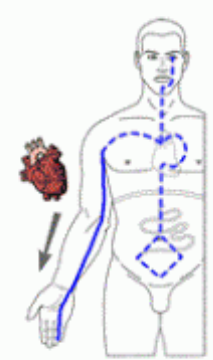


Spleen-Pancreas



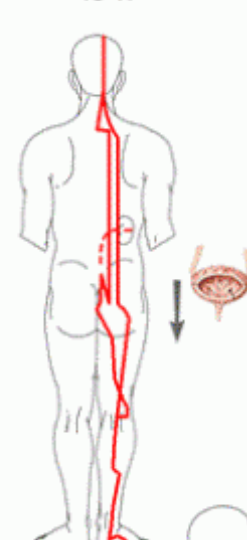
Heart
11-13



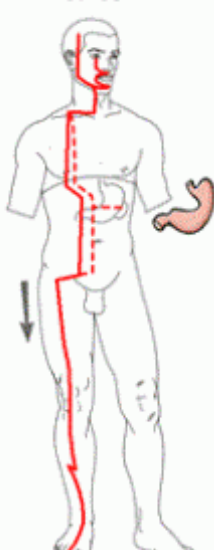
Small Intestine
13-15



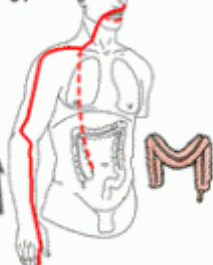
Bladder
15-17



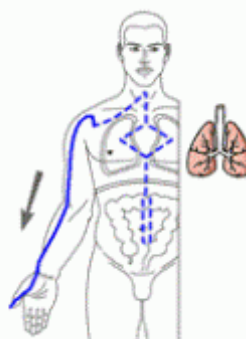
Stomach
07-09



Large Intestine
05-07



Forefinger lateral side



Lung
03-05

Thumb lateral side



Liver
01-03

01



Gall Bladder
23-01

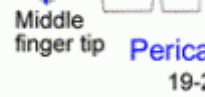
23



Triple Energizer (Duodenum)
21-23

21-23

Ring finger medial side

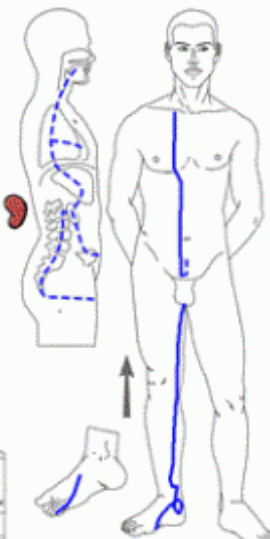


Pericardium
19-21

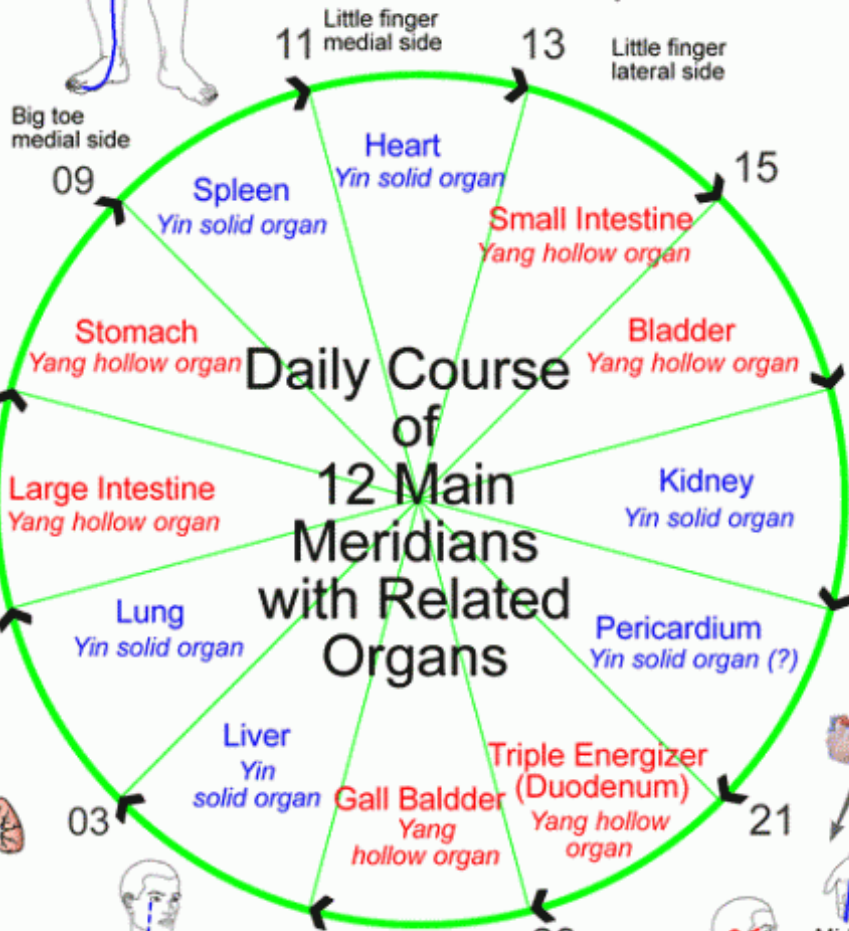
Middle finger tip

Little toe medial side plantar centre

Kidney
17-19



Daily Course of 12 Main Meridians with Related Organs



Big toe medial side
09

11 Little finger medial side

13 Little finger lateral side

Little toe lateral side
17

07

05

03

01

23

21

19

17

15

Heart
Yin solid organ

Spleen
Yin solid organ

Small Intestine
Yang hollow organ

Bladder
Yang hollow organ

Kidney
Yin solid organ

Pericardium
Yin solid organ (?)

Liver
Yin solid organ

Gall Bladder (Duodenum)
Yang hollow organ

Triple Energizer (Duodenum)
Yang hollow organ

Large Intestine
Yang hollow organ

Stomach
Yang hollow organ

Spleen-Pancreas
Yin solid organ