

# Paired Meridians

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The meridian energy system consists of twelve “paired” meridians. They are paired bilaterally and each pair is named after major organs of the body. Meridians balance the flow of energy in the body allowing itself to heal. The element and paired relationships are:



Each element is associated with key traits such as body tissue, color, emotion, season, taste, and sensory organs. There are high and low energy periods along each meridian which take place 12 hours apart. Moving from one meridian to the next, the energy known as Qi (or “chi”, pronounced “chee”) travels in a linear path throughout the body. The meridians are either Yin or Yang meridians (six each). They are paired with one of the five elements of Traditional Chinese Medicine (TCM).

The five elements are Fire, Earth, Metal, Water, and Wood. The one exception is the Fire element. It is linked with four meridians. There are also two non-paired meridians: The Conception Vessel, extending longitudinally on the front of the body, monitors and directs the Yin channels as well as the stomach channel. The Governing Vessel extends longitudinally on the back of the body where it manages the Yang channels. It can be used to increase the Yang energy of the body.

Meridians run close to the skin, superficially, and within the body, internally. Choosing the correct meridian system, the most accurate evaluation method, as well as the most beneficial treatment, will involve the use of feedback systems and other modalities.

Feedback systems analyze each meridian level. These systems establish excess and deficiency which are evaluated before and after administering a specific technique. You can then determine the suitability of the treatment and the effectiveness of the therapy. Theoretically, a variety of methods can be used; including EDS, EAV, Biofeedback devices, Applied Kinesiology, O-ring testing, etc. There are also classical acupuncture approaches and TCM.

# The Chinese Concept of Qi (Energy)

The Chinese Concept of Qi symbolizes life in all its forms:

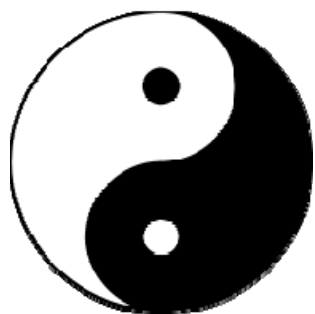
- **Thoughts and emotions**
- **Tissue and blood**
- **Inner life and outer expression**

Qi refers to that which animates life. It is the force or energy that flows through the meridian system. Qi, or life force, invigorates the body and is distinguished by particular functioning systems.

## Yin -Yang

Yin-Yang signifies the ancient Chinese understanding of how things work in the body. Yin (dark) and Yang (light) are equal and opposite of each other. Yang's function is to transform and transport. Yin's function is to conserve. Yang energies are used when transforming food into Qi and transporting them to the needed places. Yin then stores them. Yin and Yang maintain a synergistic relationship. Neither can survive without the other.

Yin organs continually work while Yang organs work only as required. The goal is to maintain a balance between the two. All diseases are caused by disruption in balance, which may be caused by nutritional deficiencies, emotional disturbance, stress, etc.



*Taijitu*, the traditional symbol representing the forces of yin and yang

## Yin –Yang Correspondences

According to traditional oriental therapies, organs have two functions. One is the physical and the other is concerned with the utilization of energy.

Each system has a function and a way of being which enhances the energy of each phase:

<b>SYSTEM</b>	<b>FUNCTION</b>
<b>Liver</b>	Stores the blood and regulates the movement of Qi
<b>Heart</b>	Moves the blood and is the base of consciousness
<b>Spleen</b>	Produces and dispenses nourishment
<b>Lung</b>	Collects and disperses Qi
<b>Kidney</b>	Stores the vital strength

Symptoms of excess materialize during peak hours. Symptoms of deficiency appear during the outgoing wave of Qi. For example, symptoms of Kidney deficiency often appear between 5:00AM -7:00AM. Excess Kidney Qi may show during the peak hours of bladder and kidney function, between 3:00PM -7:00PM.

According to this classic theory, the best time to strengthen the Qi of any channel is just after it peaks, when it has the greatest energy. The best time to disperse Qi is prior to the peak period. In other words, before it accumulates an abundance of energy.

## Organ Relationships

<u>Yin</u>	<u>Yang</u>
Lung	Large Intestine
Spleen/Pancreas	Stomach
Heart	Small Intestine
Kidney	Bladder
Liver	Gallbladder
Heart Governor	Triple Warmer

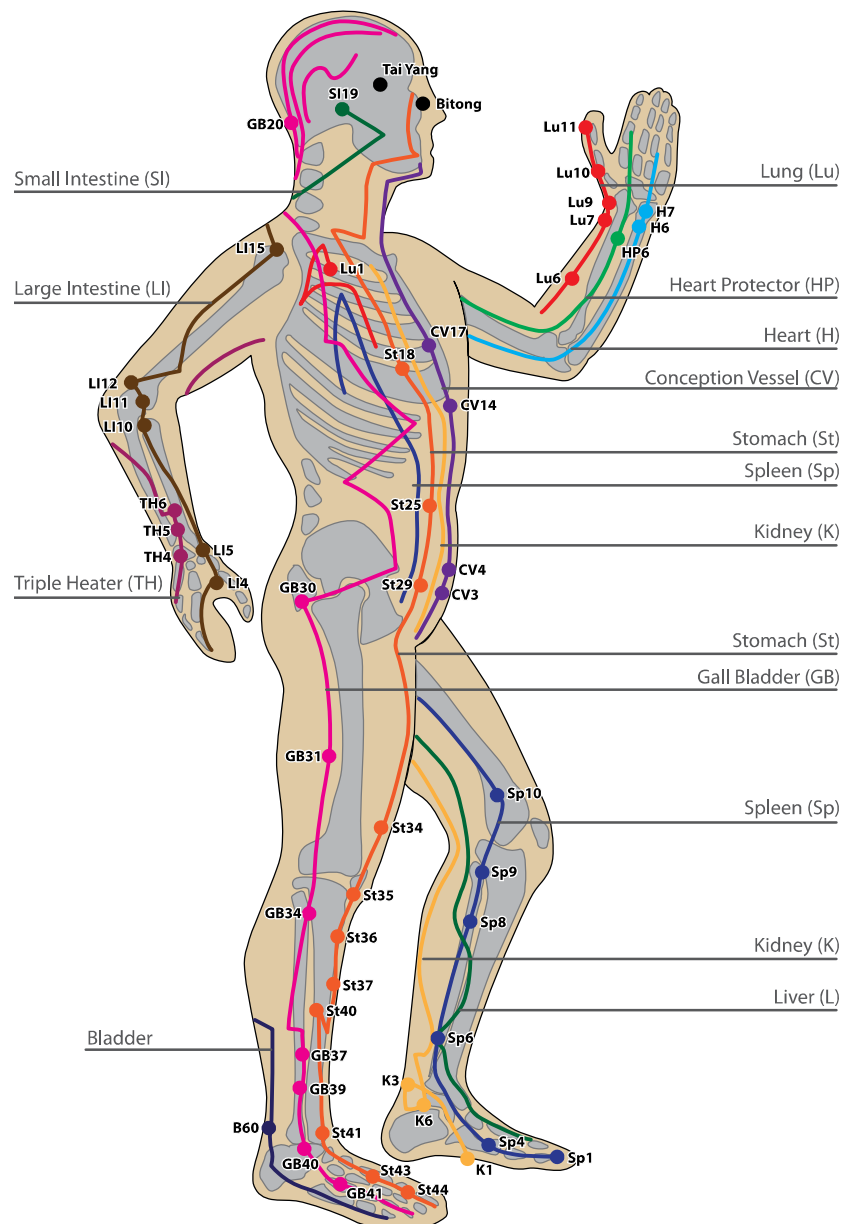
## Yin -Yang Correspondences

<u>Yin</u>	<u>Yang</u>
Blood and metabolic fluids	Qi and metabolic heart
Anabolism	Catabolism
Coldness	Heat
Weakness and depletion	Strength and repletion
Decline/death/gestation	Birth/growth/maturation

## The Meridian System

Traditional Chinese Medicine identifies the Meridian System as a delicate energy system which circulates Qi throughout the body. This transportation method is referred to as channels or meridians.

There are twelve main meridians in the body, six Yin and six Yang. A meridian has a strong impact on blood flow and nervous impulses. Known as Circadian Rhythm, the energy flow in the meridians is constant and changes from one to the next every two hours.



## ORGAN MERIDIAN RELATED TO ORGAN TIME OF DAY 24 HOUR CYCLE

MERIDIAN	RELATED ORGAN	ACTIVE TIME OF DAY	SEDATED TIME OF DAY
Gall Bladder	Gall Bladder	11:00PM – 1:00AM	11:00AM – 1:00PM
Liver	Liver	1:00AM – 3:00AM	1:00PM – 3:00PM
Lung	Lungs	3:00AM – 5:00AM	3:00PM – 5:00PM
Large Intestine	Large Intestines/Kidney	5:00AM – 7:00AM	5:00PM – 7:00PM
Stomach	Stomach/Sinuses	7:00AM – 9:00AM	7:00PM – 9:00PM
Spleen	Spleen/Pancreas	9:00AM – 11:00AM	9:00PM – 11:00PM
Heart	Heart/Spine	11:00AM - 1:00PM	11:00PM - 1:00AM
Small Intestine	Small Intestine	1:00PM - 3:00PM	1:00AM - 3:00AM
Bladder	Bladder	3:00PM - 5:00PM	3:00AM - 5:00AM
Kidney	Ileocecal Valve/Kidney Eyes/Ears	5:00PM - 7:00PM	5:00AM - 7:00AM
Heart, Governor Pericardium	Circulation Sex/Brain	7:00PM - 9:00PM	7:00AM - 9:00AM
Triple-Warmer	Adrenals/Thyroid	9:00PM - 11:00PM	9:00AM - 11:00AM

**From this chart we can tell which organ or organs may be under duress**

Discharges from one of the paired meridians can indicate that the other of the pair is unbalanced. A continually impaired organ will result in discharges.

Discharges can include fevers, headaches, sore throats, coughing, sneezing, watery eyes, nasal discharge, and flu like symptoms. As well, diarrhea, skin irrita-

tions, shivering, fatigue, and chills, are common.

The Pericardium is responsible for the overall state of metabolism within the body. The Triple Warmer is responsible for regulating internal body temperature as it relates to the external temperature.

### Organ Meridian Disruptions

- Liver-Gallbladder problems**    Inability to sleep between 11:00 PM and 3:00 AM
- Bladder-Kidney weakness**    If energy drops in the afternoon around 4:00 PM
- Asthma**    Asthma is especially apparent from 3:00 AM to 5:00 AM

If you have a problem with elimination, use the large intestine time from 5:00 AM to 7:00 AM to establish a regular bowel pattern.

Eating a healthy breakfast is important because the stomach meridian peaks from

7:00 AM to 9:00 AM. To attain the most benefit when taking medication, take them at the time most needed by the body.

Take medications at the time most needed by the body to attain the greatest benefit.

<b>Paired Meridians</b>	<b>Trace Elements</b>	<b>Miasms</b>	<b>Drainers</b>
Lung/Large Intestines	Manganese, Copper, Phosphorus	Tuberculinum	
Liver/Gallbladder	Manganese/Cobalt, Sulfur	Psorium	
Heart/Small Intestines	Gold, Cobalt, Iodine		Kalium Carb
Spleen – Pancreas – Stomach	Manganese/Cobalt, Zinc/Copper, Zinc/Nickel/Cobalt		Mercurius
Kidney/Bladder	Copper/Gold/Silver	Luesinium	

All of the trace elements above are available from DesBio. Kalium Carb is found in the Heart/Small Intestine Paired Meridian Remedy and in the Heart Fatigue Remedy from DesBio. Mercurius is in the Immune Support Remedy from DesBio.

## The Twelve Meridians and their Pairings

Paired meridian functions are strongly connected. Disease in one usually affects the other. The channel corresponding to the Yang organ is often used to treat disorders of its partner Yin organ.

In the limbs, the Yang channels are on the external side, while the Yin channels are on the internal side. The Yang channels are stronger and more resistant to assault, while the Yin channels are much weaker.

### Lungs

The lungs (Yin) and the large intestine (Yang) are paired meridians. The opening is the nose, and the lungs govern skin and hair. When the weather is shifting, the lungs are the first organ to sense the change. The lungs oversee the pores, which is how they assist with the elimination of waste and thermal regulation through sweating. If your lungs are not able to adjust, you will catch a cold. Coughing is the primary symptom of a problem with the lungs.

The lungs are responsible for the body's energy condition and capturing Qi from the air. They also control that part of the liquid metabolism which distributes liquid to the skin. You can increase or decrease your Qi state through breathing. Breathing affects the autonomic nervous system. For example, when you are angry, deep breathing will calm your agitated Qi state. Deep Breathing also enables the lungs to cool heartburn. The lungs are sensitive to emotional changes such as sadness or anger.

NOTE: Qigong is the art of managing one's breathing to achieve and maintain optimal health. It enhances the body's energy and stamina using the process of respiration.

### Large Intestines

The lungs (Yin) and the large intestine (Yang) are considered paired meridians. The main function of the large intestine is water metabolism and the excretion of water. It removes water from the waste material received from the small intestine, delivers it on to the urinary bladder, and expels the solid material as stool.

Many disorders affecting this organ are classified as spleen and stomach patterns. Particular abdominal pains are deemed symptoms of an obstruction of Qi or blood in the large intestine. The Qi circulating around the intestines must not be slow. To smooth the Qi flow in the large intestine and the lungs, control your breathing using deep breathing techniques that will help the bowel normalize.

## **Stomach**

The Stomach (Yang) and the Spleen (Yin) are considered paired meridians. The opening is at the mouth and they control the flesh and limbs.

The stomach accepts the food while the spleen carries nutrients. The stomach, favoring a moist environment, propels food downward. The spleen likes a dry environment and moves substances upward. The stomach is responsible for bringing energetic balance to all five elements.

The majority of stomach disorders are caused from excess. Stomach Fire results in a painful, burning sensation in the stomach, abnormal hunger, bleeding of the gums, constipation, and halitosis. When you are upset, the stomach will not function normally. In Qigong, regulating the mind is the first step to maintaining the stomach in a healthy condition.

## **Spleen**

The Spleen (Yin) and the Stomach (Yang) are paired meridians. The opening is at the mouth and they control the flesh and limbs. The spleen is the main organ of digestion, transporting nutrients and regulating the blood. It is responsible for the conversion of food into sustenance. The spleen maintains blood quality and determines the amount of blood that stays in circulation. It is these white blood cells that give our immune system much of its strength. The spleen is responsible for maintaining healthy muscle tone and helps the kidneys to regulate bodily fluids.

A weak spleen prevents the body from utilizing the food for nourishment. This will cause general lethargy, weakness, and a pale skin tone. The spleen's territory is found in the upper abdomen. Malaise or fullness in that area indicates the spleen is deficient in Qi. Weakness in the spleen will generally result in diarrhea. Insufficiency will be a sign of prolapsed stomach, kidneys, etc. In more serious cases, the spleen Yang Qi will be deficient and result in cold limbs, and abdominal pain that can be alleviated by the warmth of regular hot beverages.

Cold and Dampness irritating the spleen is distinguished by a restricted sensation in the chest and a bloated feeling in the abdomen. Other symptoms may include tiredness, reduced appetite and taste, a cold sensation in the limbs, a dark yellowish hue to the skin, some edema, as well as diarrhea or watery stool. Cold and dampness inhibits the spleen from carrying out its transform and transfer tasks. This results in interference with water metabolism and is one of the derivatives of phlegm.

The spleen is the most difficult organ to regulate. It is believed that if you regulate the Qi in your spleen to a regular and healthy level, you will have seized the key to optimal health and longevity.

## **Heart**

The Heart (Yin) and the Small Intestine (Yang) are paired meridians. The point of entry is the tongue. They control the blood vessels and are reflected in the face.

The main functions of the heart are aligned with the spirit and the blood vessels. The heart oversees the blood vessels and is responsible for moving blood through them. The heart is also associated with the thymus.

The heart stores the spirit and is normally involved with our mental processes. Consequently, common symptoms of heart disorders include emotional distress, faintness, palpitations, shortness of breath, and reduced energy.

Heart excess can result in fever that may be accompanied by disorientation, a weighty pulse, extreme agitation, sleeplessness or recurrent nightmares, a noticeable red face, a red or blistered sore tongue, and a burning feeling during urination.

## **Small Intestine**

The Small Intestine (Yang) and the Heart (Yin) are paired meridians. The point of entry is the tongue. They control the blood vessels and are reflected in the face.

The major function of the small intestine is to separate waste material from the nutrients in food. The nutrient components are distributed throughout the body and the waste is delivered to the large intestine.

The small intestine is associated with the pituitary gland, which regulates growth, metabolism, immunity, sexuality, and the entire endocrine system.

Abdominal breathing exercises benefit the abdomen and intestinal circulation.

## Bladder

The Bladder (Yang) and the Kidneys (Yin) are paired meridians. Their sensory organ is the ear.

The main function of the urinary bladder is to convert fluids into urine and excrete it from the body.

Because of its closeness to the spine, the bladder meridian plays the biggest role in the functioning of the autonomic nervous system.

## Kidneys

The Kidneys (Yin) and the Bladder (Yang) are paired meridians. Their sensory organ is the ear.

The kidneys are one of the most vital organs because they house the Original Essence and are therefore responsible for growth, development, and reproductive functions. In order to protect your natural essence, you must strengthen your kidneys.

In Chinese Medicine the spinal cord and the brain are considered to be marrow and therefore they fall under the control of the kidneys. They play the key role in water metabolism and control the body's liquids. The kidneys extract minerals needed for the body and deliver waste to the bladder for excretion.

Any chronic disorder will usually involve the kidneys. More notably, a disease of the kidneys will usually cause problems in other organs. Symptoms of a deficient kidney include: a weak and aching lower back, ringing in the ears and reduced hearing, ashen or dark face most visible under the eyes. Other common symptoms may include dizziness and thirst, night sweats, and low level fevers. Men have semen reduction and premature ejaculation. Women have little or no menstruation.

Deficient Kidney produces similar ailments in the heart and liver and interferes with spleen and lung tasks. It causes wheezing associated with difficulties in breathing,

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***In order to protect your natural essence, you must strengthen your kidneys***

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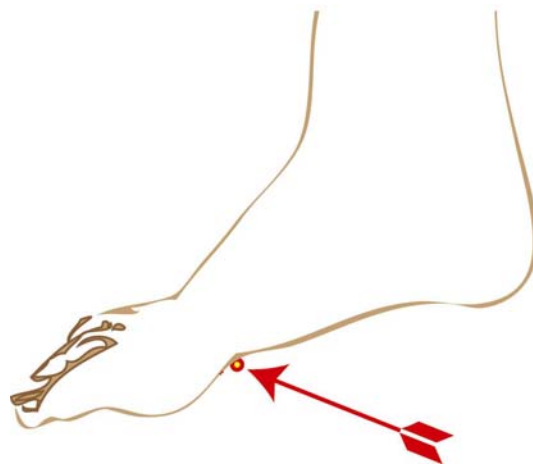
Stress and fear can be harmful to the kidneys. Irrational fears and a lack of willpower can be treated by strengthening the kidneys. Along with the liver and gallbladder, the kidneys can be used to treat memory and negative thinking.

**Examples:** A high salt diet is harmful to the kidneys. Consuming too much eggplant will weaken the kidneys.

The winter season leads to an increase in back pain problems. There are massage techniques and specific exercises to increase Qi circulation in the kidneys.

Because kidney health is associated with emotional well being, the major training of Qigong emphasizes how to regulate the mind so as to regulate the Qi

Yongquan cautie (K-1) is used to regulate the Qi in the kidneys.

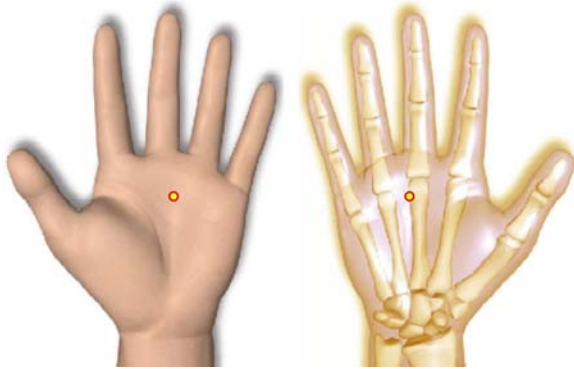


**K -1 Yongquan:** On the sole of the foot, in a depression when the foot is in plantar flexion at the junction of the anterior 1/3 and posterior 2/3 of line connecting base of 2nd and 3rd toes and the heel.

## Pericardium

The Pericardium and Triple Warmer are paired meridians.

The function of the pericardium is to dispel the excess Qi from the heart and direct it to the Laogong cavity (P-8), located in the center of the palm:



The Laogong cavity is used in massage to reduce the body's temperature during a fever.

The purpose of the pericardium is to regulate the Qi in the heart through the Laogong cavity.

Physiological functions can be mentioned with regards to delirium induced by high fever.

## Triple Warmer

The Triple Warmer and Pericardium are paired meridians.

The traditional Chinese image of a pot of water over a fire is the best representation to describe the Triple Warmer. The fire is the sexual and urinogenital systems. The pot itself is the organs of digestion including the spleen, liver and gallbladder due to their involvement in digestion of lipids and other functions. The steam coming off the pot is the circulatory and respiratory systems. This tells us that the triple warmer, in part, is responsible for nearly all bodily functions.

The triple warmer is considered an organ that coordinates all the functions of water metabolism.

One of the most common external exercises is regulating the triple warmer is to lift your hands up above your head and then move them down slowly. These up and down arm movements extend and relax the internal muscles and thereby increase Qi flow.

## Gallbladder

The Gallbladder (Yang) and the Liver (Yin) are paired meridians. The point of entry is the eyes. They control the sinews (muscles and joints) and their health is reflected in the finger and toe nails.

The main function of the gall bladder is storing and excreting the bile produced by the liver.

Together with the heart, the gallbladder is responsible for decision-making.

When the flow of bile is affected you can have pain in the region of the liver, an oppressive sensation of fullness in the abdomen, and yellowish eyes, skin, urine, and tongue.

## Liver

The Liver (Yin) and Gallbladder (Yang) are paired meridians. The point of entry is the eyes. They control the sinews (muscles and joints) and their health is reflected in the finger and toe nails.

The main task of the liver is spreading and regulating Qi throughout the entire body. It's unique character is flowing and free. Therefore, depression or frustration can result in chronic sadness, a bad temper, and a painful swollen sensation in the chest and sides. If this condition worsens it may cause disharmony between the liver and the stomach and/or spleen.

The liver filters, detoxifies, nourishes, and replenishes. It stores blood, glycogen, and assimilates amino acids. The liver is also responsible for storing blood when the body is relaxed. This feature, along its control over the lower abdomen, makes it the most vital organ of a woman's menstrual cycle and sexuality.

The liver can become sluggish after long term depression and frustration. Depression of the liver Qi is the main cause of a number of women's disorders that includes menstrual irregularities and swollen and painful breasts.

When there is a deficiency in liver blood, the liver will not be able to handle the job of moistening. Symptoms may include: dry and painful eyes, blurred or weak vision, and a lack of agility or pain in moving the joints. Other symptoms may include dry skin, dizziness, sporadic or spotty menstruation, irritation, impatience, headache, vertigo, red face and eyes, and a parched mouth.

When the arms are moved up and down, the internal muscles surrounding the liver will be moved and the Qi around the liver will be circulated smoothly.

It is believed that the liver is closely related to your mind. It is also believed that

when your mind is regulated, the Qi circulation in the liver will be normal and therefore the liver will function properly.

The liver is also responsible for our ability to think clearly and our mental drive, ambition and creative thought processes.

The Twelve Meridians and their Pairings: Citations from the book entitled "Chinese Qigong Massage", YMAA Publication Center, Jamaica Plain.

### ***Important Points***

The spleen, liver, and heart are the organs with the most direct relationship with the blood. The spleen filters the blood (modifying the blood's structure), the liver stores the blood, and the heart moves it.

Any problem associated with the blood will involve at least one of these organs. The liver and the kidney are closely related. Their channels cross in many places. The liver stores blood; the kidney stores essence. These substances, both of which are Yin, have a considerable influence on the reproductive functions.

- The heart (upper burner, Fire) and the kidney (lower burner, Water) keep each other in check and are dependent upon one another. The spirit of the heart and the essence of the kidneys cooperate in establishing and maintaining human consciousness.
- The spleen's digestive function is associated with the distributive functions of the liver. Disharmony between these two results in various digestive troubles. The transport and digestive functions of the spleen (also called the Middle Qi) depend upon the strength of the kidney Yang.
- Although the lungs govern Qi, Qi from the lungs must mix with essence from the kidneys before Original Qi can be produced. The lungs govern Qi, the liver spreads Qi, and the kidneys provide its basis.

Important Points: Cited from the book entitled "Chinese Qigong Massage", YMAA Publication Center, Jamaica Plain.

## Summary of Energy Storage and Production

Organs are concerned with the use of energy and are sometimes called an “energetic function”. The organs in bold store energy and are paired with the underlined organs to produce energy and control the removal of waste water. **Bold text** is Yin and stores original Qi and associated with the internal structures. The underlined text is Yang which continuously clears the body of waste and is associated with the exterior of the body of the hollow structures.

**Lungs** - assimilate energy from the air and contribute to mental alertness and positive attitude. The Large Intestine absorbs essential liquids and excretes waste material via the stool. It is also concerned with self-confidence.

**Spleen** - changes the food into energy. It is concerned with mental functions of concentration, thinking, and analyzing. The Stomach prepares food so that nutrients can be extracted and emotionally provides “food for thought”.

**Heart** - assists with blood formation by directing the flow of blood and the blood vessels. It is where the mind is housed and therefore affects awareness, belief, long-term memory and feelings. The Small Intestine breaks food into necessary and unnecessary parts. It is also concerned with decision making.

**Kidneys** - produce energy for the other five paired organs. They also produce energy for reproduction, birth, development, and maturity. They sustain the skeleton and brain and provide willpower and ‘get-up-and-go’. The Bladder stores waste fluids until they are passed as urine. The bladder also gives strength or courage.

**Heart Governor** - is concerned with the flow of blood throughout the body and has a bearing on relationships with others. The Triple Warmer passes Qi around the body and allows an emotional exchange with others.

**Liver** - assists with a regular flow of Qi to achieve the most favorable physiological effects and emotional calmness. Positive feelings, humor, planning and creativity are also connected with the liver. The Gall Bladder holds bile from the liver and passes it to the intestines. It is concerned with decision-making and forward thinking.

# The Governing and Conception Vessels

**Governing Vessel** - begins in the pelvic cavity. An internal branch ascends from the cavity to the kidney. Another internal branch descends to emerge at the perineum and pass through the tip of the coccyx. Ascending along the middle of the spinal column, it reaches the head to penetrate into the brain. The main branch continues over the top of the head, descends across the forehead and nose to end inside the upper gum.

The Governing Vessel is the confluence of all the Yang channels, over which it is said to "govern."

The Governing Vessel governs all the Yang channels, which means that it can be used to increase the Yang energy of the body.

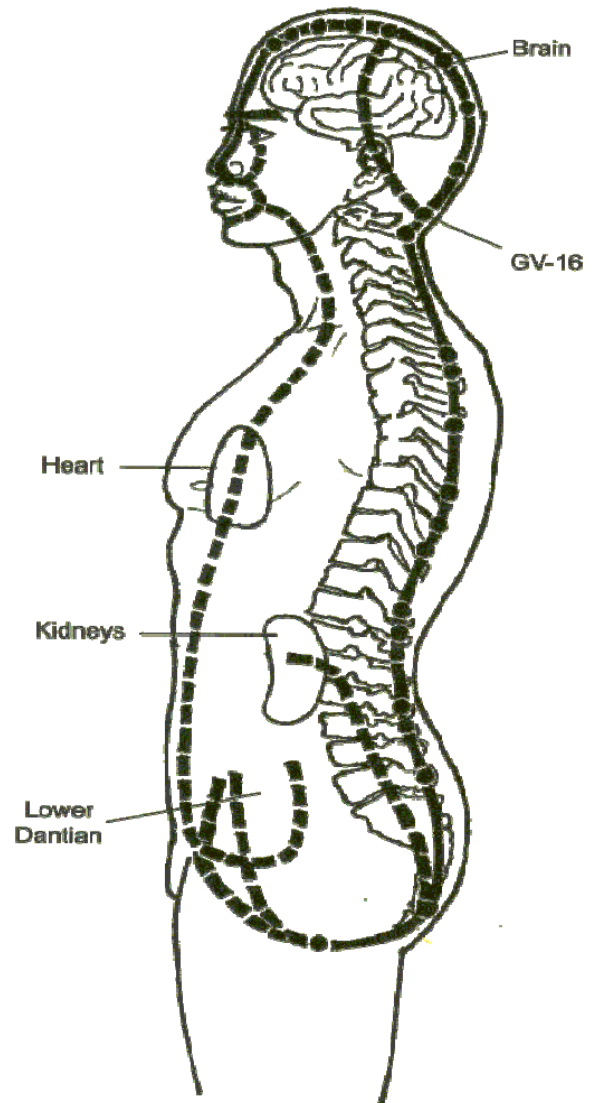
The Governing Vessel controls or governs the back.

Its quick and ubiquitous circulation keeps the fire going in the body and controls the loss of body heat. It is responsible for the opening and the closing of the pores, and also controls sweating.

The Governing vessel is also responsible for nourishing the five ancestral organs, which are the Brain and Spinal cord; Liver and Gallbladder; Bone Marrow; Uterus; and the Blood System. This is one of the ways in which the kidneys "control" the brain, as is said in Chinese medicine.

Because of their importance to health, the Governing vessel and the Conception vessel are considered the two most important Qi channels.

Indications: twitching and jerking of limbs, weak legs, and gastric disturbances accompanied by stomach pain.



The Governing Vessel (Side View)

\* **The Governing Vessel** Cited: Body Channel, <http://www.bodychannel.net>

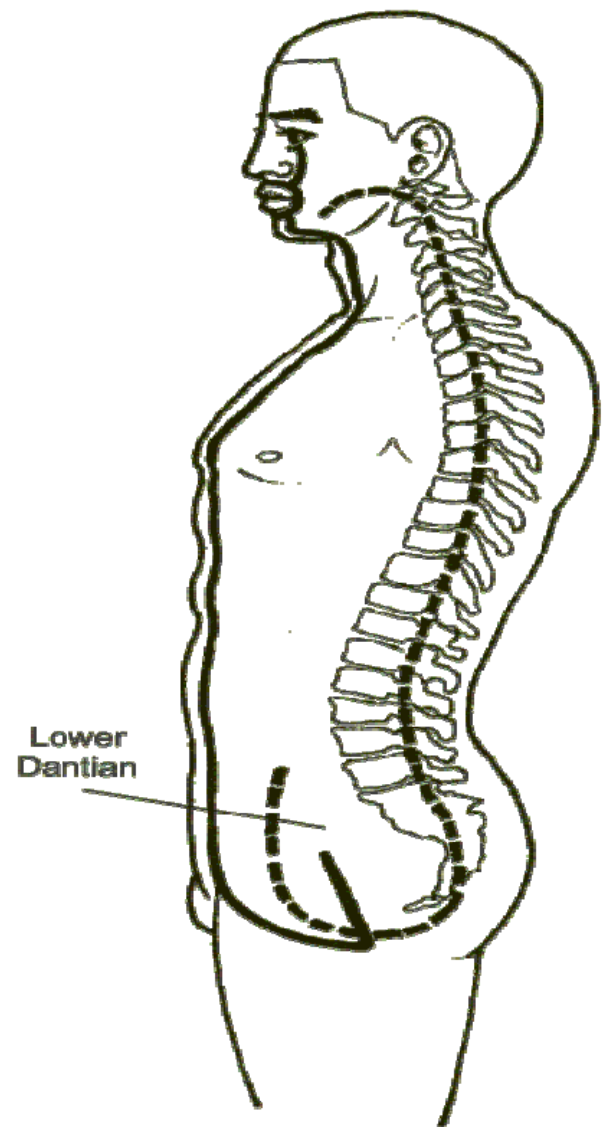
\* Illustration: Ohioshaolindo.com, <http://www.ohioshaolindo.com>

**Conception Vessel** - begins in the pelvic cavity, emerges at the perineum between the anus and external genitalia, and runs forward across the pubic region. It ascends along the midline of the abdomen, chest, and throat to the lower jaw, where it penetrates internally to encircle the lips and sends a branch to the eyes.

The conception vessel has a major role in Qi circulation, monitoring and directing all of the Yin channels (plus the stomach channel). The conception vessel is involved in the controlling of the Yin energy of the body. This vessel nourishes the uterus and the whole genital system. It is important in pregnancy, delivery, periods and other blood problems. It also plays an important role in the distribution of body fluids in the abdomen.

Indications: It is generally related to genitourinary issues, but depending where this meridian is blocked, it may exacerbate or cause many issues, including: genitourinary issues (pain, itching, prolapse), hemorrhoids, gynecological issues; female discharges, male sexual issues, urinary, infertility, menstrual issues, digestive issues, weight loss, stomach issues, poor digestion.

Bloating, stress, anxiety related digestive issues, hiatal hernia, hiccups, vomiting, heart issues, chronic lung issues, asthma, wheezing, speech disorders, post-stroke; mouth, salivation issues, facial pain, paralysis, Bell's Palsy, wasting and thirsting, dry mouth.



**The Conception Vessel (Side View)**

\* **The Conception Vessel:** Cited: Body Channel, <http://www.bodychannel.net>

Illustration: Ohioshaolindo.com, <http://www.ohioshaolindo.com>

# The Five Elements

The law of the five elements refers to the paired meridians and their relationship with each other. Five element pairs are depicted as elements of the earth and each are associated with a season of the year.

## **Metal**

**Paired Meridians:** Lungs – Large Intestine

**Emotion:** Grief

Emotionally, the Lungs and Large Intestine are organs that rule taking-in and letting-go appropriately. Physically, the Lungs are responsible for respiration, immunity to illness and overall energy. The Large Intestine processes digested food and expels the unused portion.

**Symptoms:** include shortness of breath, wheezing, bronchitis, low energy, weak voice, cough, sinus congestion, frequent colds and/or flu, allergies, spontaneous sweating, diarrhea, dysentery, and colitis.

## **Water**

**Paired Meridians:** Kidney – Bladder

**Emotion:** Fear

The Kidneys and Bladder are responsible for water metabolism. The kidneys also store the fundamental energies of the body's Yin, Yang, and Essence. The kidneys govern the back, knees, ears, skeleton, and marrow. They also play key roles in fertility and hormonal processes.

**Symptoms:** low back pain, night sweats, weak knees, tinnitus, infertility, frequent urination, overactive bladder, general weakness, osteoporosis, bone disorders, phobias, excessive fear, and dementia.

## **Wood**

**Paired Meridians:** Liver – Gallbladder

**Emotion:** Anger

Liver and Gallbladder are responsible for ensuring the smooth and efficient flow of energy throughout the body. This system is sensitive to stress and emotional upset, and if this flow is compromised, emotional and physical symptoms appear. A healthy wood provides the vision to plan our lives, the courage to act on this vision, and the ability to solve problems with a balance of flexibility and commitment.

**Symptoms:** depression, mood swings, inappropriate anger, PMS with irritability, constipation, Irritable Bowel Syndrome, irregular or painful periods, abdominal or flank pain, and migraine headaches.

## **Fire**

**Paired Meridians:** Heart – Small Intestine

**Emotion:** Joy

The Heart circulates blood through the body but is also the center of the mental/emotional self. It controls consciousness, memory, speech, and the ability to interact with others and form healthy relationships. The Small Intestine sorts the “pure from the impure” both physically (digestion) and mentally (weighing options and making sound decisions).

**Symptoms:** may manifest as insomnia, nightmares, mania, inappropriate laughter, anxiety, heart palpitations, high or low blood pressure, poor memory, speech disturbances, and sores on the tongue.

## **Earth**

**Paired Meridians:** Spleen/Pancreas – Stomach

**Emotion:** Worry/over-thinking

The role of the Spleen and Stomach is to digest and transform food into accessible nutrients and energy. Mentally, the earth element is responsible for academic thought and processing new information into usable and relevant skills.

**Symptoms:** include poor appetite, nausea, fatigue, difficulty concentrating, bad breath, acid reflux, constipation, diarrhea, blood sugar imbalances, craving for sweets, excessive or inappropriate worry, and Obsessive-Compulsive Disorder.

## Element Correspondences

Each element has a color that will appear when there is a dysfunction, a season that is particularly hard on it, a flavor that can be helpful, a sensory organ that it governs, a body tissue that it effects, a sensory organ it governs, and an emotion that is damaging in excess. There is a grain, fruit, vegetable and meat that can also benefit each paired meridian.

<b>Table of Correspondences</b>					
	<b>WATER</b>	<b>WOOD</b>	<b>FIRE</b>	<b>EARTH</b>	<b>METAL</b>
<b>SEASON</b>	Winter	Spring	Summer	Late Summer	Autumn
<b>PAIRED MERIDIANS</b>	Bladder Kidney	Gallbladder Liver	Sm. Intestine Heart	Stomach Spleen	Lg. Intestine Lung
<b>SENSORY ORGAN</b>	Ears	Eyes	Tongue	Mouth	Nose
<b>BODY TISSUE</b>	Bone	Sinews	Blood Vessel	Muscles	Skin
<b>EMOTION</b>	Fear	Anger	Joy/Shock	Worry	Sadness
<b>COLOR</b>	Black	Green	Red	Yellow	White
<b>TASTE</b>	Salty	Sour	Bitter	Sweet	Spicy
<b>GRAIN</b>	Beans and Peas	Wheat	Glutinous Millet	Millet	Rice
<b>FRUIT</b>	Dates	Peaches	Plum	Apricot	Chestnut
<b>MEAT</b>	Pork	Fowl	Lamb or Mutton	Beef	Deer
<b>VEGETABLE</b>	Leeks	Mallow	Coarse Greens	Scallions	Onion

**Table: The Chinese Medicine Sampler**, <http://www.chinesemedicinesampler.com/theory5elements.html>

<b>Beneficial Activities for Seasons</b>	
<b>Indian Summer</b>	Meditation Moderate exercise
<b>Autumn</b>	Meditation Deep Breathing Prayer Visualization
<b>Winter</b>	Sleep Later Moderate activity
<b>Spring</b>	Rising earlier Increasing physical activity Cardiovascular exercise Moving meditations Stretching
<b>Summer</b>	Rising early Vigorous Physical activity Travel Recreation

<b>Beneficial Foods for Seasons</b>			
<b>Season</b>	<b>Color</b>	<b>Flavor</b>	<b>Foods</b>
<b>Indian Summer</b>	Yellow	Sweet	Mildly sweet foods, Yellow vegetables, Soups and Root Vegetables(sweet potatoes, squash, apricots, and corn)
<b>Autum</b>	White	Pungent	Lemon, limes, aduki beans, apples, pears, almonds
<b>Winter</b>	Black	Salty	Black beans, seaweed, Miso, barley, walnuts, black sesame seeds
<b>Spring</b>	Green	sour	Dark leafy vegetables, cereal grasses, sprouts
<b>Summer</b>	Red	Bitter	Minimal cooking with light spicy flavor: Apples, lemons, limes, melons, cucumbers, mung beans, green or red peppers

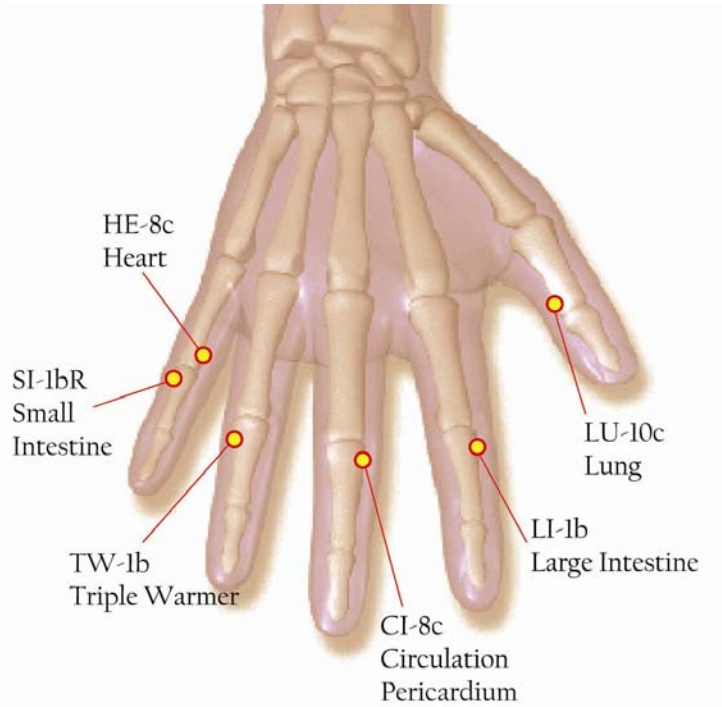
Sourced: OrientalInstitute.com, <http://www.orientalmedicineinstitute.com/FiveElementsTheoryNutrition.htm>

The Five Personality Types		
Personality	Element	Paired Meridians
Pioneer	Wood	Liver - Gallbladder
Wizard	Fire	Heart - Small Intestines
Peacemaker	Earth	Stomach - Spleen-Pancreas
Alchemist	Metal	Lung – Large Intestines
Philosopher	Water	Kidney - Bladder

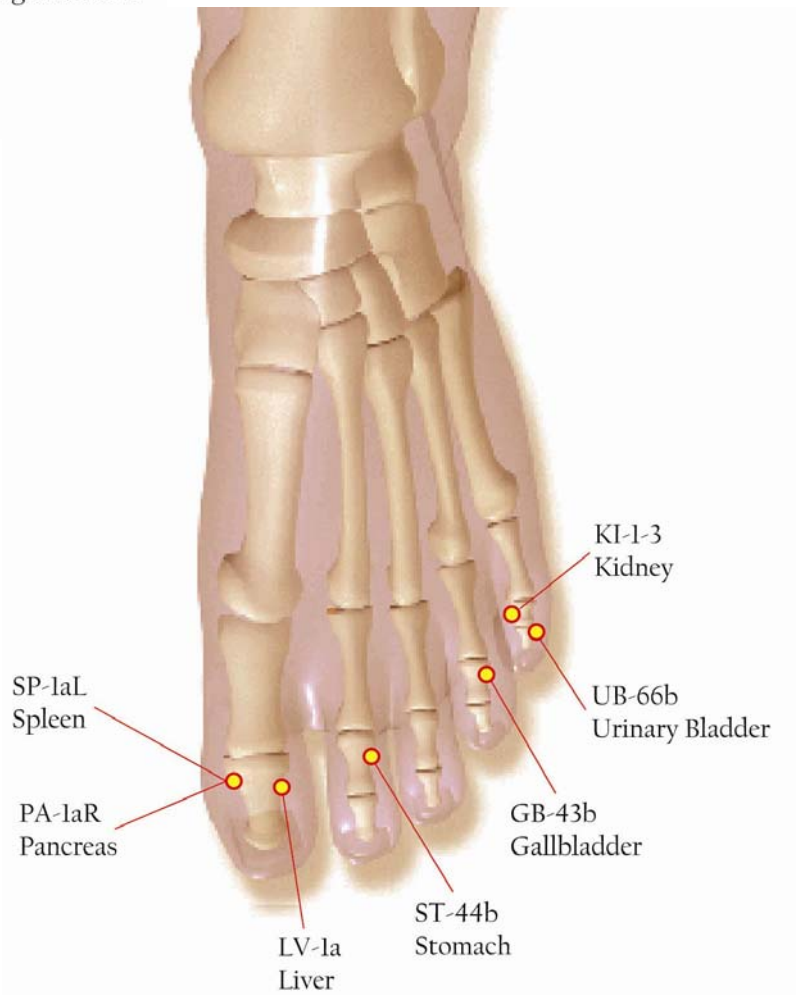
Sourced: OrientalInstitute.com, <http://www.orientalmedicineinstitute.com/FiveElementsTheoryNutrition.htm>

Summary		
Element	Related Meridians	DesBio Paired Meridian Remedies
<b>Fire</b>	<p><b>Heart Meridian:</b> Oversees the entire mind, body spirit work.</p> <p><b>Small intestine:</b> Separates the pure and impure parts of out digestion.</p> <p><b>Triple Warmer:</b> Regulates our body temperature, respiration and hormonal activities.</p> <p><b>Pericardium:</b> The hearts protection from excess of emotions from other organs.</p>	<b>Heart/Small Intestine</b>
<b>Earth</b>	<p><b>Spleen:</b> Gives life to the organs by distributing nutrients.</p> <p><b>Stomach:</b> Receives nutrition, integrates it and sends energy to the spleen.</p>	<b>Spleen/Stomach</b>
<b>Metal</b>	<p><b>Lungs:</b> Takes Qi from the air and maintains the energy state of the body.</p> <p><b>Large Intestine:</b> Stores and eliminates digestive waste.</p>	<b>Lung/ Large Intestine</b>
<b>Water</b>	<p><b>Kidney:</b> Stores Original Essence making it responsible for growth development and reproductive functions.</p> <p><b>Bladder:</b> The bladder stores the waste from the kidneys and eliminates liquid waste.</p>	<b>Kidney/Bladder</b>
<b>Wood</b>	<p><b>Liver:</b> Gives us the ability to be creative, helps us to plan, gives us desire and drive.</p> <p><b>Gallbladder:</b> Responsible for decision making.</p>	<b>Liver/Gallbladder</b> <b>Heart Governor/Triple Warmer</b> <b>Conception Vessel/ Governor Vessel</b>

# CMP Points



These points can be used with applied kinesiology and BioEnergetic medicine when point testing.



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