

The Eight Extraordinary Meridians

Dr. Jim Ventresca / Acupractice Seminars

Mai	Coalescent Points	Zone(s) Influenced	General Indications	Emotional Indications	Women's Health Indications
Dai Belt GB 41, SJ 5 Not Time-specific	GB 26, 27 & 28 (LR13, REN 8, KD16, ST25, SP15, UB52, UB 23, DU4)	Lateral Belt Low Back	All Congestion in Lower Warmer or Belt Area	Letting Go of Negative Emotions, Lethargy, Trauma, Indecision, Guilt, Stagnation, & Inadequacies	Opens Lower Warmer: Moves Liver Qi , Resolves Damp Heat and Cold in Lower Warmer
Chong Penetrating SP 4 , PC 6 0 -7 yrs	ST 30, K 11- KI 27 REN 1 (7) (LR14, LR3)	Medial (internal disorders)	Sea of Blood ♀'s Health Digestive Nourishment	Comfort with One's Nature & Purpose	Controls Menses: Regulates Menstrual Quantity & Flow, Enters Uterus
Ren Conception LU 7 , KD 6 0 -7 yrs	REN 2-15 REN 1-24 S1, DU28	Anterior (internal disorders)	Sea of Yin Yin Deficiency with or without Yin Stagnation ♀ Archetype	Nourishment Security, Trust, Contentment, Feeling At Home in the World,	Yin Aspects of Fertility/ Conception Regulates Yin Hormones Menstrual Timing Int. & Ext. Genitalia
Du Governing SI 3 , BL 62 0 -8 yrs	DU 1-15 DU 1-28 B12, REN1	Posterior Spine	Governs Yang Spine ♂ Archetype Connects to CNS	Individual Identity Express & Temper Desires, Self Discovery, Moving into the world, Standing up, Taking Risks	Governs the Yang of fertility & Conception Regulates Yang Hormones
Yin Wei Yin Linking PC 6 , SP 4 Past	K 9 , SP 13, 15 & 16, LR 14, REN 22 & 23	Medial (internal disorders)		Emotional Traumas Associated with 7 & 8 yr. cycles, Living in Present, Addictions, PTSD,	Nourish Blood Calm the Mind, Affect the Heart
Yang Wei Yang Linking SJ 5 , GB 41 Past	GB 21 , 13 – 20,ST 8, DU 15 16, SJ 15, SI 10,GB 35, UB 63	Lateral		Intimacy- Family to Global: Shouldering Responsibilities, Choices & Commitments	
Yang Qiao Yang Heel BL 62 , SI 3 Present	GB 20 , SI 10, UB 1, 59 & 61, GB 29, LI 15 & 16, ST 1, 3 & 4	Posterior	Excessive Restlessness , Anxiety, Insomnia	Global Acceptance / Frustration	Secondary for Masses, Fibroids, Adhesions, (Excess in Lower Warmer)
Yin Qiao Yin Heel KD 6 , LU 7 Present	KI 8 , UB 1, ST 9, ST12	Anterior (Internal disorders)	Deficient Restlessness Anxiety, Insomnia	Self Acceptance / Frustration	

The Information below is not related to the Extraordinary Meridians

Yang Ming / Bright Yang ST 36 - LI 4	<u>Anterior</u> Meridian Pain
Jue Yin /Yielding Yin LR 3 - PC 6	<u>Medial</u> Meridian Pain Sooth Emotions Calms Mind
4 Gates LI 4 - LR 3	Whole Body Pain
Head & Neck LI 4 - LU7 / LI 4 - LI 11	Any Painful or other excessive Condition in the Head, Neck and/or Face