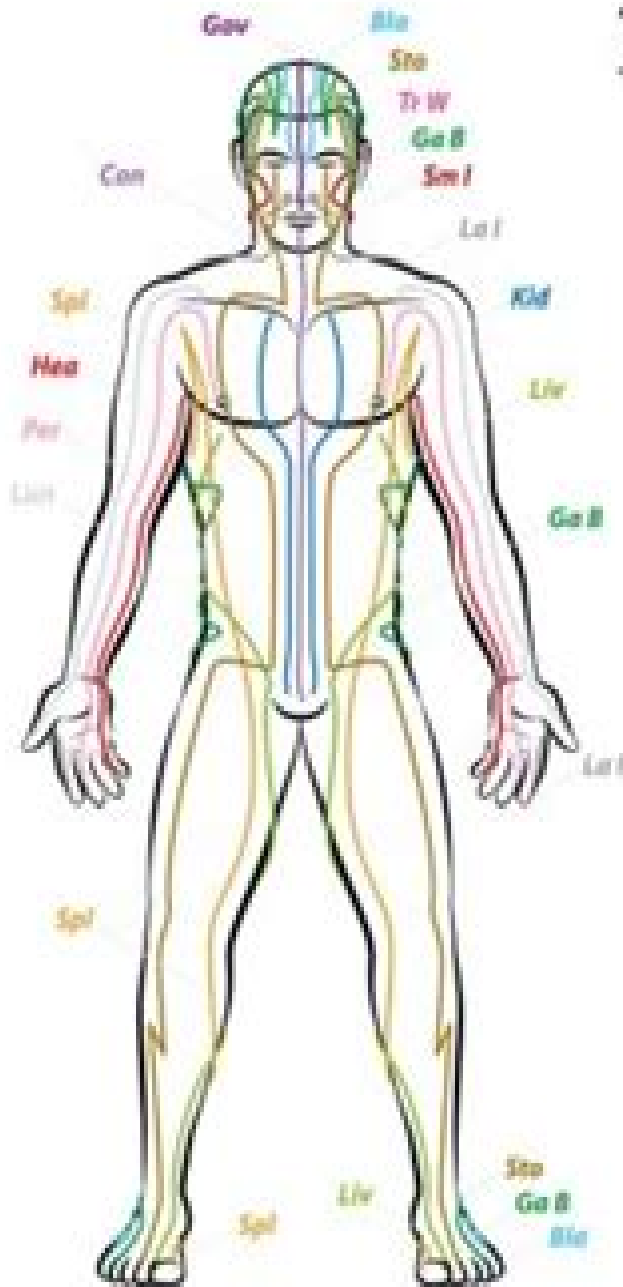


The Body Meridians



anterior view

Two Centerline Meridians:

Conception Vessel
Governing Vessel

Twelve Principal Meridians:

Stomach Meridian

Spleen Meridian

Small Intestine Meridian

Heart Meridian

Bladder Meridian

Kidney Meridian

Pericardium Meridian

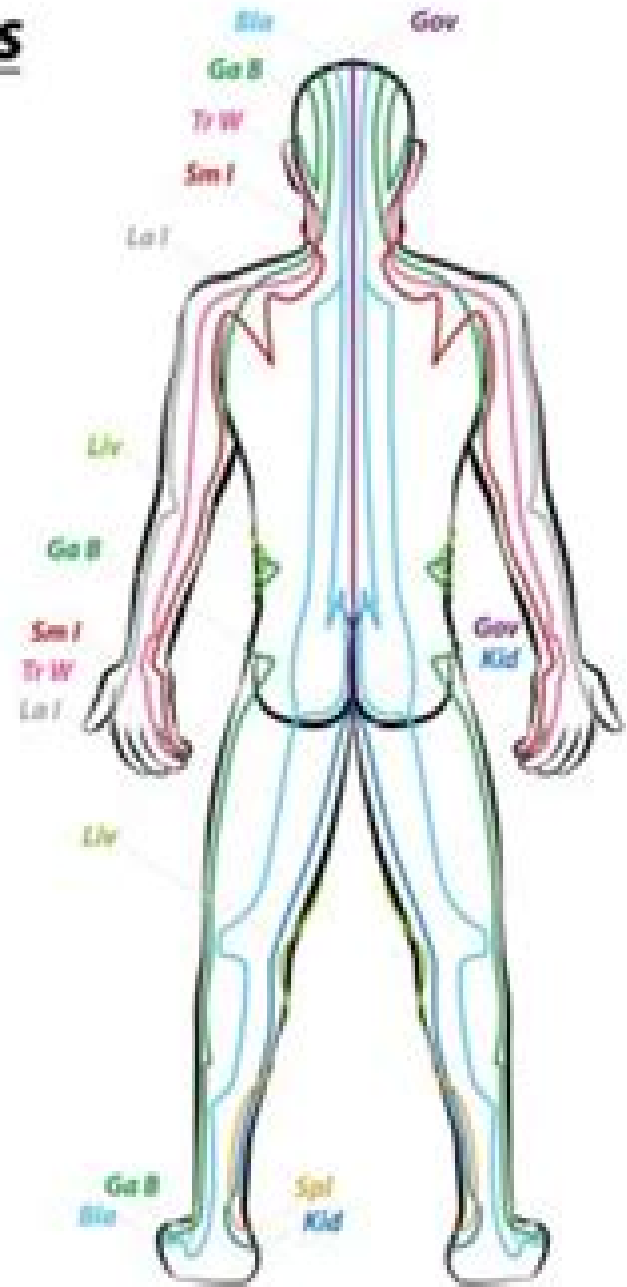
Triple Burner Meridian

Gall Bladder Meridian

Liver Meridian

Lung Meridian

Large Intestine Meridian



posterior view

Selfmassage Along Meridians And Acupoints

Bing Zhu, Hongcai Wang



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Meridians and Stable Water Clusters Shui-Yin Lo, 2013 With thousands of years history and your own experience in using or benefiting from meridian based medical practices you may not feel that you need physical proof of the existence of meridian lines and points However it is the lack of visual proof that has kept the Western health community including the insurance companies from fully accepting the practices of the East like acupuncture and acupressure Those who understand meridian theory know that it is not just the ability to help heal that is important in Eastern practice but the focus on health maintenance through maintaining the flow of energy throughout the body There are many people trying to establish the proof of meridian theory and this book contributes to this goal by presenting a sample of the work of Dr Shui Yin Lo who uses infrared photography in his research and has discovered its ability to reveal easily the 14 major meridians in Eastern meridian theory We all know that we need a more efficient and cost effective approach to medical care and this book will provide a major steppingstone towards that goal *Meridians and Acupoints* Bing Zhu, Hongcai Wang, 2011-02-15 An in depth understanding of the meridians and acupoints lies at the heart of effective practice in traditional Chinese medicine This book outlines everything that practitioners and students need to know **Acupressure Meridian Atlas** Sam McClellan, 2022-08-12 An atlas of acupoints designed for bodyworkers Includes descriptions of all acupoints their location and their traditional use along with charts of all twelve organ meridians and including all eight extraordinary meridians seldom seen in acupuncture charts Why use an acupressure atlas instead of an acupuncture atlas Bodywork is different from needling Acupuncture charts are designed for finding the precise location of the acupuncture points but an acupuncturist doesn't need to know the exact location of the meridian itself Because of this most acupuncture charts show a simplified version of the path of the meridian In acupressure along with working on points we typically trace massage along the course of a meridian to clear blockages and promote Qi flow The Acupressure Atlas charts include the actual course of each meridian including the branch pathways not included in most acupuncture charts Similarly an acupuncturist has no need to locate the six extraordinary meridians that have no points of their own but in acupressure it can be very helpful to trace these meridians In addition the normal method of measurement in acupuncture is the cun a measurement based on the width of the thumb at the first joint This makes sense if you are measuring where to put a needle But in acupressure we are measuring from one finger placement to another Measuring the distance between points in this way removes your fingers from the points which doesn't make sense For this reason point locations are shown in finger distances where you have your fingertips on each point [Acupressure Points to Treat Common Diseases](#) Sujin Chen, 2019-05-16 There are hundreds of acupressure points in our body Putting physical pressure on the right acupressure points one can not only relieve the stress and tension but can also help prevent various diseases This book based on the Chinese national standard Acupoints and the World Health Organization International Acupuncture Point Name according to the meridian relationship the commonly used

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