

Meridian system for self-analysis

SENSORY ORGANS	inner ear	tongue/taste		nose/olfactory sense		eye	nose/olfactory sense/frontal sinus		nose/olfactory sense/frontal sinus		eye	nose/olfactory sense		tongue/taste		inner ear
JOINTS	shoulder elbow	jaw		shoulder elbow		rear knee		rear knee		shoulder elbow		jaw		shoulder elbow		
	hand ulnar foot plantar toes	anterior knee		hand radial foot big toe		foot		foot		hand radial foot big toe		anterior knee		hand ulnar foot plantar toes		
SPINAL CORD SEGMENTS	Th 1 C8 Th 7 Th 6 Th 5 S 3 S 2 S 1	Th 12 Th 11 L 1		C 7 C 6 C 5 Th 4 Th 3 Th 2 L 5 L 4		Th 8 Th 9 Th 10	L 3 L 2 S 4 S 5 Co	L 3 L 2 S 4 S 5 Co	Th 8 Th 9 Th 10	C 7 C 6 C 5 Th 4 Th 3 Th 2 L 5 L 4	Th 12 Th 11 L 1		Th 1 C 8 Th 7 Th 6 Th 5 S 3 S 2 S 1			
VERTEBRAE	B 1 C 7 B 6 B 5 S 2 S 1	B 12 B 11 L 1		C 7 C 6 C 5 B 4 B 3 L 5 L 4		B 9 B 10	L 3 L 2 Co S 5 S 4 S 3	L 3 L 2 Co S 5 S 4 S 3	B 9 B 10	C 7 C 6 C 5 B 4 B 3 L 5 L 4	B 12 B 11 L 1		B 1 C 7 B 6 B 5 S 2 S 1			
ORGANS	right heart	pancreas		lung		right liver	right kidney	left kidney	left liver	lung	spleen		left heart			
YIN	11-13 h	9-11 h		3-5 h		1-3 h	17-19 h	17-19 h	1-3 h	3-5 h	9-11 h		11-13 h			
	duodenum allergies	right stomach		colon		gall-bladder	right bladder urogenital region	left bladder urogenital region	left bile ducts	colon	left stomach		jejunum ileum allergies			
YANG	13-15 h	7-9 h		5-7 h		23-1 h	15-17 h	15-17 h	23-1 h	5-7 h	7-9 h		13-15 h			
ENDOCRINE GLANDS	anterior pituitary	parathyroid	thyroid	thymus	posterior pituitary	epiphysis	epiphysis	posterior pituitary	thymus	thyroid	parathyroid	posterior pituitary				
OTHER	CNS psyche	right mammary gland				back pain headache		back pain headache				left mammary gland		CNS psyche		
OTHER	energy balance			right mammary gland						left mammary gland				energy balance		
ENDOCRINE GLANDS VASCULAR SYSTEM	peripheral nerves	arteries	veins	lymphatic vessels	gonads	adrenal gland	adrenal gland	gonads	lymphatic vessels	veins	arteries	peripheral nerves				
YANG	11-13 h	3-5 h		9-11 h		1-3 h	17-19 h	17-19 h	1-3 h	9-11 h	3-5 h		11-13 h			
YIN	13-15 h	5-7 h		7-9 h		23-1 h	15-17 h	15-17 h	23-1 h	7-9 h	5-7 h		13-15 h			
	right heart cardiovascular system	right lung		pancreas		right liver	right kidney	left kidney	left liver	spleen	left lung		left heart cardiovascular system			
ORGANS	right ileum allergies	right colon ileosacral area		right stomach pylorus		gall-bladder	right bladder urogenital area	left bladder urogenital area	left bile ducts	left stomach	left colon		jejunum ileum allergies			
VERTEBRAE	C 7 B 1 B 5 B 6 S 1 S 2 hip	C 7 C 6 C 5 B 4 B 3 L 5 L 4		B 12 B 11 L 1		B 9 B 10	L 3 L 2 Co S 5 S 4 S 3	L 3 L 2 Co S 5 S 4 S 3	B 9 B 10	B 12 B 11 L 1	C 7 C 6 C 5 B 4 B 3 L 5 L 4		C 7 B 1 B 5 B 6 S 1 S 2 hip			
SPINAL CORD SEGMENTS	Th 1 C8 Th 7 Th 6 Th 5 S 3 S 2 S 1	C 7 C 6 C 5 Th 4 Th 3 Th 2 L 5 L 4		Th 12 Th 11 L 1		Th 8 Th 9 Th 10	L 3 L 2 Co S 5 S 4	L 3 L 2 Co S 5 S 4	Th 8 Th 9 Th 10	Th 12 Th 11 L 1	C 7 C 6 C 5 Th 4 Th 3 Th 2 L 5 L 4		Th 1 C 8 Th 7 Th 6 Th 5 S 3 S 2 S 1			
JOINTS	shoulder - elbow		anterior knee		posterior knee		posterior knee		anterior knee		shoulder - elbow					
	hand ulnar foot plantar toes	hand radial foot big toe		jaw		hip	sacrum-coccyx foot	sacrum-coccyx foot	hip	jaw	hand radial foot big toe		hand ulnar foot plantar toes			
SENSORY ORGANS	ear/retina	ethmoidal cells/nose/olfactory sense		sinus maxillaris/tongue/sense of taste		eye/visual sense	frontal sinus/nose/olfactory sense	frontal sinus/nose/olfactory sense	eye/visual sense	sinus maxillaris/tongue/sense of taste	ethmoidal cells/nose/olfactory sense		ear/retina			

Dental correspondences after taking into account the remuneration according to Bahr-Schmid, Voll-Kramer and the findings of TCM.