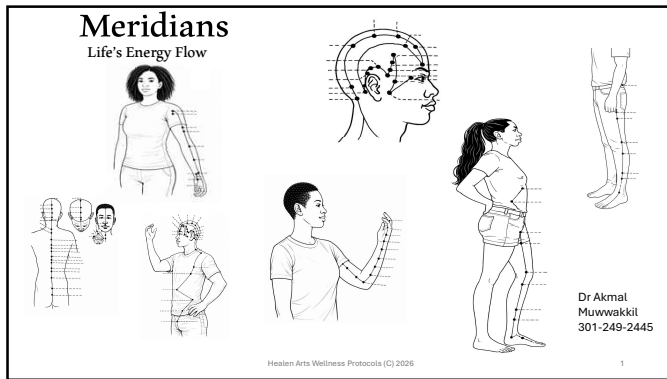
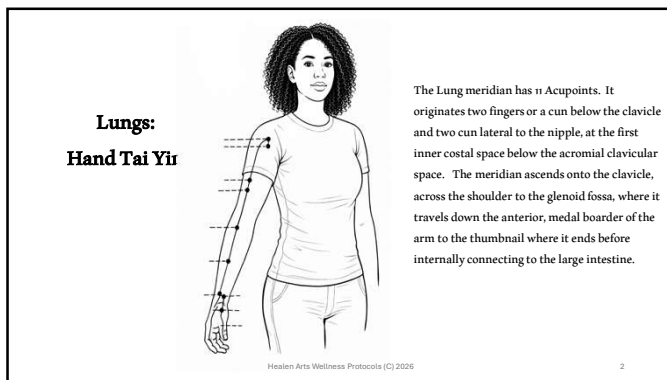
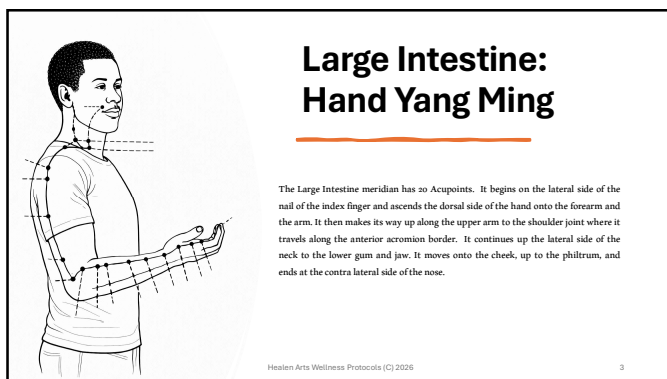




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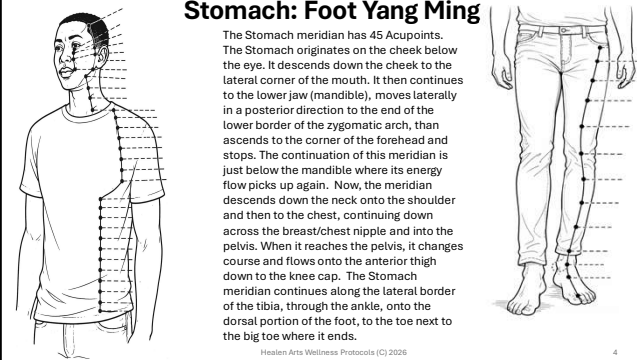
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3

Stomach: Foot Yang Ming

The Stomach meridian has 45 Acupoints. The Stomach originates on the cheek below the eye. It descends down the cheek to the lateral corner of the mouth. It then continues to the lower jaw (mandible), moves laterally in a posterior direction to the end of the lower border of the zygomatic arch, then ascends to the corner of the forehead and stops. The continuation of this meridian is just below the mandible where its energy flow picks up again. Now, the meridian descends down the neck onto the shoulder and then to the chest, continuing down across the breast/chest nipple and into the pelvis. When it reaches the pelvis, it changes course and flows onto the anterior thigh down to the knee cap. The Stomach meridian continues along the lateral border of the tibia, through the ankle, onto the dorsal portion of the foot, to the toe next to the big toe where it ends.

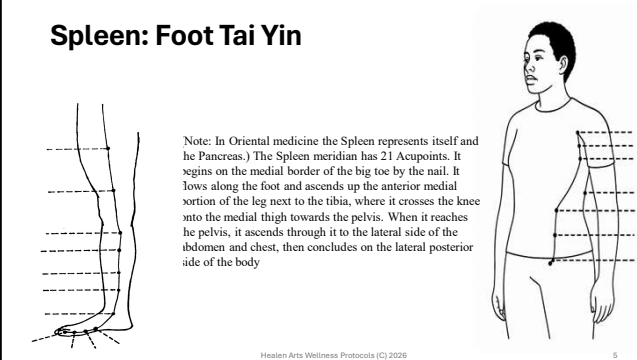


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4

Spleen: Foot Tai Yin

Note: In Oriental medicine the Spleen represents itself and the Pancreas.) The Spleen meridian has 21 Acupoints. It begins on the medial border of the big toe by the nail. It flows along the foot and ascends up the anterior medial portion of the leg next to the tibia, where it crosses the knee into the medial thigh towards the pelvis. When it reaches the pelvis, it ascends through it to the lateral side of the abdomen and chest, then concludes on the lateral posterior side of the body.

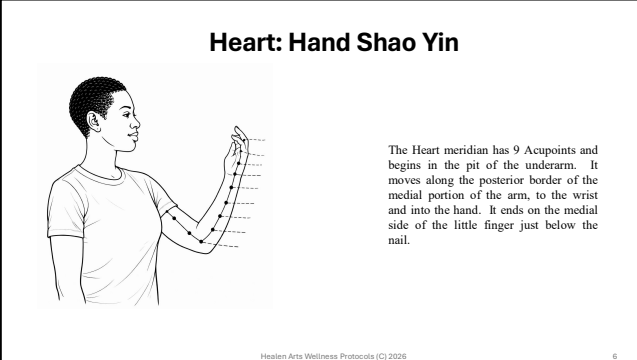


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Heart: Hand Shao Yin

The Heart meridian has 9 Acupoints and begins in the pit of the underarm. It moves along the posterior border of the medial portion of the arm, to the wrist and into the hand. It ends on the medial side of the little finger just below the nail.

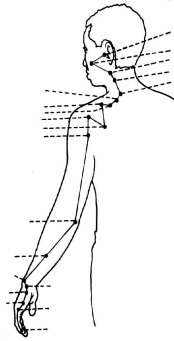


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Small Intestine: Hand Tai Yang

The Small Intestines meridian has 19 Acupoints. This meridian begins on the lateral border of the small finger next to the nail. It then ascends along the ulnar side of the arm to the elbow and then continues up to the posterior side of the shoulder. It moves onto the scapula, up the back of the neck, to the cheek and terminates at the ear.



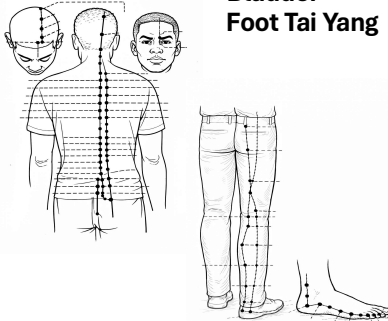
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7

Bladder Foot Tai Yang

The bladder has the largest meridian with 67 Acupoints, which begins on the head at the inner canthus of the eyes. It ascends from the eye up through the forehead to the top of the head, where it travels from the front to the back of the head in a straight line before descending from the back of the head onto the neck where at bladder 10 (Tian Zhu) before it divides into two meridians that continue down the back. The first meridian is 1.5 cun from the spine and travels the length of the spine onto the buttock, where it continues down the leg to the back of the knee. At which time, it returns to the division at the top of the shoulders only to descend again along the back onto the buttock down the back of the thigh onto the calf, ankle, lateral side of the foot where the skin colors meet and continue to the nail of the small toe where it ends.



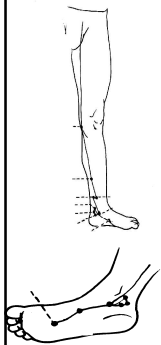
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Kidney: Foot Shao Yin

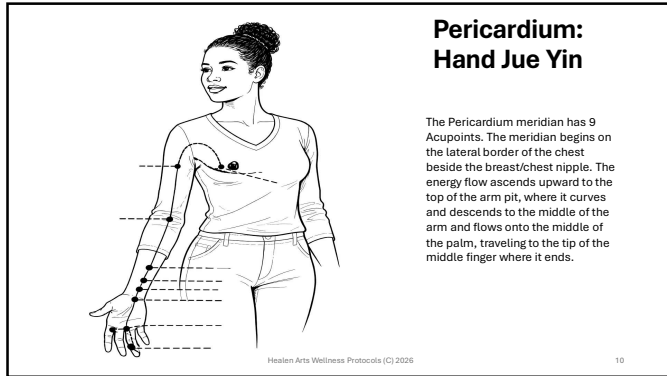
The kidney meridian has 27 Acupoints. the meridian begins at the ball of the foot then crosses onto the foot's arch, where it ascends up the ankle to the leg and ascends along the posterior medial edge of the leg to the pelvis. At the pelvis, it moves through the groin and up toward the naval, where it continues up the abdomen to the sternum, then moves along the medial boarder of the breast (chest) until it ends under the clavicular bone.



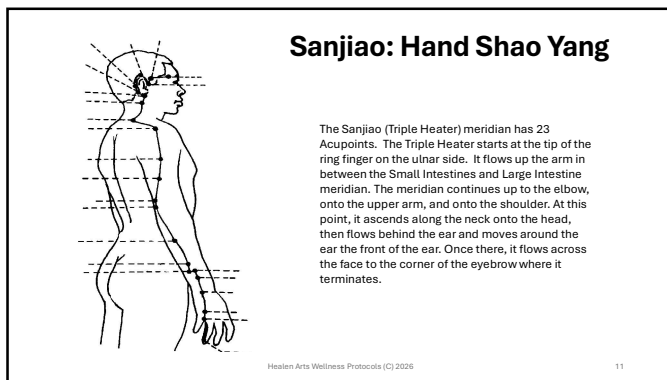
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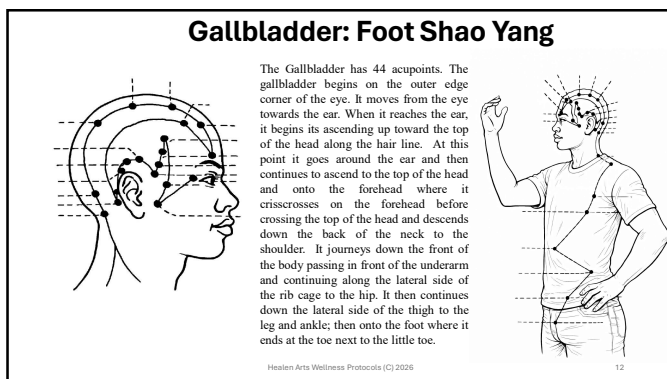
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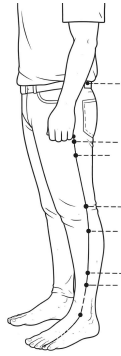


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Gallbladder: Foot Shao Yang

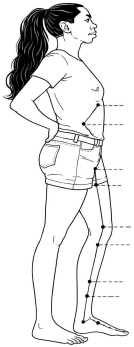


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Liver Foot Jue -Yin



The Liver has 14 Acupoints. The meridian begins at the inner nail of the big toe and moves toward the ankle, ascending from the ankle to the medial side of the leg. Here it ascends along the leg between the tibia and the fibular to the middle of the thigh into the up pelvis. Once in the pelvis, the meridian continues across the iliac bones and onto the abdomen. It then flows to the rib cage where it moves to the 6th thoracic and terminates.

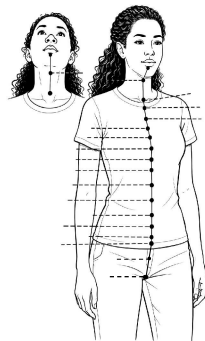


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Ren Mai – Conception Vessel



The Ren Channel has 24 Acupoints. It begins in between the legs, under the groin in the area of the perineum. It flows upward through the groin and continues up the middle of the body and ends just low the bottom lip.

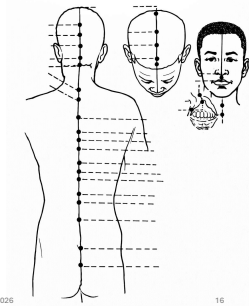
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Du Mai – Governing Vessel

The Du Channel has 27 Acupoints. The Du Channel begins at the Peritoneum of the pelvic cavity and continues up the back along the spinal column, across the top of the head, down the center of the face and ends at the top of the lip.



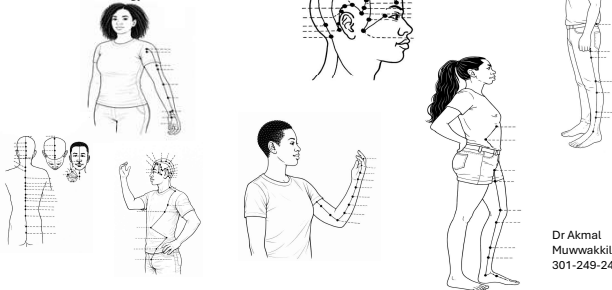
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Meridians

Life's Energy Flow



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