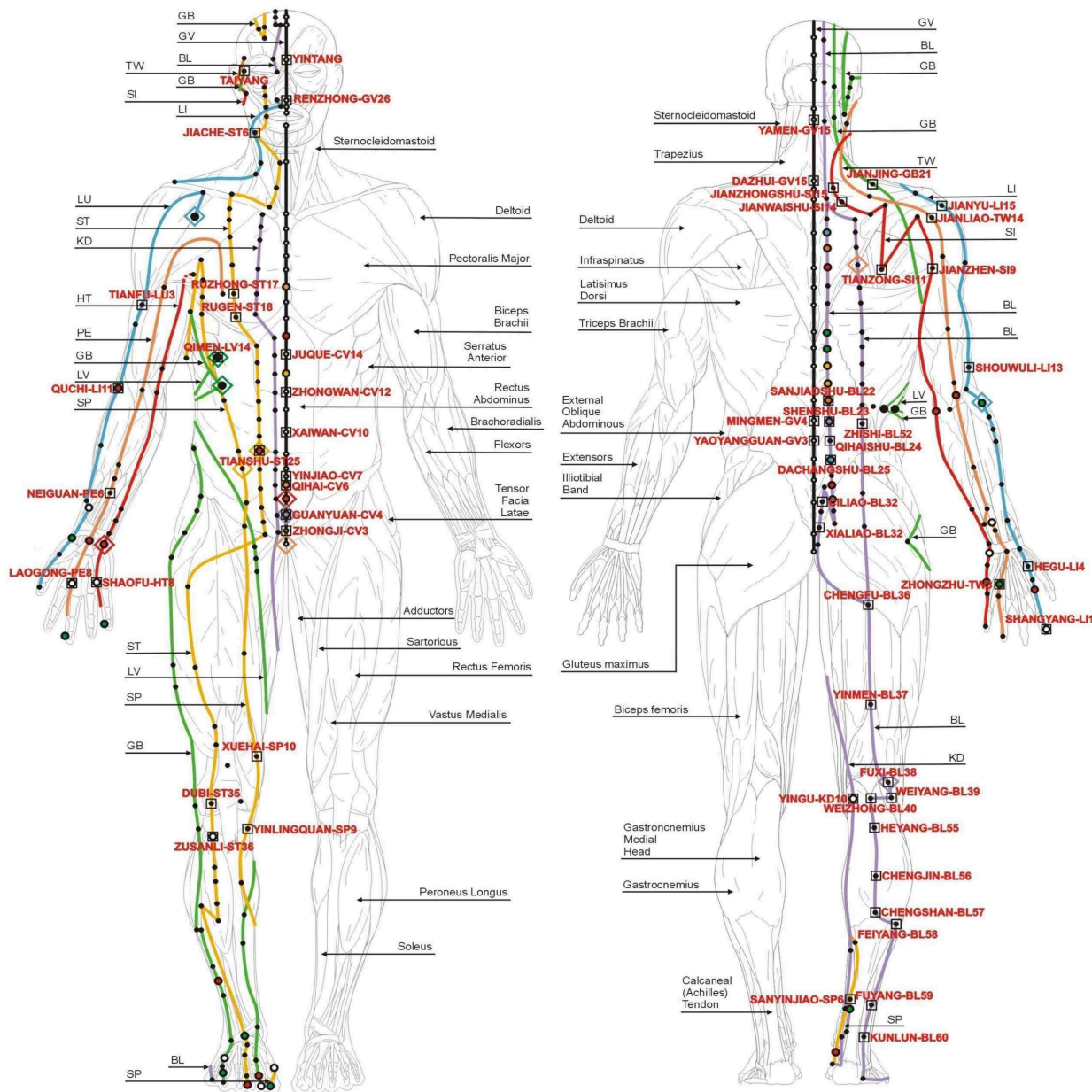


Female Acupuncture Points Chart



ANTERIOR VIEW

LEFT - YIN SUPERFICIAL MERIDIANS
RIGHT - SUPERFICIAL MUSCULATURE

ARM YIN MERIDIANS & SHICHEN

LU - LUNG MERIDIAN 3-5 AM
HT - HEART MERIDIAN 11 AM - 1 PM
LV - LIVER MERIDIAN 1-3 AM

LEG YIN MERIDIANS & SHICHEN

SP - SPLEEN MERIDIAN 9-11 AM
KD - KIDNEY MERIDIAN 5-7 PM
PE - PERICARDIUM MERIDIAN 7-9 PM

CV - CONCEPTION VESSEL (CENTERLINE)

POSTERIOR VIEW

LEFT - SUPERFICIAL MUSCULATURE
RIGHT - YANG SUPERFICIAL MERIDIANS

ARM YANG MERIDIANS & SHICHEN

LI - LARGE INTESTINE MERIDIAN 5-7 AM
SI - SMALL INTESTINE 1-3 PM
TW - TRIPLE WARMER 9-11 PM

LEG YANG MERIDIANS & SHICHEN

ST - STOMACH MERIDIAN 7-9 AM
BL - BLADDER MERIDIAN 3-5 PM
GB - GALL BLADDER MERIDIAN 11 PM - 1 AM

GV - GOVERNING VESSEL (CENTERLINE)



LEGEND

WOOD PHASE MERIDIAN
1ST FIRE PHASE MERIDIAN
2ND FIRE PHASE MERIDIAN
EARTH PHASE MERIDIAN
METAL PHASE MERIDIAN
WATER PHASE MERIDIAN
PRIME VESSEL

● STIMULATION ACUPRESSURE POINT
● SEDATION ACUPRESSURE POINT
● ELEMENTAL ACUPRESSURE POINT*
● ALARM ACUPRESSURE POINT
● YU (ASSOCIATED) ACUPRESSURE POINT
● SUPERFICIAL ACUPRESSURE POINT
● SHICHEN MERIDIAN STRIKING POINT
◇ SHICHEN ZANFU 12 HOUR VITAL STRIKING POINT

WRIST PULSE

LEFT

DEEP / SUPERFICIAL

HT / LI

LV / GB

KD / BL

□ GENERAL USE STRIKING POINTS

RIGHT

DEEP / SUPERFICIAL

LU / LI

SP / ST

KD / PE - TW

Frequently selected by practitioners:

1. LU1 (Zhongfu) - Lung Meridian
2. LU7 (Lieque) - Lung Meridian
3. LI4 (Hegu) - Large Intestine Meridian
4. LI11 (Quchi) - Large Intestine Meridian
5. ST36 (Zusanli) - Stomach Meridian
6. ST44 (Neiting) - Stomach Meridian
7. SP6 (Sanyinjiao) - Spleen Meridian
8. SP9 (Yinlingquan) - Spleen Meridian
9. HT7 (Shenmen) - Heart Meridian
10. PC6 (Neiguan) - Pericardium Meridian
11. SI3 (Houxi) - Small Intestine Meridian
12. UB40 (Weizhong) - Bladder Meridian
13. UB60 (Kunlun) - Bladder Meridian
14. KI3 (Taixi) - Kidney Meridian
15. GB20 (Fengchi) - Gallbladder Meridian
16. GB34 (Yanglingquan) - Gallbladder Meridian
17. LR3 (Taichong) - Liver Meridian
18. CV6 (Qihai) - Conception Vessel
19. CV12 (Zhongwan) - Conception Vessel
20. GV20 (Baihui) - Governing Vessel
21. GV26 (Renzhong) - Governing Vessel

Additional notes: