

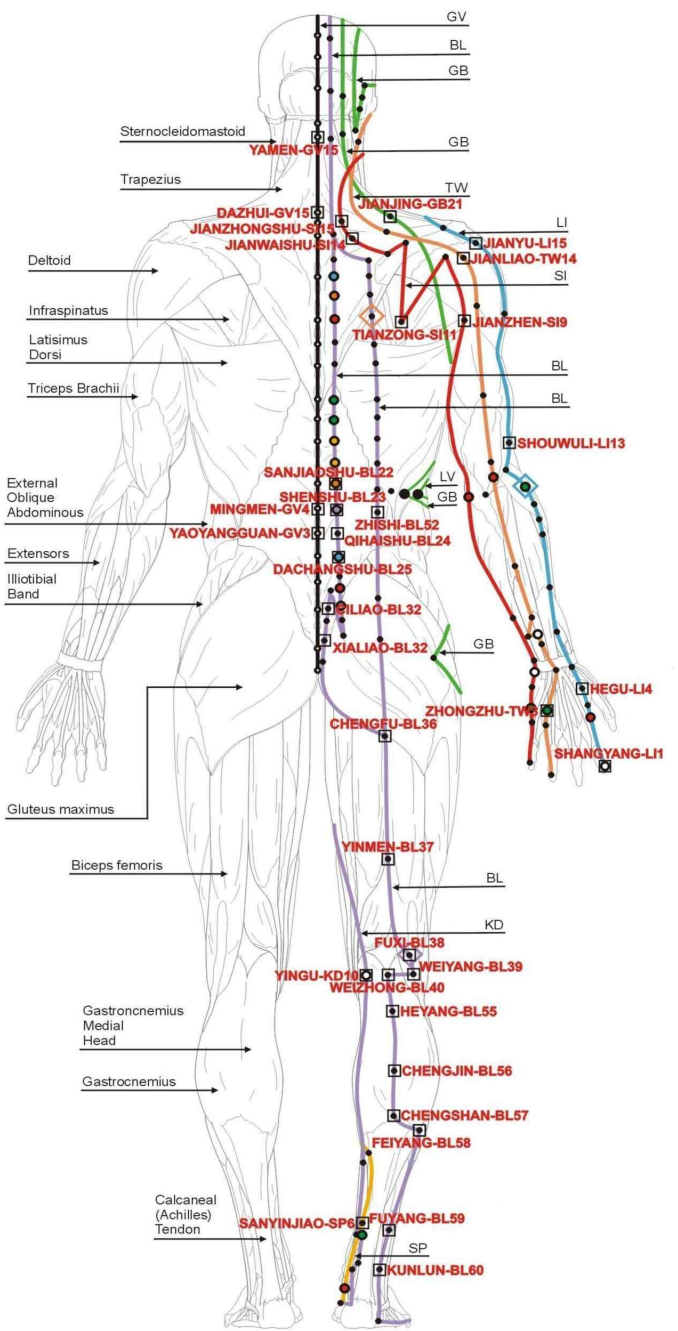
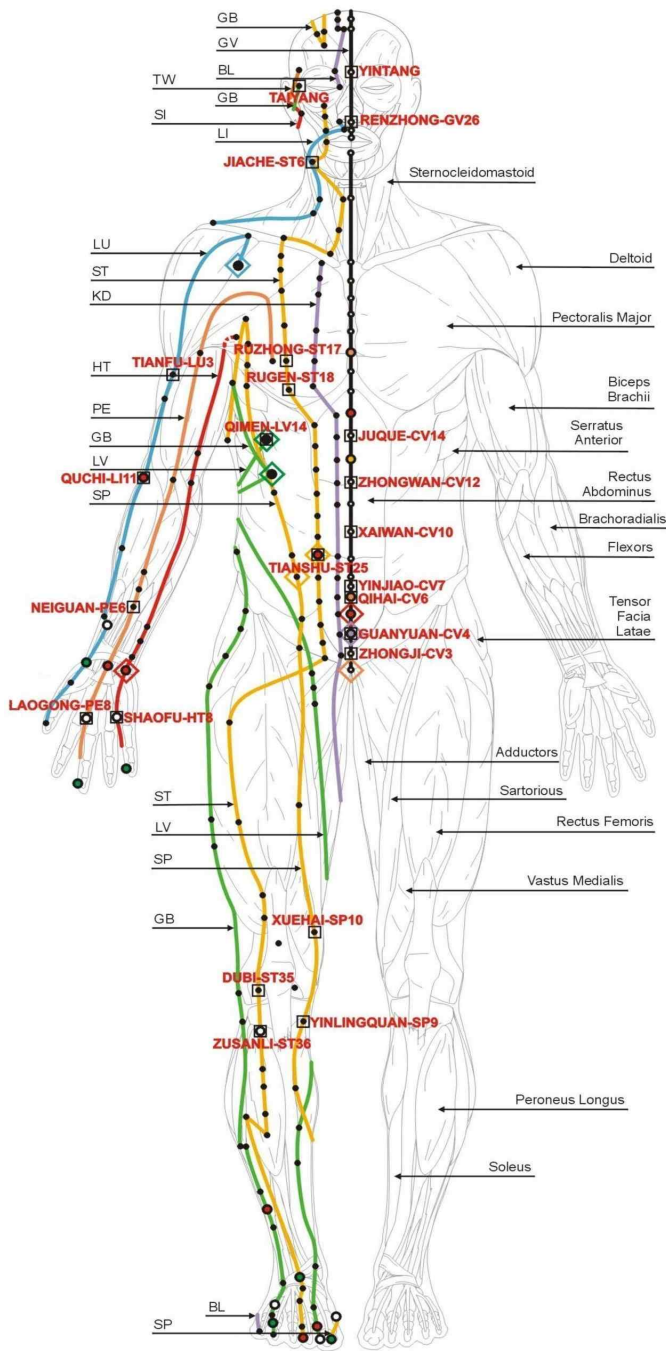
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# Human body meridians



## ANTERIOR VIEW

LEFT - YIN SUPERFICIAL MERIDIANS  
RIGHT - SUPERFICIAL MUSCULATURE

### ARM YIN MERIDIANS & SHICHEN

LU - LUNG MERIDIAN 3 - 5 AM  
HT - HEART MERIDIAN 11 AM - 1 PM  
LV - LIVER MERIDIAN 1 - 3 AM  
CV - CONCEPTION VESSEL (CENTERLINE)

### LEG YIN MERIDIANS & SHICHEN

SP - SPLEEN MERIDIAN 9 - 11 AM  
KD - KIDNEY MERIDIAN 5 - 7 PM  
PE - PERICARDIUM MERIDIAN 7 - 9 PM

## POSTERIOR VIEW

LEFT - SUPERFICIAL MUSCULATURE  
RIGHT - YANG SUPERFICIAL MERIDIANS

### ARM YANG MERIDIANS & SHICHEN

LI - LARGE INTESTINE MERIDIAN 5 - 7 AM  
TW - TRIPLE WARMER 9 - 11 PM  
GV - GOVERNING VESSEL (CENTERLINE)

### LEG YANG MERIDIANS & SHICHEN

ST - STOMACH MERIDIAN 7 - 9 AM  
BL - BLADDER MERIDIAN 3 - 5 PM  
GB - GALL BLADDER MERIDIAN 11 PM - 1 AM



## LEGEND

- WOOD PHASE MERIDIAN
- 1ST FIRE PHASE MERIDIAN
- 2ND FIRE PHASE MERIDIAN
- EARTH PHASE MERIDIAN
- METAL PHASE MERIDIAN
- WATER PHASE MERIDIAN
- PRIME VESSEL

- STIMULATION ACUPRESSURE POINT
- SEDATION ACUPRESSURE POINT
- ELEMENTAL ACUPRESSURE POINT\*
- ALARM ACUPRESSURE POINT
- YU (ASSOCIATED) ACUPRESSURE POINT
- SUPERFICIAL ACUPRESSURE POINT
- \*SHICHEN MERIDIAN STRIKING POINT
- ◇ SHICHEN ZANFU 12 HOUR VITAL STRIKING POINT

## WRIST PULSE

- LEFT
- HT / LI
- LV / GB
- KD / BL

- RIGHT
- DEEP / SUPERFICIAL
- LU / LI
- SP / ST
- KD / PE - TW

- GENERAL USE STRIKING POINTS

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