

EZ Guide to the Meridians

The meridians are...

Meridian	Known as in Chinese Medicine	Basics	Physical relationships	Additional Information	Emotions
Heart	House of Vital Essence	Seat of the Mind	Maintain Healthy Mental State	Look at the tip of the tongue for redness which represents heat	Positive: Joy Negative: Arrogance
Lung	Prime Minister	Lungs connect the mind to the body through breathing	Assists with controlling energy and circulating the blood Imbalances cause upper respiratory infection and skin issues.	Lungs control the skin and perspiration. Lung meridian generates radiant energy.	Positive: Courage Negative: Grief
Stomach	Sea of Nourishment or Minister of the Mill	Works in partnership with the spleen	Stomach extracts energy from food in order to create Qi	Imbalances can cause anxiety and feelings of confusion	Positive: Compassion Negative: Anxiety

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Large Intestine	Master of Transportation	Paired with Lungs strongly.	Balances the body's fluids and works with the lungs in perspiration	Imbalances can cause constipation, abdominal pain, depression and excessive worry	Positive: Courage Negative: Grief
Small Intestine	Minister of Reception	"Broken heart" is understood as "broken intestines" in Chinese Medicine Also works with the Pituitary gland to regulate the endocrine system	Separates impurities from food.	Imbalances can cause emaciation and pain in the abdomen. Can lead to poor reasoning ability and restlessness	Positive: Joy Negative: Arrogance
Liver Meridian	Chief of Staff or "General"	Liver detoxifies the blood Liver meridian is connected to vision	Liver transforms nutrients into usable substances	Rules Ligaments, tendons Hypertension is a result of an imbalanced liver meridian	Positive: Kindness Negative: Anger
Bladder Meridian	Minister of Reservoir	Eliminates waste and balances the autonomic nervous system	Imbalance is connected to lower back pain as well as urinary issues	Imbalance can cause a person to be fearful or stubborn	Positive: Gentleness Negative: Fear
Gallbladder Meridian	Honorable Minister	Aids in digestion for muscular energy. Stores and concentrates bile	Meridian imbalance can lead to insomnia and stiffness in the muscles	Meridian that needs balancing often manifests as indecision and bitterness	Positive: Kindness Negative: Anger

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Spleen Meridian	Minister of the Granary	Nutrients from food are extracted from by enzymes produced in the spleen and pancreas.	Works with the lung meridian to generate Chi. Tone of muscles is affected by spleen meridian.	Sitting for long periods of time and lots of mental activity leads to Spleen Qi Deficiency Easy weight gain is also associated with Spleen Qi Deficiency	Positive: Compassion Negative: Anxiety
Pericardium Meridian	Assists Triple Warmer with functions. Relates to the actually pericardium	Circulation of blood	Heart, chest and stomach issues are associated with imbalances	Extreme outbursts of emotion	Positive: Joy Negative: Arrogance
Triple Warmer	Associated with energetic metabolism	Controls metabolic rate (similar to thyroid)	Disorders of sense organs and side of the head		Positive: Joy Negative: Arrogance