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the acupuncture points are mapped to 14 main meridian channels in chinese medicine a meridian channel is also known as a jing iou through which qi vital life energy xue blood jinye body fluids jing essence and shen spirit flow one meridian channel relates to each of the 12 inner organs meridians are channels that direct the flow of energy through specific pathways of the body much like the circulatory system holds and transports blood each side of the body is traversed by six meridians three yin and three yang there are 12 main meridians that correspond to specific organs such as the lung heart stomach and liver each meridian has its own set of pathways and points along the body qi is believed to continuously circulate through the meridians with each meridian having a peak time during a 24 hour period click here to download the acu guides acupuncture points guide view all meridians on this page you ll find a complete visual guide to 20 acupuncture meridians and more than 360 acupuncture points in tcm meridians are strings connecting acupuncture points which are considered as passageways through which energy flows throughout the body 1 2 the meridian system is composed of 12 principal meridians each of which connects to an organ system and extends to an extremity and eight collaterals 1 4 meridian therapy points and chart the foundation of meridian therapy lies in the identification and stimulation of specific points along the body s 12 primary meridians each corresponding to different organs and functions these meridian points when targeted through various techniques can address a wide range of health issues and promote meridians are channels that direct the flow of energy through specific pathways of the body think of it like a superhighway the energy in your body uses to move about your organ systems picture a body divided in half from top to bottom each side of the body is traversed by six meridians three yin and three yang the energy network of the body what are body meridians they are energy channels transporting life energy chi qi throughout the body if there are blockages leading to lack of energy supply to certain areas of the body or a surplus of energy in other areas the body meridians can be used for treatment of a condition or and diagnosis in geography and geodesy a meridian is the locus connecting points of equal longitude which is the angle in degrees or other units east or west of a given prime meridian currently the iers reference meridian along the meridians lie acupuncture points or acupoints which are stimulated by needling pressure or heat to resolve a clinical problem a number of methods have been used to identify meridians and to explain them anatomically the practice of acupuncture is based on the meridian system 3 and along the meridians lie acupuncture points or acupoints which may have therapeutic effects for certain medical conditions when stimulated by needling pressure or heat 3 the 12 major meridians are composed of 5 yin meridians heart spleen lungs kidneys liver 5 yang meridians small intestines stomach large intestine urinary bladder gallbladder the pericardium meridian and the san jiao meridian we talk about the qualities of each of these in more detail below vocabulary the prime meridian is the line of 0 longitude the starting point for measuring distance both east and west around earth the prime meridian is arbitrary meaning it could be chosen to be anywhere any line of longitude a meridian can serve as the 0 longitude line introduction to the meridians energy flows through our system along a pair of major vessels and a set of lesser meridians the energy or chi moves throughout the body along these lines each line relates to a bodily organ and an emotion or set of emotions traditional chinese medicine tcm defines meridians as the energetic pathways that run through your body these meridians act as highways for energy called qi the body is home to 12 meridians and it s along these paths that the acupuncturist inserts thin needles there are two energies the yin and the yang key differences parallels or lines of latitude run east west around the globe equidistant from each other meridians or lines of longitude run from the north pole to the south pole converging at the poles 6 parallels help in determining the distance north or south of the equator measuring angular distance in degrees reflexologists may use the following hand pressure points lung meridian share on pinterest located towards the edge of the palm the lung meridian runs from the tip of the thumb down to just noun me rid i an mə 'ri də ən synonyms of meridian 1 a 1 a great circle on the surface of the earth passing through the poles 2 the half of such a circle included between the poles b a representation of such a circle or half circle numbered for longitude see longitude sense 1 on a map or globe see longitude illustration 2 meridian meaning any one of the lines that go from the north pole to 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there are 12 main meridians that correspond to specific organs such as the lung heart stomach and liver each meridian has its own set of pathways and points along the body qi is believed to continuously circulate through the meridians with each meridian having a peak time during a 24 hour period

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meridian therapy points and chart the foundation of meridian therapy lies in the identification and stimulation of specific points along the body s 12 primary meridians each corresponding to different organs and functions these meridian points when targeted through various techniques can address a wide range of health issues and promote

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in geography and geodesy a meridian is the locus connecting points of equal longitude which is the angle in degrees or other units east or west of a given prime meridian currently the iers reference meridian

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along the meridians lie acupuncture points or acupoints which are stimulated by needling pressure or heat to resolve a clinical problem a number of methods have been used to identify meridians and to explain them anatomically

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the 12 major meridians are composed of 5 yin meridians heart spleen lungs kidneys liver 5 yang meridians small intestines stomach large intestine urinary bladder gallbladder the pericardium meridian and the san jiao meridian we talk about the qualities of each of these in more detail below

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