

6 Channel System

Yin Side

Tai Yin
Jue Yin
Shao Yin

Yang Side

Yang Ming
Shao Yang
Tai Yang

Every channel divided by two - Yin / Yang = Hand / Foot

Each Limb can be divided like a pie in to three parts with each part having a (Inside) Yin and (Outside) Yang side.

6 yang Meridians

6 Yin Meridians

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6 Total "Regular" Meridians when combining Yin and Yang

yang = open = hollow = thin = fu = connected to the outside of body = odd numbers

yin = closed = solid = thick = zang = inside of body only = even numbers

3 Hand Sections

Anterior Portion of the Arm

Inside Tai Yin - Lung (11 Points)
Outside Yang Ming - Large Intestine (20 Points)

Middle Portion of the Arm

Inside Jue Yin - Pericardium (9 Points)
Outside Shao Yang - Sanjiao (23 Points)

Posterior Portion of the Arm

Inside Shao Yin - Heart (9 Points)
Outside Tai Yang - Small Intestine (18 Points)

3 Foot Sections

Anterior Portion of the Leg

Inside Tai Yin - Spleen (21 Points)
Outside Yang Ming - Stomach (45 Points)

Middle Portion of the Leg

Inside Jue Yin - Liver (14 Points)
Outside Shao Yang - Gall Bladder (44 Points)

Posterior Portion of the Leg

Inside Shao Yin - Kidney (27 Points)

Outside Tai Yang - Urinary Bladder (67 Points)

Path:

Hand: Inside -> Outside

[then] Foot: Outside -> Inside

[for each] Inner (Anterior) -> Outer -> Middle (Posterior)

Time:

Starting at 3 am, each stage is 2 hours. eg. 3am - 5am, 5am - 7am

Five Elements:

Each inner / outer stage combination is an element -

Metal, Earth, Fire, Water, Ministerial Fire, Wood

Cycle:

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Metal    :- Hand Tai Yin (Lu) / 3am-5am    -> Hand Yang Ming (Li) / 5am-7am    ->
                                                \ /
Earth    :- Foot Tai Yin (Sp) / 9am-11am  <- Foot Yang Ming (St) / 7am-9am  <-
\ /
Fire     :- Hand Shao Yin (Ht) / 11am-1pm -> Hand Tai Yang (Si) / 1pm-3pm  ->
                                                \ /
Water    :- Foot Shao Yin (Lv) / 5pm-7pm  <- Foot Tai Yang (Gb) / 3pm-5pm
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M. Fire  :- Hand Jue Yin (Pc) / 7pm-9pm   -> Hand Shao Yang (Sj) / 9pm-11pm ->
                                                \ /
Wood     :- Foot Jue Yin (Ki) / 1am - 3am  <- Foot Shao Yang (Ub) / 11pm-1am
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Fear - Anger - Anxiety = death

1. How well do you breathe?

- 10,000 breathes to age 50
- 15 per minute breaths Avg
- 4 Count (4 in 4 out) - 100 years
- 6 Count 4 in / 4 out / 2 hold - 150
- 10 Count - 250

2. How well do you excrete / Secrete?

Banana consistency best

3. How is your diet?

- Fatigue - Tiered after sleep
- Fatigue - After eating
- Fatigue - After 5pm

Fast - (Dr. Christopher 3 day Fast)

Every night - 4 ounces prune juice + 1 tlb of olive oil

During the day - 1 to 2 Gal of 50% Apple Juice

Day 4 - Break Fast

3rd Night -

1 cup Miso Soup

Brown Rice

Salad

Day 4 -

Breakfast & Lunch

1 cup Miso Soup

Fruit

Dinner

1 cup Miso Soup

Sweet Potato and start building foods

Store urine from day 1

Fast every Wed for Six weeks

Compare sample from day 1 to urine from Six Weeks later.

Pulse

Location - Beans

Thick or Thin

Speed - 60-80

Rythm (skip beats, etc) do a ten count

Tonify = 1X

Sedate = 1.5X

"Drain 4 Pain"