

Meridian System for Self-Analysis

SENSORY ORGANS	inner ear	tongue/taste		nose/olfactory sense		eye	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		hip	sacrum-coccyx		sacrum-coccyx		hip	anterior knee		hand ulnar foot plantar toes		
SPINAL CORD SEGMENTS	Th 1 C8 Th 7 Th 6 Th 5 S3 S2 S1	Th 12 Th 11 L1		C7 C6 C5 Th 4 Th 3 Th 2 L5 L4		Th 8 Th 9 Th 10	L3 L2 S4 S5 Co		L3 L2 S4 S5 Co	Th 8 Th 9 Th 10	C7 C6 C5 Th 4 Th 3 Th 2 L5 L4		Th 12 Th 11 L1		Th 1 C8 Th 7 Th 6 Th 5 S3 S2 S1	
VERTEBRAE	B1 C7 B6 B5 S2 S1	B12 B11 L1		C7 C6 C5 B4 B3 L5 L4		B9 B10	L3 L2 Co S5 S 4 S3		L3 L2 Co S5 S 4 S3	B9 B10	C7 C6 C5 B4 B3 L5 L4		B12 B11 L1		B1 C7 B6 B5 S2 S1	
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	
	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	C7 B1 B5 B6 S1 S2 hip	C7 C6 C5 B4 B3 L5 L4		B12 B11 L1		B9 B10	L3 L2 Co S5 S4 S3		L3 L2 Co S5 S4 S3		B9 B10	B12 B11 L1		C7 C6 C5 B4 B3 L5 L4		C7 B1 B5 B6 S1 S2 hip
SPINAL CORD SEGMENTS	Th 1 C8 Th 7 Th 6 Th 5 S3 S2 S1	C7 C6 C5 Th 4 Th 3 Th 2 L5 L4		Th 12 Th 11 L1		Th 8 Th 9 Th 10	L3 L2 Co S5 S4		L3 L2 Co S5 S4		Th 8 Th 9 Th 10	Th 12 Th 11 L1		C7 C6 C5 Th 4 Th 3 Th 2 L5 L4		Th 1 C8 Th 7 Th 6 Th 5 S3 S2 S1
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.