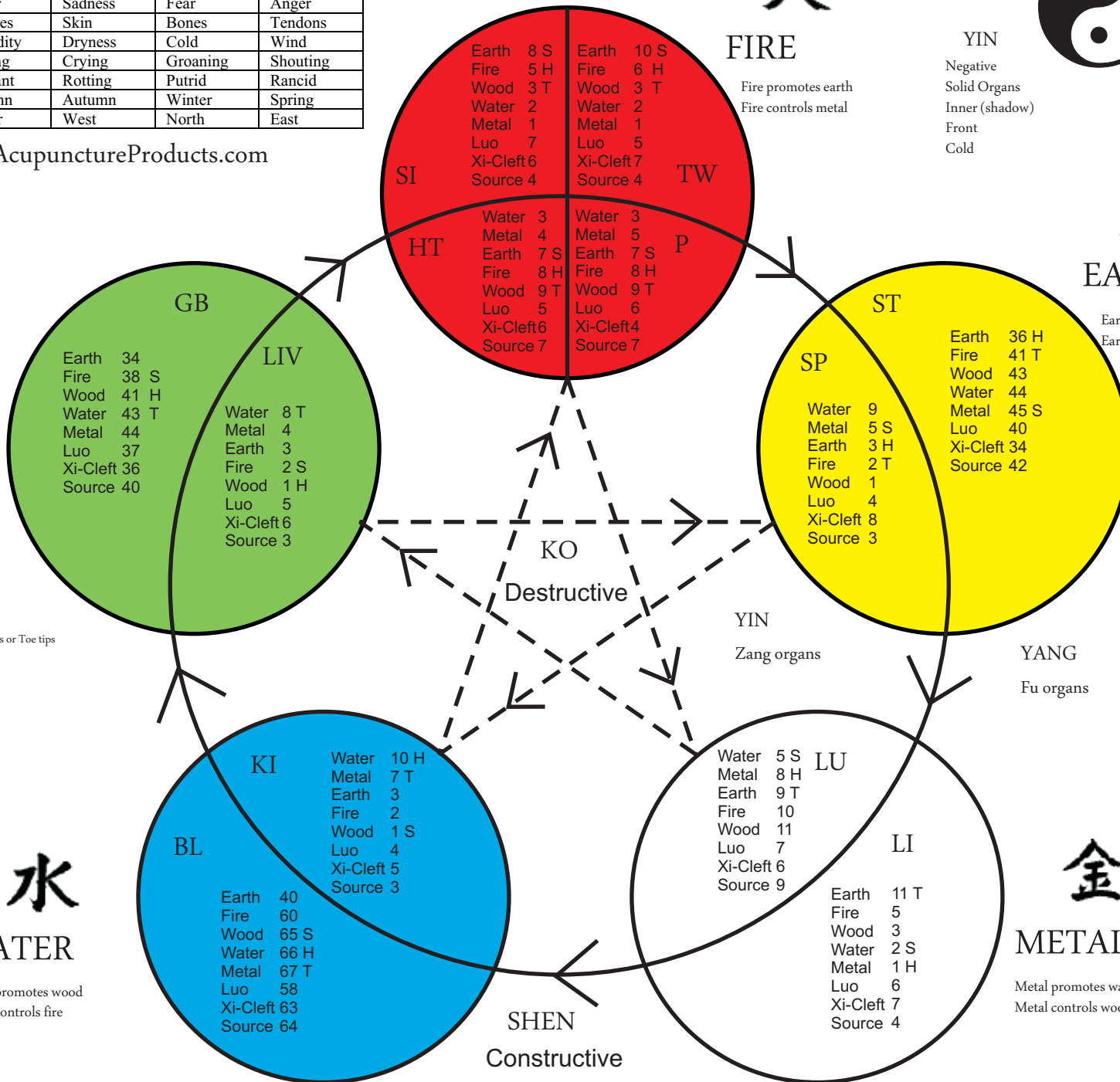
EARTH

Earth promotes metal
Earth controls water



WOOD

Wood promotes fire
Wood controls earth



GB

First point on Elbow or knee

Earth 34
Fire 38 S
Wood 41 H
Water 43 T
Metal 44

Fifth point on Finger tips or Toe tips (Tsing points)

S = Sedation point
H = Horary point
T = Tonification point



WATER

Water promotes wood
Water controls fire



METAL

Metal promotes water
Metal controls wood

Cardinal Points

Face & head	LI-4
Neck	LU-7
Chest & digestion	P-6
Respiratory system	LU-5
Shoulder	ST-38 also ST-37
Scapula	SI-11
Arm	LI-11
Hand	TW-5
Ear	TW-5
Skin	GV-20, LU-9, LU-11
Upper abdomen	ST-36, CV-12
Lower abdomen	SP-6, CV-6
Master energetical	ST-36 Master horary
Increase energy	CV-6, ST-36
General excess (energy)	GV-14
Low back, sacrum & leg	BL-54
Upper back, leg & foot	BL-60
Nervous system	LV-3
Neurological confusion	KI-27
Sympathetic NS	GV-20
Parasympathetic NS	ST-36, SP-6
All cerebral disorders	GB-20
Memory, mental, cerebral	GV-20
Unconsciousness	GV-26
Endocrine system	CV-5
Lymphatics	LV-2
Yang organs	CV-12
Yin organs	LV-13
Muscles & tendons	GB-34
Bones	BL-11
Bone marrow	GB-39
Blood & blood chemistries	BL-17
Blood sugars (diabetes)	SP-10
Blood vessels	LU-9
Master associated point	KI-27
Master luo point	SP-21
Obesity	GV-26
Anxiety with palpitations	HT-7
Whole body weakness/pain	SP-21
Center of respiration	CV-17
Malpositioned fetus	BL-67

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Tsing (Jing-Well) points

Finger tips	Toe tips
LU-11	SP-1
LI-1	LV-1
P-9	ST-45
TW-1	GB-44
HT-9	KI-1
SI-1	BL-67

Yin Yang

Negative	Positive
Cold	Heat
Water	Fire
Moist	Dry
Female	Male
Solid organs	Hollow organs
Soft	Hard
Inner (shadow)	Outer (light)
Interior of body	Surface of body
Front of body	Back of body
Chronic disease	Acute disease
Parasympathetic	Sympathetic

Alarm points (Front-mu points)

Lung	LU-1
Large intestine	ST-25
Stomach	CV-12
Spleen	LV-13
Heart	CV-14
Small intestine	CV-4
Bladder	CV-3
Kidney	GB-25
Pericardium	CV-17
Triple warmer	CV-5
Gallbladder	GB-24
Liver	LV-14

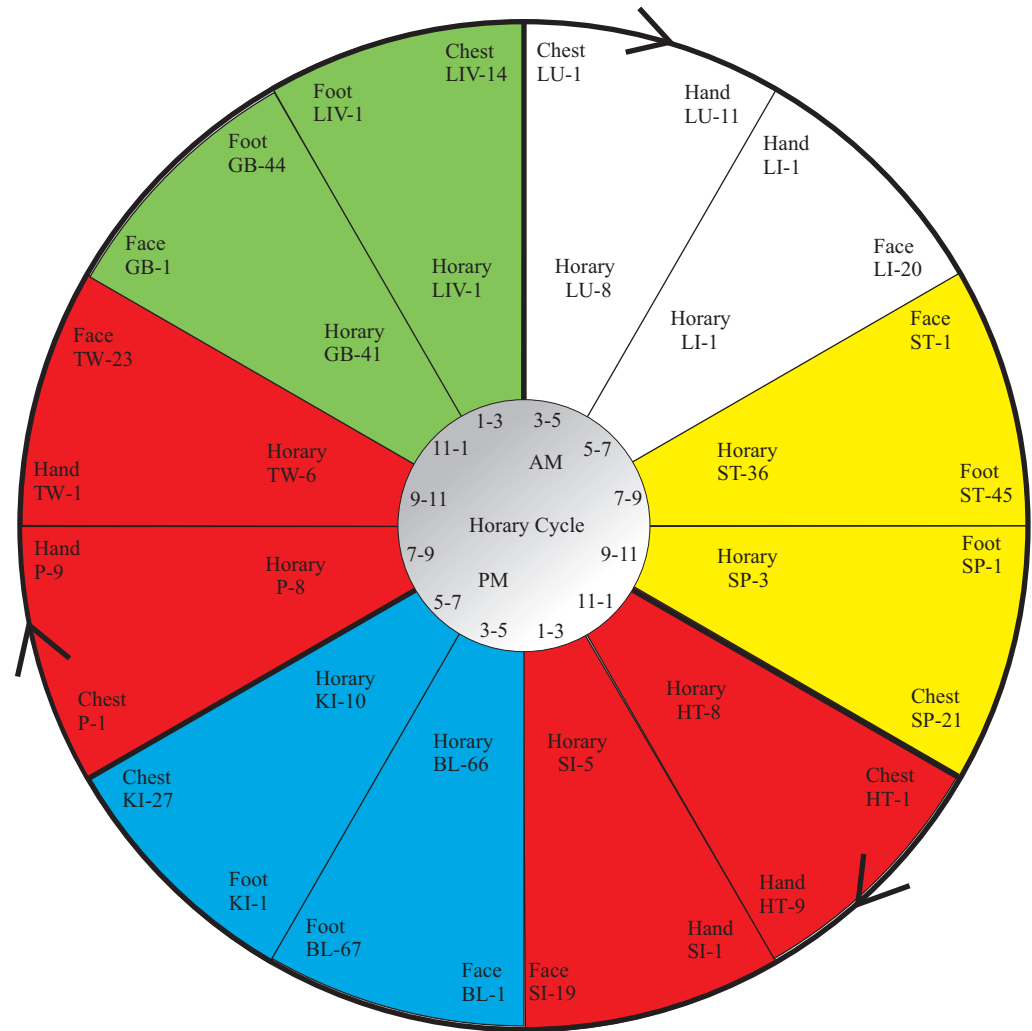
Associated points (back-shu points)

Lung	BL-13	T3-4
Pericardium	BL-14	T4-5
Heart	BL-15	T5-6
Liver	BL-18	T9-10
Gallbladder	BL-19	T10-11
Spleen	BL-20	T11-12
Stomach	BL-21	T12-L1
Triple warmer	BL-22	L1-2
Kidney	BL-23	L2-3
Large intestine	BL-25	L4-5
Small intestine	BL-27	S1
Bladder	BL-28	S2

Extra Associated points

Governing vessel	BL-16	T7-8
Diaphragm	BL-17	T8-9
Qihai (Sea of Qi)	BL-24	L4-5
Guanyuan (Gate Origin)	BL-26	L5-S1
Zhonglu (Center Spine)	BL-29	S3
Baihuan (White Circle)	BL-30	S4

KI-27 is the associated point for all associated points.



Muscle/Meridian Associations

Lung	deltoids, serratus anticus, levator scapula, coracobrachialis
Large Intestine	hamstrings, tensor fascia lata, quadratus lumborum
Stomach	pectoralis major, biceps brachii, brachialis, brachioradialis, supinator, SCM, pronator teres & quadratus, opponens pollicis & digiti minimi, neck flex/ext
Spleen	lower & middle trapezius, latissimus dorsi, triceps brachii, anconeus
Heart	subscapularis
Small Intestine	Quadriceps, abdominals, flexor digiti minimi brevis
Bladder	Tibialis anterior, peroneus tertius, peroneus longus & brevis, Extensor hallucis longus & brevis, sacrospinalis
Kidney	Psoas, iliacus, upper trapezius
Pericardium	Sartorius, gracilis, adductors, gluteus maximus & medius & minimus, piriformis Gastrocnemius, soleus, tibialis posterior, flexor hallucis longus & brevis
Triple Warmer	Infraspinatus, teres minor,
Gallbladder	Popliteus
Liver	Pectoralis major, rhomboids
Conception Vessel	Supraspinatus
Governing Vessel	Teres major