

- The main channels for energy flow are called meridians.
- There are twelve main meridians that run through each organ or body part. When healthy, energy flows unrestricted along these meridians.
- Meridians can absorb energies from the outside of the body.
- These twelve main meridians run vertically.
- The yang meridians run from top downwards on the right side of the body while the yin meridians run from bottom upwards on the left side.

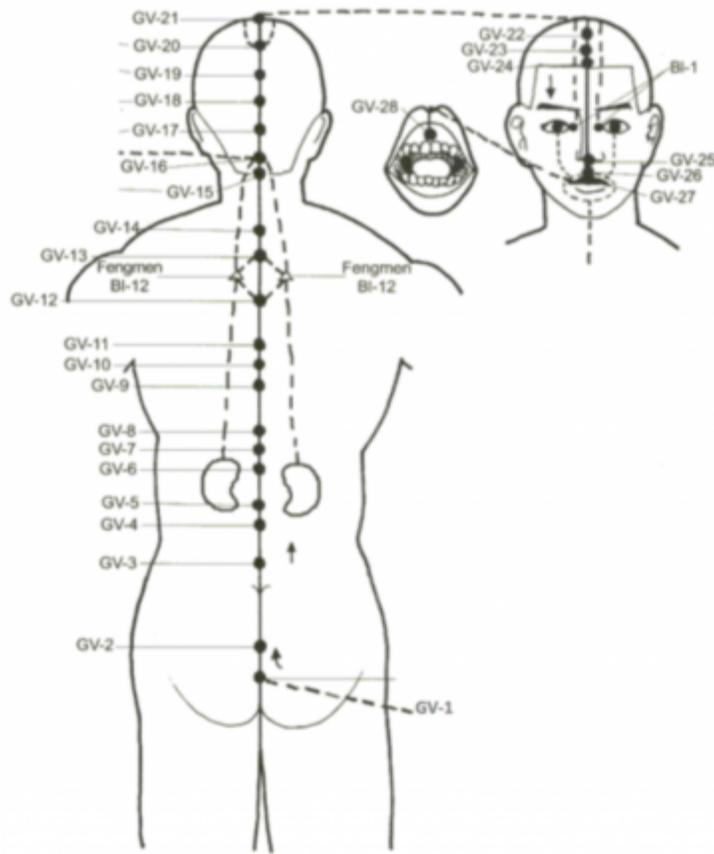
The Main Meridians influence the following Conditions and Ailments:

1. **The Lung Meridian:** Chest, lungs, throat, upper limbs, fever.
2. **The Large Intestine Meridian:** Head, face, eyes, nose, mouth, teeth, throat, upper limbs, fever conditions.
3. **The Stomach Meridian:** Head, face, mouth, teeth, throat, stomach, intestines, and the lower limbs, fever conditions, disruption of cooperation between senses.
4. **The Spleen and Pancreas Meridian:** Stomach region, in digestive organs, urine and sex organs, lower limbs, conditions of low temperature.
5. **The Heart Meridian:** Chest, heart, the upper limbs, disruption between senses.

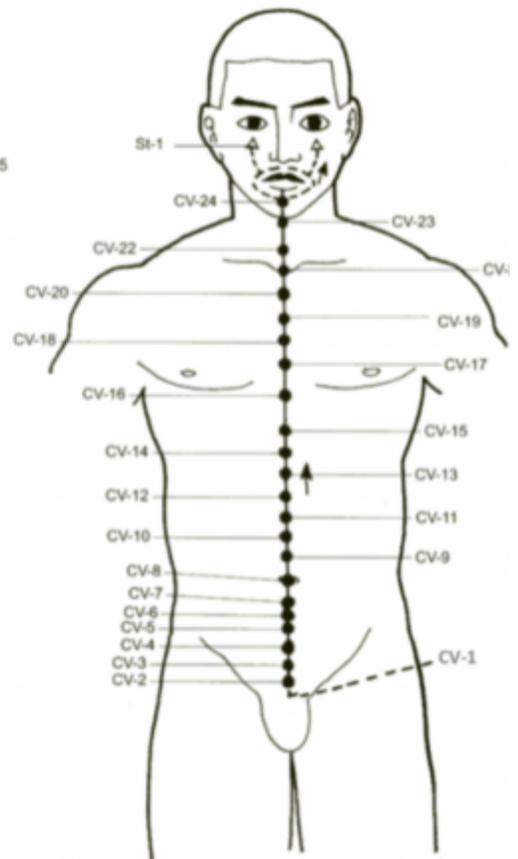
6. **The Small Intestine Meridian:** Head, neck, eyes, ears, throat, and the upper limbs, fever conditions, mental disorders.
7. **The Bladder Meridian:** Ailments of head, neck, eyes, back, lower limbs, lower part of body, fever conditions, mental disorders.
8. **The Kidney Meridian:** Lungs, throat, stomach, intestines, urine and sex organs, of the lower limbs; also fever conditions
9. **The Pericardium Meridian:** Chest, heart, stomach, upper limbs, disruption in cooperation between senses.
10. **The Triple Heater Meridian:** Head, ears, throat, upper limbs, fever, mental disorders.
11. **The Gall Bladder Meridian:** Sides and top of the head, eyes, ears, rib area, stomach, mouth top area, lower limbs, fever conditions.
12. **The Liver Meridian:** Stomach, urine and sex organs, lower limbs, mental disorders.

The two main channels: Up the back – down the front

Holding the Tongue to the point behind the upper teeth connects the flow between them.



1. Governing ↑



2. Conception ↓