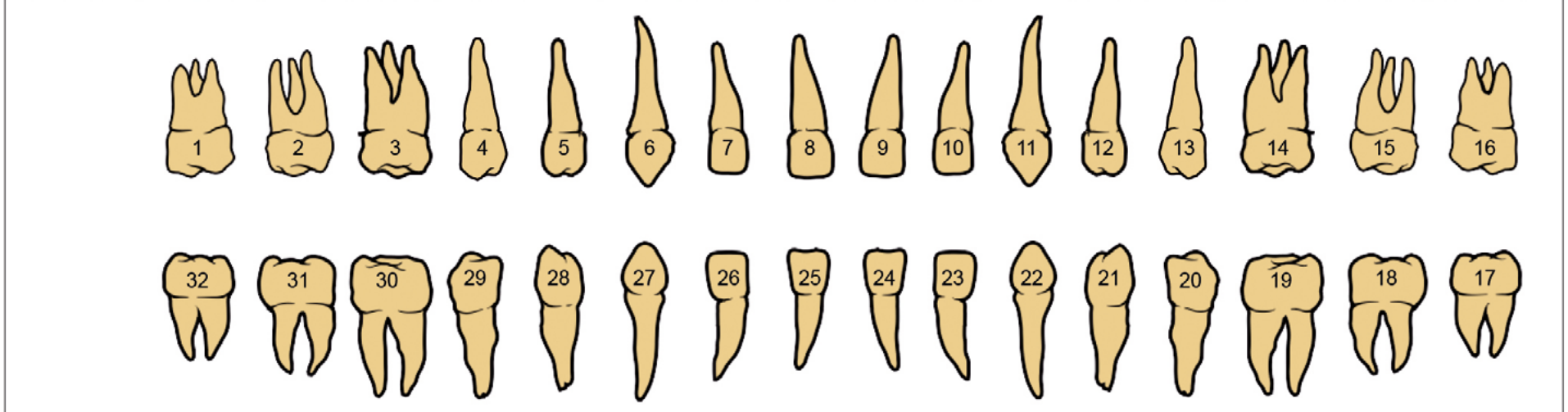
Meridian System for Self-Analysis

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
				hip	sacrum-coccyx	sacrum-coccyx	hip			
	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 C8 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	parathy-roid / 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	lym-phatic vessels / gonads		adrenal gland	adrenal gland	gonads / lym-phatic 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 cardio-vascular system	right lung	pancreas	right liver	right kidney	left kidney	left liver	spleen	left lung	left heart cardiovascu-lar 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 C8 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
				foot		foot				
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 maxilla-ris/tongue/sen-se 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.

SWISS BIOHEALTH

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