

Acupuncture Meridian System

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

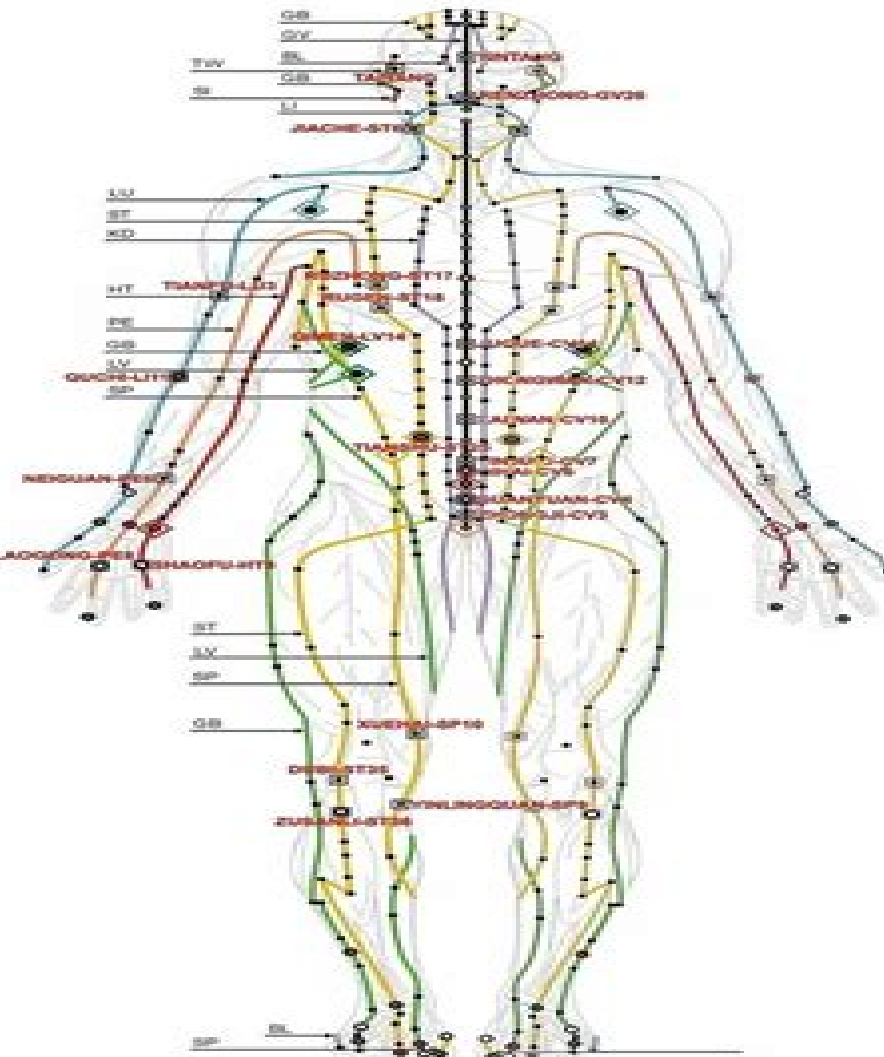
CV - CONCEPTION VESSEL (CENTERLINE)

LEG YIN MERIDIANS & SHICHEN

SP - SPLEEN MERIDIAN 9 - 11 AM

KD - KIDNEY MERIDIAN 5 - 7 PM

PC - PERICARDIUM MERIDIAN 7 - 9 PM



LEGEND

- WOOD PHASE MERIDIAN
- 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
DEEP / SUPERFICIAL
HT / LU
LV / KD
KD / BL

RIGHT / SUPERFICIAL
LU / LI
SP / ST
KD / PC - TW

□ GENERAL USE STRIKING POINTS

POSTERIOR VIEW

LEFT - SUPERFICIAL MUSCULATURE
RIGHT - YANG SUPERFICIAL MERIDIANS

ARM YANG MERIDIANS & SHICHEN

LI - LARGE INTESTINE MERIDIAN 5 - 7 AM

SI - SMALL INTESTINE 1 - 3 PM

TW - TRIPLE BURNER 9 - 11 PM

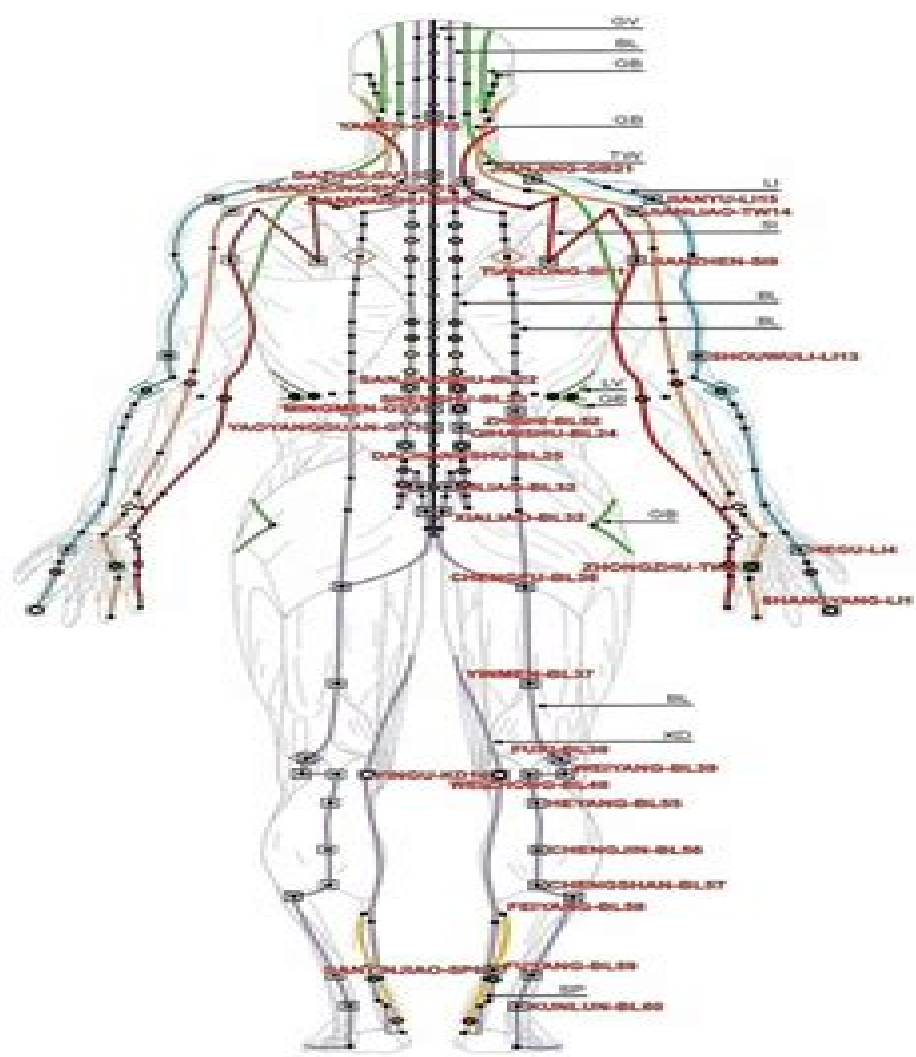
LEG YANG MERIDIANS & SHICHEN

ST - STOMACH MERIDIAN 7 - 9 AM

BL - BLADDER MERIDIAN 2 - 5 PM

GB - GALL BLADDER MERIDIAN 11 PM - 1 AM

GV - GOVERNING VESSEL (CENTERLINE)



Atlas Of Acupuncture Points Acupuncture Charts Meridian

Sam McClellan



Atlas Of Acupuncture Points Acupuncture Charts Meridian:

Atlas of Veterinary Acupuncture Charts H. Grady Young, 1983 **Acupressure Meridian Atlas** Sam McClellan, 2022-08-12 An atlas of acu points designed for bodyworkers Includes descriptions of all acu points 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 **Veterinary Acupuncture** Alan M. Klide, Shiu H. Kung, 2002-09-20 A resource for veterinarians interested in alternative medical treatments for animals **The Atlas of the New Age** Gerry Thompson, 1999 A one of a kind encyclopedic survey of the world's many spiritual and mystical traditions from astrology to feng shui 350 full color illustrations [The Acupuncture Handbook: A Complete Guide to Diagnosis and Treatment](#) Kysen J. Bland, 2023-01-01 Discover the ancient art of acupuncture and its modern day applications The Acupuncture Handbook A Complete Guide to Diagnosis and Treatment is your ultimate resource to unlock the healing potential of acupuncture Discover the ancient art of acupuncture and its modern day applications and learn how to balance your body's energy to promote overall wellness This comprehensive guide covers a wide range of topics including the history and philosophy of acupuncture the concept of Qi and meridians acupuncture techniques and tools and the science behind acupuncture's effectiveness With chapters on pain relief emotional and mental health digestive issues respiratory health women's and men's health sleep and insomnia immune system support weight management skin health addiction and recovery sports performance aging and longevity and many more this book provides a complete roadmap to achieve optimal health with acupuncture This book also includes personal stories from experienced practitioners and patients frequently asked questions and tips for finding the right acupuncturist and preparing for your acupuncture session Whether you're new to acupuncture or an experienced practitioner The Acupuncture Handbook is an essential guide to unlock the transformative power of acupuncture and maintain long term

health benefits Get your copy today and start your journey to a healthier you Table of Contents The History and Philosophy of Acupuncture Ancient roots and cultural significance The development of acupuncture over time Understanding Qi and Meridians The concept of Qi in Traditional Chinese Medicine TCM The meridian system and its role in acupuncture Acupuncture Techniques and Tools Different types of acupuncture needles Moxibustion cupping and other complementary techniques The Science Behind Acupuncture Current research and understanding of acupuncture s effectiveness Debunking common acupuncture myths Acupuncture for Pain Relief Treating headaches and migraines Managing chronic pain conditions Acupuncture for Emotional and Mental Health Reducing stress and anxiety Treating depression and mood disorders Acupuncture for Digestive Issues Addressing gastrointestinal disorders Promoting healthy digestion Acupuncture for Respiratory Health Treating asthma and allergies Supporting lung health Acupuncture for Women s Health Addressing fertility and menstrual issues Easing menopause symptoms Acupuncture for Men s Health Supporting prostate health Enhancing sexual health and performance Acupuncture for Sleep and Insomnia Understanding the connection between sleep and TCM Techniques for improving sleep quality Acupuncture for Immune System Support Strengthening immunity and overall wellness Managing autoimmune conditions Acupuncture for Weight Management Understanding the role of TCM in weight control Techniques for promoting healthy weight loss Acupuncture for Skin Health Treating common skin issues Promoting healthy radiant skin Acupuncture for Addiction and Recovery Supporting detoxification and withdrawal Addressing cravings and relapse prevention Acupuncture for Athletes and Sports Performance Enhancing athletic performance Accelerating injury recovery Acupuncture for Aging and Longevity Promoting healthy aging Addressing age related health concerns Choosing the Right Acupuncturist What to look for in an acupuncture practitioner Tips for finding the right fit Preparing for Your Acupuncture Session What to expect during your first appointment Tips for maximizing treatment benefits The Future of Acupuncture and Integrative Medicine The growing role of acupuncture in healthcare The future of research and innovation in the field Frequently Asked Questions About Acupuncture Common misconceptions and concerns Answers from experienced practitioners Personal Stories Acupuncture Success Stories Real life experiences of acupuncture patients The transformative power of acupuncture treatment Unraveling the Mysteries of Acupuncture A User s Guide to the Magic The Light hearted Side of Healing The Acupuncture Encounter with ChatGPT Acupuncture for Children and Adolescents Adapting acupuncture treatments for younger patients Addressing common childhood health issues Acupuncture for Pregnancy and Postpartum Care Supporting a healthy pregnancy Easing postpartum recovery Acupuncture for Chronic Fatigue and Energy Boost Understanding the TCM perspective on energy and fatigue Techniques for revitalizing energy levels Acupuncture for Eye Health Addressing common eye conditions Supporting vision and overall eye health Acupuncture for Dental and Oral Health Treating TMJ tooth pain and other oral health issues Promoting overall dental well being Acupuncture for Animal Health Understanding veterinary acupuncture The benefits of acupuncture for pets Acupuncture and

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relationship to myology specific trigger point location and activation and palpatory skill building techniques Subsequent sections provide detailed information on each muscle to teach clinicians to locate quickly and accurately individual points of pain and compensation A visual index allows easy identification of the muscles that may be involved Trigger Point Therapy for Myofascial Pain provides necessary and invaluable information for sufferers and any professional involved with myofascial disorders Acupuncture & Electro-therapeutics Research ,1994

Natural Remedy Book for Dogs and Cats Diane Stein,2012-10-31 Fifty common pet ailments and the natural methods and remedies optimal to support their treatment are arranged in alphabetical order The book includes a thorough discussion of several natural healing modalities and how they are used for pets The methods of treatment include nutrition naturopathy vitamins and minerals herbs homeopathy acupuncture acupressure flower essences and gemstones Each method is discussed for each of the fifty illnesses Many people use natural healing for themselves but wonder how to use it for their dogs and cats This book is a comprehensive answer to that question Use it with Diane Stein s books Natural Healing for Dogs and Cats and The Holistic Puppy

American Journal of Acupuncture ,1978 REFLEXOLOGY on the FRONTSIDE with the MU - points of the acupuncture system Ewald Kliegel,2015-01-15 In addition to clear signs of organic disorders on the chest is the protected area of our emotions It shows the manner in which physical issues are associated with unresolved emotions The ancient Chinese practice of acupuncture confirms this map of emotions The basis of this reflexology are the assignments of the segmental dermatomes which were first described by Sir Henry Head in 1893 and since then they have experienced a continuous development These points of traditional Chinese medicine may well be considered as somatotopic organ related reflexology points The acupuncturist Bachmann indicated already in 1959 that the respective alarm point is not usually on the organ associated meridian but always close to the locations of the concerned organ The peculiarity of these points is that they are one of the earliest alarm for regulatory disorders of organs long before we can register something by other diagnostic techniques Dear friends of reflexology thank you for your interest in my reflexology charts which have proven their effectiveness in nearly three decades The charts of the maps of health represent the organs as icons This offers a symbolic language which allows an orientation at a glance in all reflexology systems The reflexology charts with their descriptive illustrations provide you with a useful aid for your treatments Additionally you can use the result sheets for documentation of your experiences Joy and success with reflexology Ewald Kliegel Association for Meridian Energy Therapies Yearbook 2003 Silvia Hartmann,2003-03 The AMT is at the forefront of education and information about the new Energy Psychology and Meridian and Energy Therapies approaches This Yearbook is an invitation to join us in this field of healing with introductions to techniques explanations of terms and referrals to practitioners and trainers **Animal Acupuncture: Exploring the Healing Art** Pasquale De Marco,2025-04-25 Discover the profound healing power of acupuncture for animals in this comprehensive guide Animal Acupuncture Exploring the Healing Art Embark on a journey

through the ancient origins and fundamental principles of acupuncture gaining insights into the art of point selection and diverse treatment modalities Unveil the secrets of traditional acupuncture techniques mastering the skills of manual acupuncture electroacupuncture and laser acupuncture Explore the innovative frontiers of modern acupuncture including dry needling auricular acupuncture aquapuncture and shockwave therapy Witness how acupuncture seamlessly integrates with Western veterinary medicine enhancing overall animal care Delve into the scientific evidence supporting acupuncture's efficacy examining clinical studies and research findings that validate its effectiveness in treating a wide range of conditions Discover how acupuncture alleviates pain addresses musculoskeletal disorders manages neurological and respiratory issues and promotes overall well-being in animals Learn to navigate the world of animal acupuncture assessing the suitability of acupuncture for different animals preparing them for treatment sessions and ensuring their safety and comfort Cultivate a strong client acupuncturist relationship fostering open communication and trust Master the art of acupuncture through continuous education clinical practice and skill development Hone your techniques refine your approach and communicate effectively with animals and their owners Uphold the highest standards of professionalism and ethics adhering to regulatory guidelines and maintaining a commitment to lifelong learning Join the growing community of veterinarians animal acupuncturists and pet owners who are embracing the transformative power of acupuncture in animal healthcare

Animal Acupuncture Exploring the Healing Art is your essential guide to harnessing the healing art of acupuncture bringing relief vitality and well-being to the animals you serve If you like this book write a review on Google Books

Summary of Donna Finando's Trigger Point Therapy for Myofascial Pain Everest Media, 2022-05-16T22:59:00Z Please note This is a companion version not the original book

Sample Book Insights

- 1 The three types of muscles are skeletal muscle visceral muscle and cardiac muscle Skeletal muscle is the primary focus of this manual It is responsible for supporting the body and contracting to produce movement Postural or tonic muscles produce a sustained partial contraction of the muscle which does not produce movement of the skeletal attachments
- 2 Skeletal muscles both phasic and tonic are extremely vulnerable to injury due to overuse and the wear and tear of daily life However this musculature is often overlooked as a major source of physical pain and dysfunction
- 3 The muscles that are most commonly affected by trigger points are the sternocleidomastoid upper trapezius levator scapulae infraspinatus thoracolumbar paraspinals quadratus lumborum gluteus medius and gluteus minimus
- 4 Latent trigger points are far more common than active ones and are typically found in the muscles that are constantly contracted due to the person's normal posture They can become active through a number of circumstances such as acute overload chronic overload or overwork fatigue trauma or compression or chilling

Clinical Reflexology Denise Tiran, Peter A. Mackereth, 2010-12-01 Clinical Reflexology takes the practitioner on a journey of examination critical review and debate prior to making recommendations for best practice in reflexology The phenomenal rise in interest by health professionals in Complementary and Alternative Medicine CAM and in particular touch therapies has led to a need for texts

that relate and integrate theory and practice to health care settings Clinical Reflexology does this expanding and exploring concepts introduced in the first edition Many CAM books have been written for therapists working in private practice but many of these practitioners are also now working in healthcare settings This book allows both groups to facilitate the greater integration of clinical reflexology in clinical practice The book is divided into two sections The first deals with key themes including an up to date review of the research evidence and appropriate methodology safe and supported practice and integration issues All these themes are explored and discussed utilizing the available literature analysis of models and concepts and are related specifically to health care practice The second section focuses on the clinical application of reflexology and how it can be best adapted to the context The contributors are committed pioneers in their field with a track record of integrating reflexology within clinical settings Many are teachers coordinators of therapy services and supervisors

ABOUT THE AUTHORS Dr Peter Mackereth is the Clinical Lead for Complementary Therapies and Smoking Cessation Services at The Christie NHS Foundation Trust Manchester He is a registered nurse and has worked in intensive care neurology and oncology Peter has an MA in Medical Ethics and has completed a PhD project examining reflexology vs relaxation training for people with Multiple Sclerosis An author and renowned speaker Peter has held academic post in number of universities most recently as Reader in Integrative Health at the University of Derby Denise Tiran a midwife lecturer and reflex zone therapist is an internationally acclaimed authority on complementary therapies in pregnancy and childbirth She is Director of Expectancy the leading provider of professional education on the safe use of complementary therapies in maternity care including a special pregnancy course for reflexologists Her latest book Reflexology for Pregnancy and Childbirth was published in January 2010

The Treatment of Disease by Acupuncture Felix Mann, 1974 **Books for Inner Development** Cris Popenoe, 1976 **REFLEXOLOGY on the BACK with the SHU - points of the acupuncture system** Ewald Kliegel, 2015-01-15

These reflexology zones indicate how far an organ system is stressed beyond its performance limits and the signs in the zones give us warning signals mostly in the form of swelling or retractions Both conditions can be influenced by specific massages The basis of this reflexology system are the assignments of the segmental dermatomes which were first described by Sir Henry Head in 1893 and since then they have experienced a continuous development The SHU points of the Traditional Chinese Medicine lie next to the spine on the so called bladder meridian Since they are on the level of the concerned organs the acupuncturist Bachmann said already in the 50ies that there may be segmental explanations Moreover the fact that these points react painful on pressure at disorders of organs characterize the SHU points as a somatotopic alignment system Dear friends of reflexology thank you for your interest in my reflexology charts which have proven their effectiveness in nearly three decades The charts of the maps of health represent the organs as icons This offers a symbolic language which allows an orientation at a glance in all reflexology systems The reflexology charts with their descriptive illustrations provide you with a useful aid for your treatments Additionally you can use the result

sheets for documentation of your experiences Joy and success with reflexology Ewald Kliegel

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web 8 2 1 1 hexagonal nut the upper corners of this nut are rounded off or chamfered the chamfering is generally conical the angle of chamfer is 30 or 45 with the base of the nut due to chamfering an arc is formed on each vertical face and a circle is formed on the top surface of the nut

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web a hex key also hex wrench allen key and allen wrench or inbus is a simple driver for bolts or screws that have heads with internal hexagonal recesses hex keys are formed from a single piece of hard hexagonal steel rod having blunt ends that fit snugly into similarly shaped screw sockets the rods are bent to 90° forming two arms of unequal

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web head designs that overlap both bolts and screws are the allen or torx heads hexagonal or splined sockets these modern designs span a large range of sizes and can carry a considerable torque rusty hexagonal bolt heads the american institute of steel construction 13th edition steel design manual section 16 1 chapter j 3 specifies the

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web the formula used to calculate the bolt area is as follows bolt area $ba = 0.7854 d^2 n$ in this formula d represents the bolt diameter in inches and n represents the number of threads per inch the bolt area is calculated by subtracting 0.9734 divided by the threads per inch from the bolt diameter and then squaring the

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web proximate joint and bolt stiffness is outlined in paragraph 5 0 the slope of the force angle of turn relationship can be represented by the following equation where k_b bolt spring rate lb/in k_c joint spring rate lb/in

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web jun 3 2020 calculation and drawing of hexagon bolt when drawing the bolt connection first calculate the nominal length l of the bolt the length of bolt $l_k m g_1 g_2 b_1$ after calculating the length check the national standard and take the standard length l according to the bolt length series

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web formulas for nut dimensions nuts appendix ii nut type square hex flat hex flat jam hex and hex slotted hex jam hex thick

and hex thick slotted heavy square heavy hex flat heavy hex flat jam heavy hex and heavy hex slotted heavy hex jam see notes
nut size 1 4 thru 5 8 3 4 thru 1 1 2 1 1 8 thru 1 1 2 1 1 8 1 1 4 thru 1 1 2 1 4

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