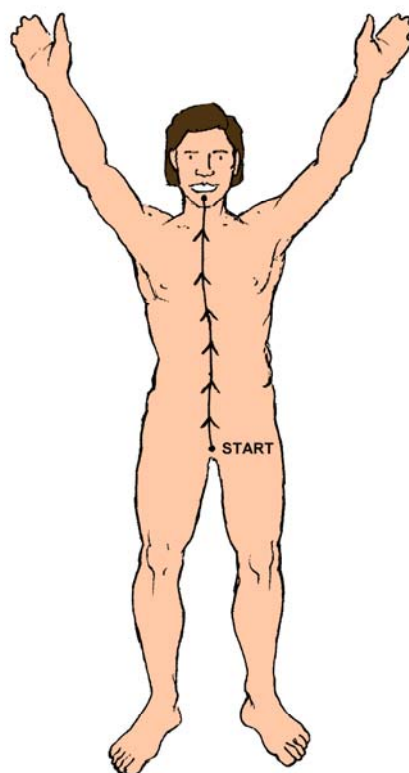
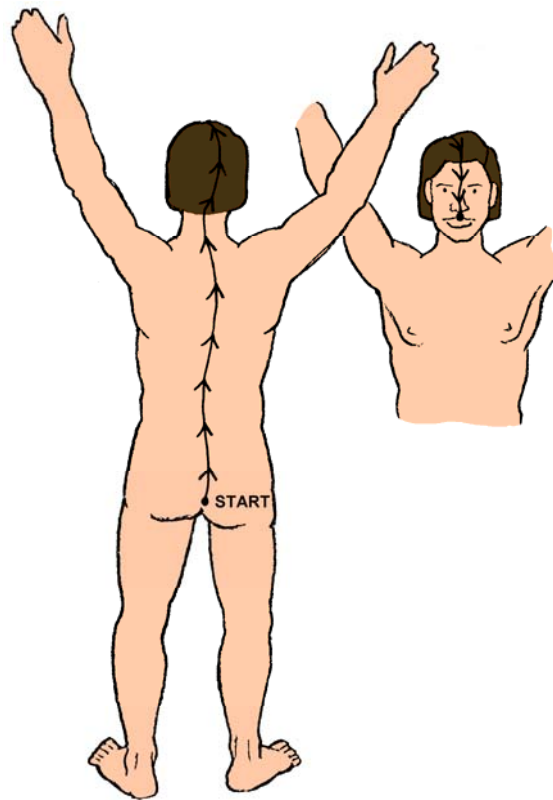


*CENTRAL MERIDIAN/
Conception or Sx (Sex)*



GOVERNING MERIDIAN

Gr or Br = Brain



LUNG MERIDIAN – YIN MERIDIAN

Position: Starts at the clavicle and ends at the back of the thumb towards the index finger.

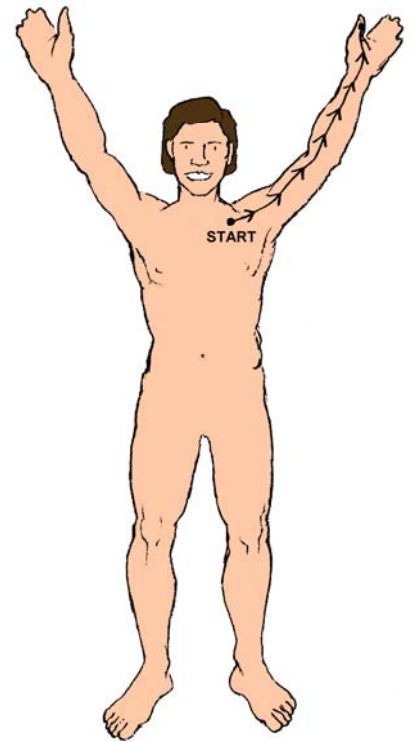
Partner meridian: Large Intestine – Yang

MERIDIAN DISORDERS

- Shoulder pains
- Stiff forearm
- Carpal Tunnel Syndrome
- Wrist disorders
- Arthritis and stiffness of the thumb
- White spots on nails, ridges on nails and whitlows

FUNCTIONS

- Lung regulates respiration, responsible for bringing energy from the air
- Regulates status of body energy
- Governs elimination of CO₂ from the body
- Close relationship with the large intestine
- Imbalance results in chest congestion, coughs and asthma



LARGE INTESTINE MERIDIAN – YANG MERIDIAN

Position: The large intestine meridian starts at the tip of the index finger, crosses the back of the shoulder and ends on the face at either side of the nose.

Partner meridian: Lung – Yin
Lung eliminates carbon dioxide
Large Intestine eliminates solid matter

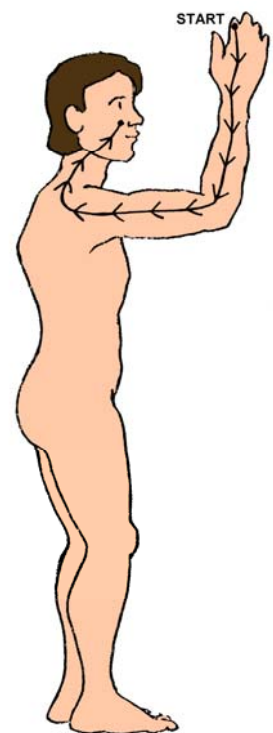
MERIDIAN DISORDERS

- Itchy nose and sores
- Cold sores on lips
- Frozen shoulder and shoulder pain
- Tennis Elbow
- Carpal Tunnel Syndrome
- Arthritis and pain in index finger
- White spots on fingernails
- Ridges on nails, whitlows

FUNCTIONS

Large Intestine/Colon

- Lower tract of the digestive tract, receives and digests food, absorbs nutrients and excess waste.
- If regular elimination does not occur toxins build up. Proper elimination imperative for good health.
- Toxic overload results in disharmony
- Imbalance – abdominal pain, constipation, diarrhoea, bloatedness, acne, boils, headaches and stuffy nose.



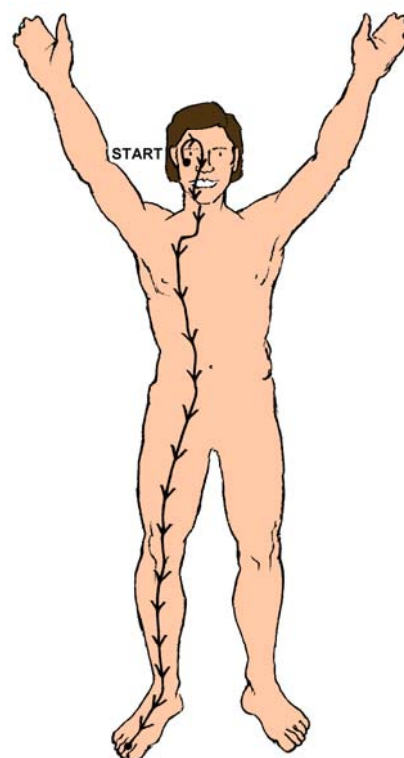
STOMACH MERIDIAN – YANG MERIDIAN

Position: Starts under the eye and curves up the temple, over the eye, down the nose and then continues down the body and ends on the top of the second toe.

Partner meridian: Spleen/Pancreas – Yin

MERIDIAN DISORDERS

- Cheek disorders, broken capillaries, bags and shadows under the eyes.
- Sores in mouth, snoring and dribbling at night and grinding of teeth.
- Throat problems and thyroid disorders
- Breast and nipple soreness, breast lumps and inverted nipples
- Diaphragm disorders (hiatus hernia)
- Liver and gallbladder disorders on right side
- Stomach, pancreas and spleen disorders on left side
- Digestive problems e.g. hernia, constipation, diverticulitis
- Appendix, ovarian problems, blocked Fallopian tubes, infertility
- Thigh pains, knee pains, shin pains and varicose veins
- Corns, fungus on nail, hammertoe



FUNCTIONS

Stomach controls digestion, it holds and digests the food with the help of the pancreas. The nutrients are transformed for the energy and blood to transport it.

- Connected to Earth – food is nourishment.
- Quality of food controls the quality of life.
- Disharmony and imbalance of stomach major cause of illness.