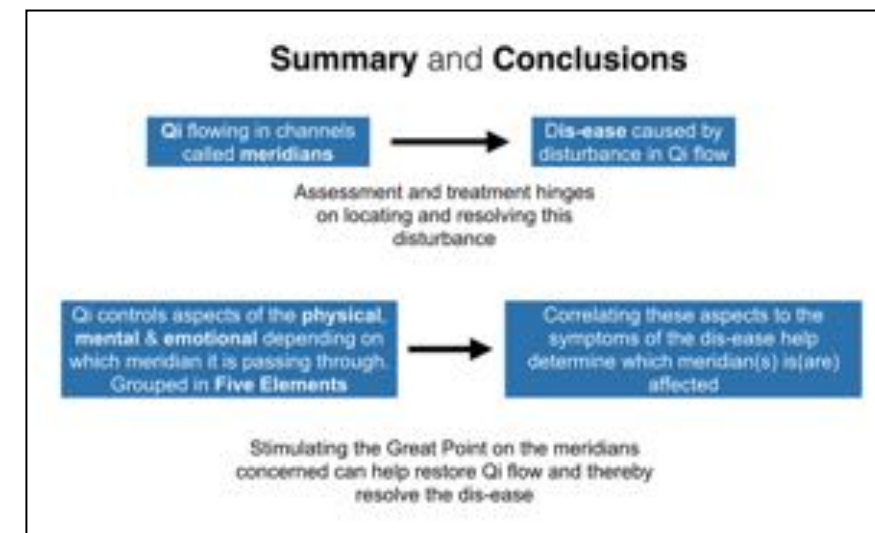
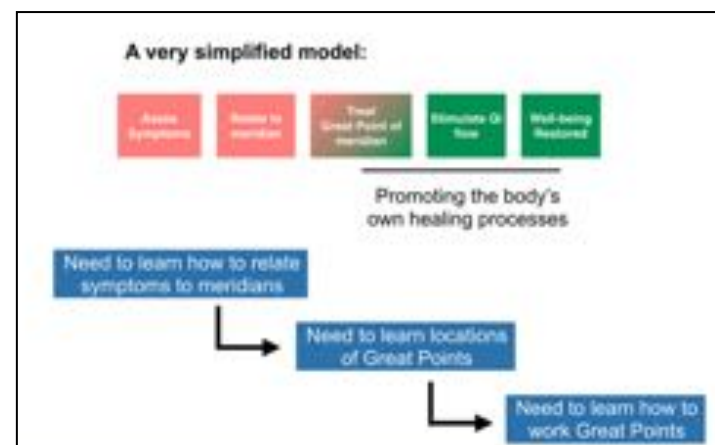
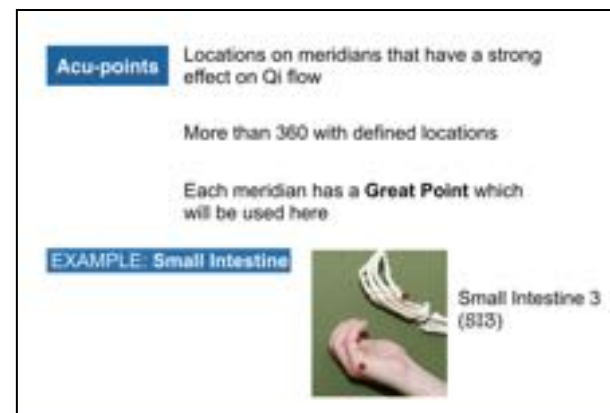
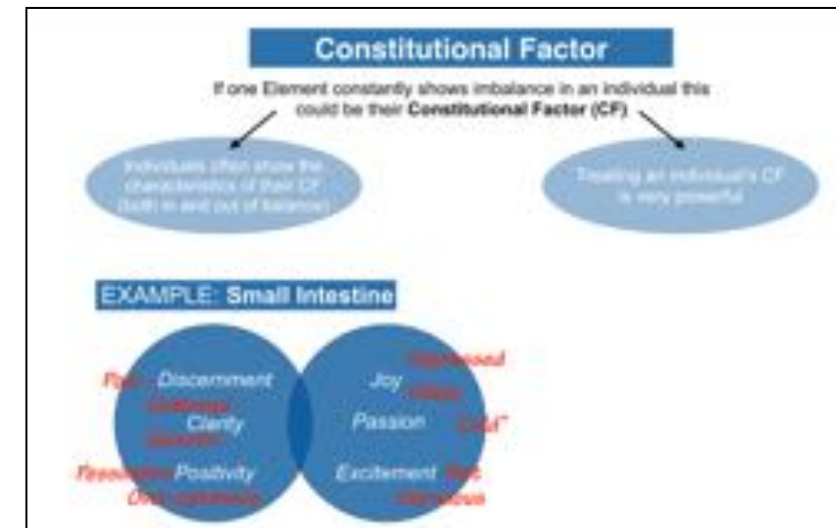
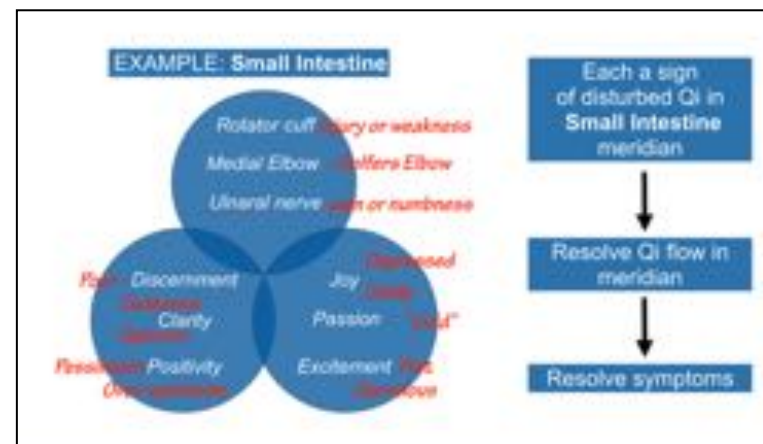
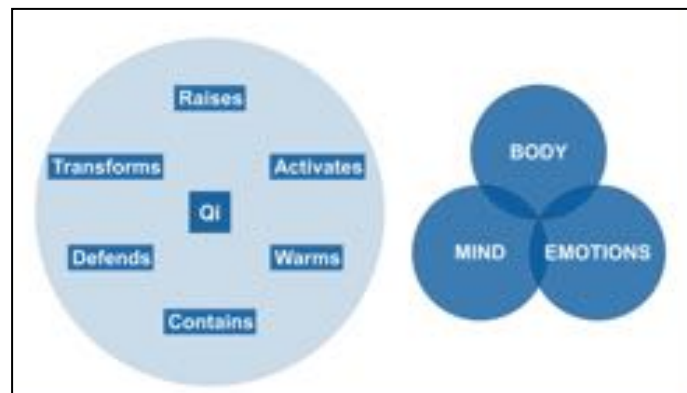
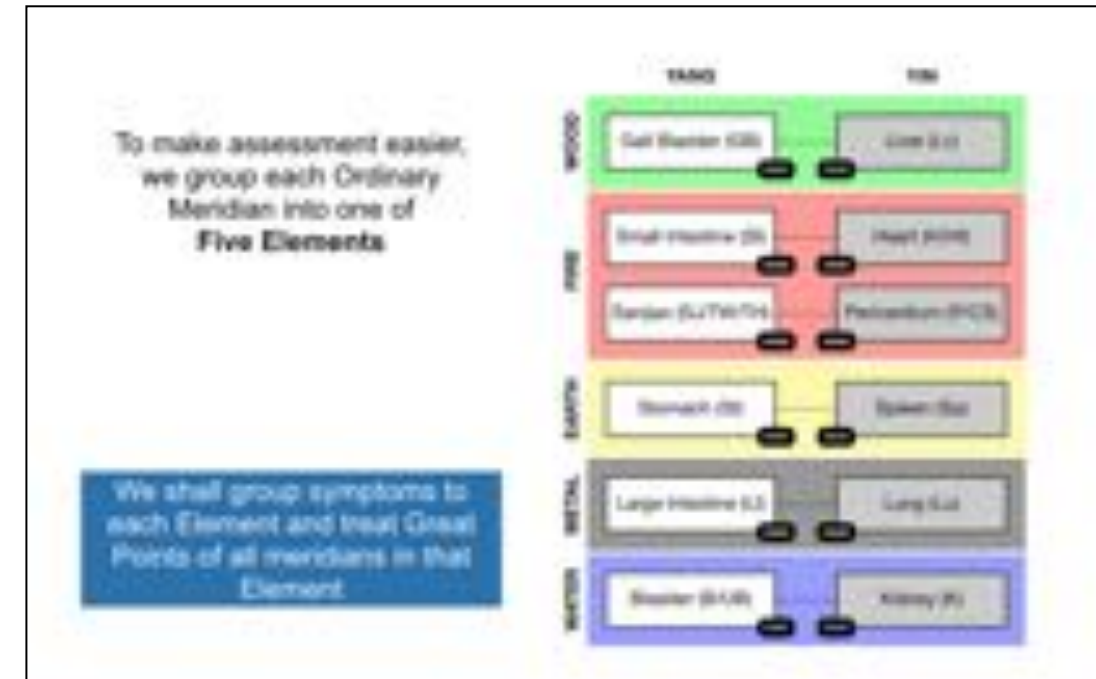
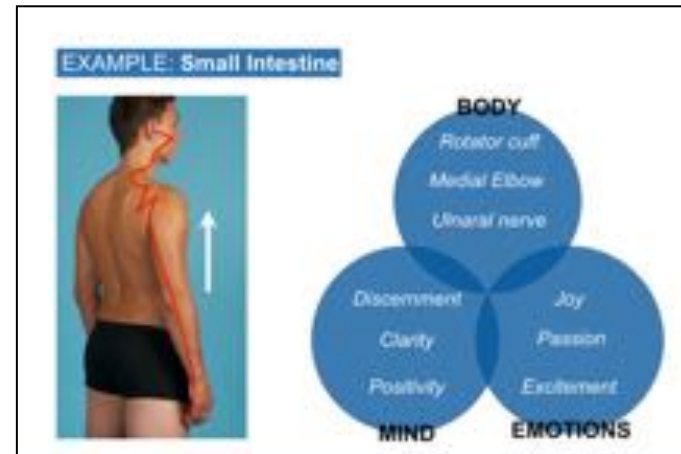
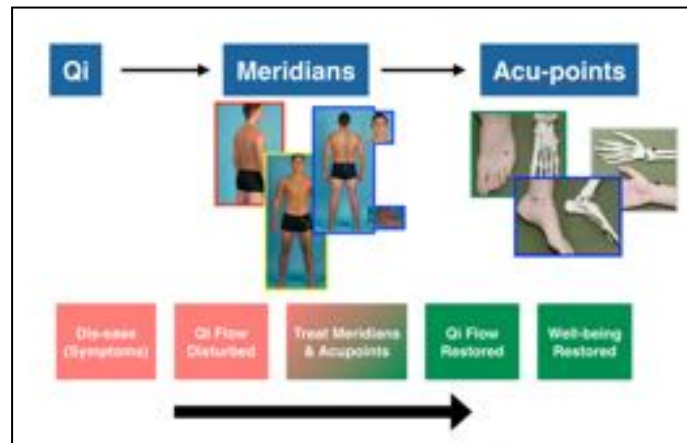


MERIDIANS - Pathways to Health



Phil Nuttridge
 philnuttridge@aol.com

07920 108489
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spinalreflexology.com

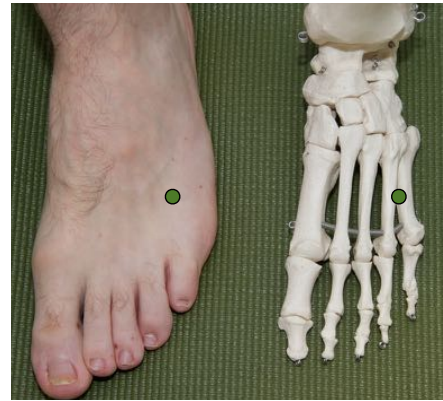
WOOD ELEMENT

GALL BLADDER MERIDIAN

THE DECISION MAKER



GALL BLADDER 41



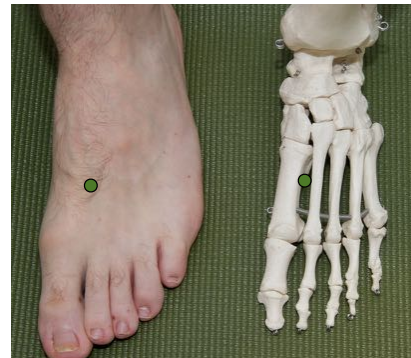
On the top of the foot between the fourth and fifth metatarsal bones, in the depression just proximal to the joint between these two metatarsals.

LIVER MERIDIAN

CHIEF OF STAFF



LIVER 3



On the top of the foot between the first and second metatarsal bones, in the depression just proximal to the joint between these two bones

RESONANCES

SEASON: Spring
CLIMATE: Wind
COLOUR: Green
TASTE: Sour
SMELL: Rancid
SOUND: Shouting

ASSOCIATED FUNCTIONS

Vision and seeing
Ligaments, tendons and cartilage
Smooth flow,
Stores blood
Nails

DISORDERS

MUSCULO-SKELETAL

Sciatica
Piriformis syndrome
Lateral leg pain (ITB)
Lateral ribs, shoulder and head
Stiff rigid movements, inflexibility
Tendonitis

Headaches
Poor sleep
Irregular periods
Poor vision
Brittle or soft nails
Pain that rises and falls, itching

CONSTITUTIONAL FACTOR

Vision, Insight, Planning, Organisation,
Decision-making, Resilience, Flexible

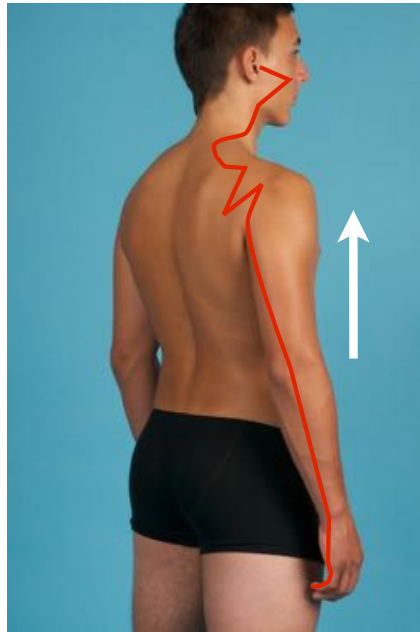
EMOTION = Anger/Frustration

Poor insight, indecisiveness, intolerance, impatience, inflexible, change averse, habit-driven, apathetic, dis-organised, over-assertive, short-fuse, aggressive, blinkered, narrow-focussed, thwarted, seeking justice, confrontational

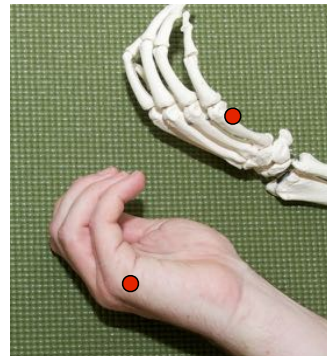
FIRE ELEMENT

SMALL INTESTINE MERIDIAN

MINISTER OF SORTATION



SMALL INTESTINE 3



On the ulnar side of the hand, just proximal to the metacarpal-phalangeal joint of the fifth digit

RESONANCES

SEASON: Summer
 CLIMATE: Heat
 COLOUR: Red
 TASTE: Bitter
 SMELL: Scorched
 SOUND: Laughter

ASSOCIATED FUNCTIONS

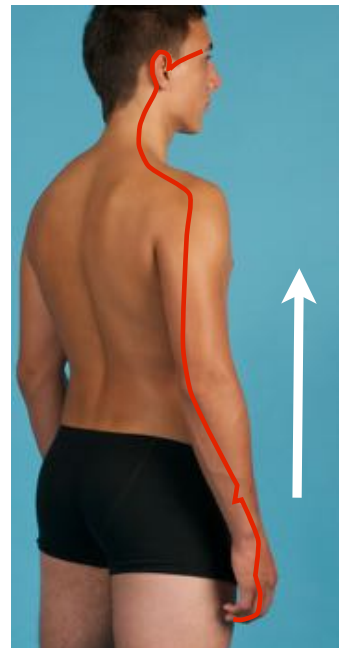
Blood vessels and Tongue
 Circulation
 Function of the small intestine
 Speech
 Controls all emotions

DISORDERS

MUSCULO-SKELETAL
 Golfers Elbow
 Carpal Tunnel Syndrome
 Rotator cuff injury
 Ulnar nerve issues
 Sternocleidomastoid
 Clenching/grinding teeth

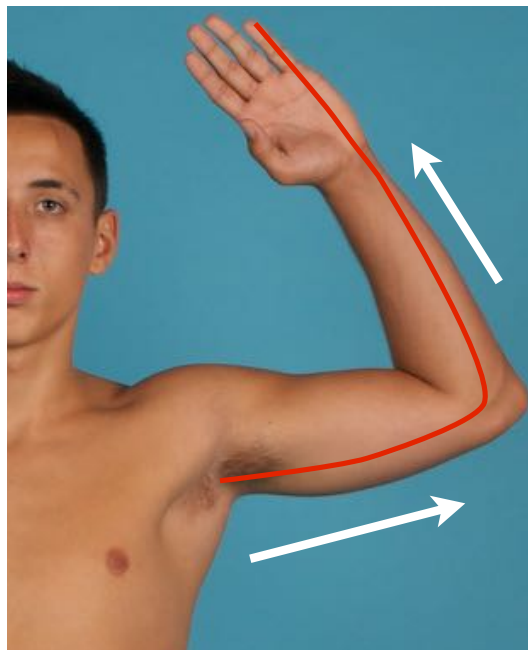
Speech impediments
 Poor short term memory
 Circulatory diseases
 Poor sleep
 Volatile emotions
 Hot flushes

SANJIAO MERIDIAN

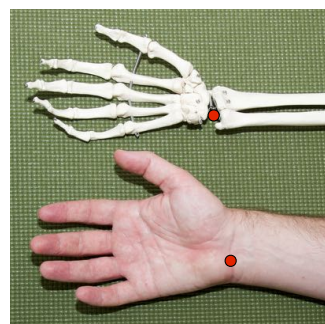


HEART MERIDIAN

EMPEROR



HEART 7



On the palmar surface of the wrist crease in the depression on the radial side of the pisiform bone.

CONSTITUTIONAL FACTOR

Discernment, Judgement, Cheerful, Sociable, Loving, Passionate, Focussed, Seeing the big picture, Positive, Optimistic, Intuitive, Open

EMOTION = Joy

Miserable, lacking joy, flat, earnest, closed-in, emotionally cold, sensitive, quiet, vulnerable, over-cheerful, clowning, excitable, flirtatious, nervously talkative, volatile, uncommunicative

PERICARDIUM MERIDIAN



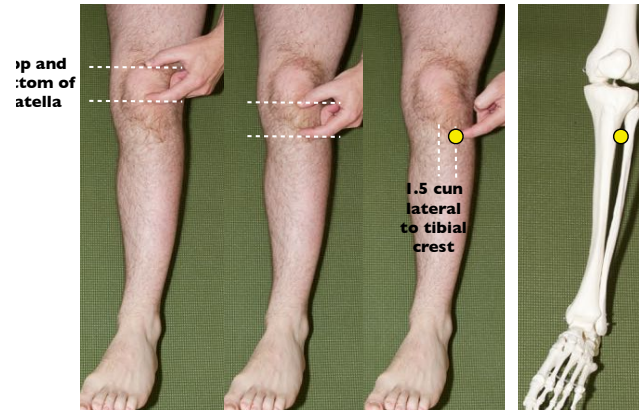
EARTH ELEMENT

STOMACH MERIDIAN

MINISTER OF THE MILL



STOMACH 36



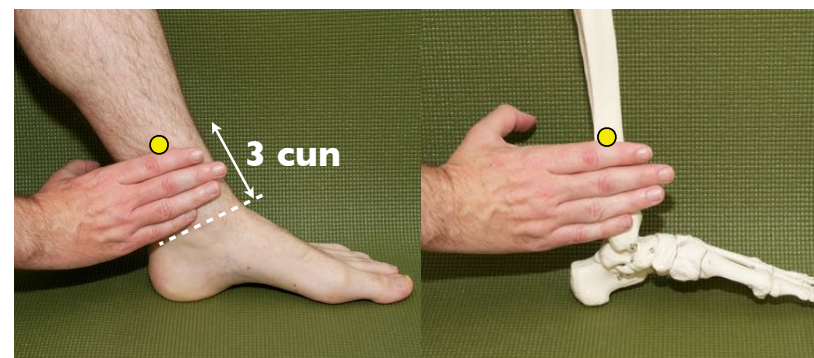
Located 3 cun below the lower margin of the patella and lateral to the crest of the tibia in the small depression inferior to the joint between the tibia and fibula

SPLEEN MERIDIAN

MINISTER OF THE GRANARY



SPLEEN 6



Located 3 cun superior to the apex of the medial malleolus on the medial side of the shin, just posterior to the margin of the tibia

RESONANCES

SEASON: Late Summer
 CLIMATE: Dampness
 COLOUR: Yellow
 TASTE: Sweet
 SMELL: Fragrant
 SOUND: Singing

ASSOCIATED FUNCTIONS

Appetite and digestion
 Maintains blood in the vessels
 Lymph system
 Mouth and lips
 Muscles, particularly the fascia

DISORDERS

MUSCULO-SKELETAL

Poor muscle tone - lumps and swellings
 Shin pain
 Anterior thigh pain
 Lateral knee pain
 Grinding the teeth/Sternocleidomastoid

Altered taste, mouth sores
 Poor relationship with food - cravings, obsessions, faddy dieting
 Saliva problems
 Reflux, bloating
 Oedema, Heavy limbs
 Sinus problems
 Prolapses, hernias, varicose veins
 Fatigue

CONSTITUTIONAL FACTOR

Stability, roots, grounded, abundance, giving and receiving, nourishment, empathy, sympathy, connection, nurturing,

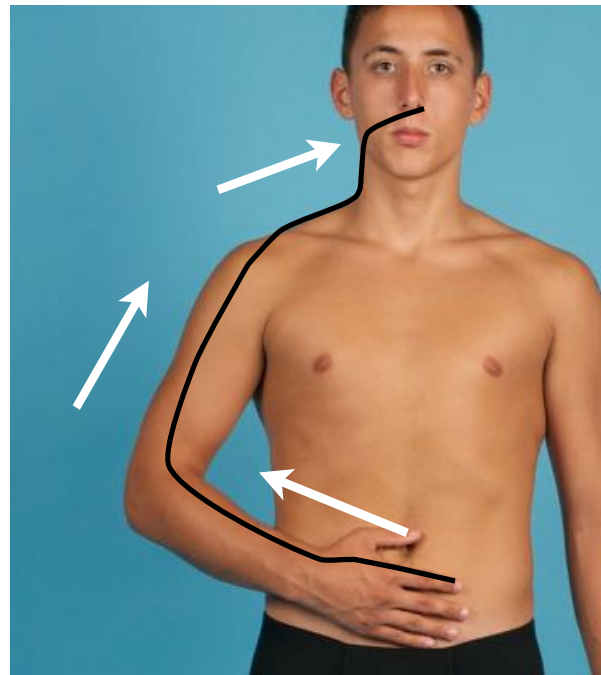
EMOTION = Worry and Pensiveness

Over-thinking, smothering, unsupportive, needy, "a taker", demanding attention, unable to put down roots, "home-bird", insecure, worrier, pensiveness, self-doubt, regrets, compulsive giving

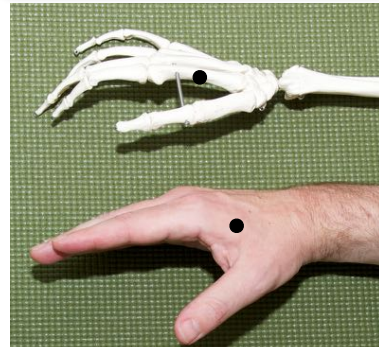
METAL ELEMENT

LARGE INTESTINE MERIDIAN

MINISTER OF ELIMINATION



LARGE INTESTINE 4



Located on the dorsum of the hand in the midpoint of the second metacarpal bone within the muscle adjacent to that bone

RESONANCES

SEASON: Autumn
 CLIMATE: Dryness
 COLOUR: White
 TASTE: Pungent
 SMELL: Rotten
 SOUND: Weeping

ASSOCIATED FUNCTIONS

Respiration
 Digestion
 Distribution of Qi to all organs
 Defensive Qi
 Smell and Nose
 Skin ("Third lung")
 Body hair

DISORDERS

MUSCULO-SKELETAL
 Tennis elbow
 Anterior shoulder pain
 Pain along the radial nerve
 Thumb apin

Asthma, allergies, COPD
 Diarrhoea, Constipation
 Skin conditions
 High/Low blood pressure
 Shivering or excessive perspiration

LUNG MERIDIAN

PRIME MINISTER



LUNG 7



On the radial side of the forearm, 1.5 cun proximal to the wrist crease in the depression immediately proximal to the styloid process of the radius

CONSTITUTIONAL FACTOR

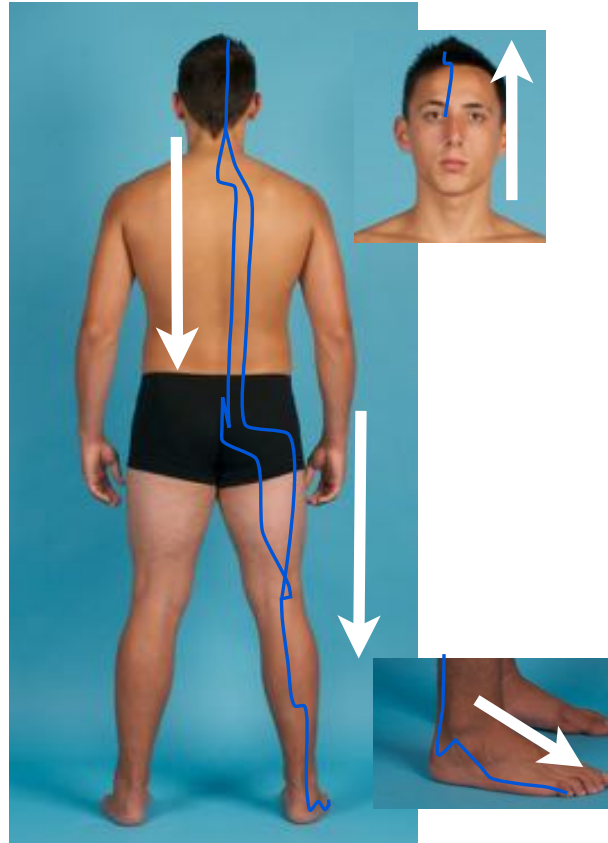
Acceptance, Letting go, Value, Self-worth, Inspiration, Instinct,

EMOTION = Grief/Sadness

Detached, isolated, unable to live in the moment, dogmatic, low self-esteem, indifferent, materialistic, cluttered, hoarding, clinging, perfectionist, resistant to change, apathy, 'Mental constipation'

WATER ELEMENT

BLADDER MERIDIAN MINISTER OF THE RESERVOIR

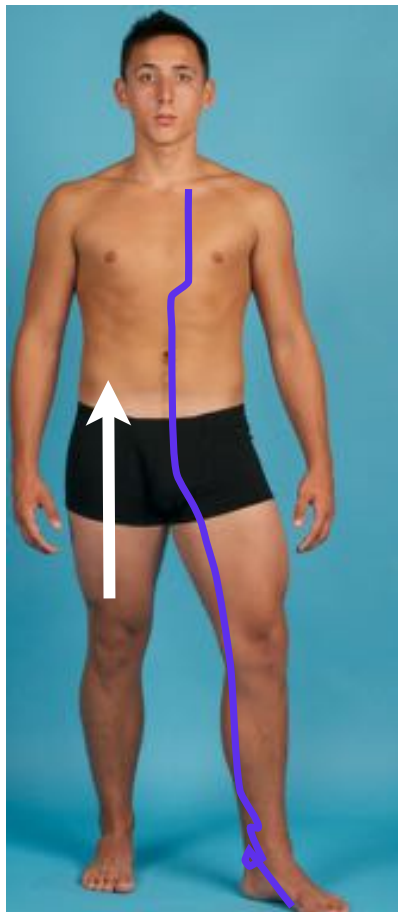


BLADDER 62



On the lateral aspect of the ankle, in the depression inferior to the inferior border of the lateral malleolus

KIDNEY MERIDIAN



KIDNEY 6



On the medial aspect of the ankle, in the depression inferior to the inferior border of the medial malleolus

RESONANCES

SEASON: Winter
CLIMATE: Cold
COLOUR: Blue/Black
TASTE: Salty
SMELL: Putrid
SOUND: Groaning

ASSOCIATED FUNCTIONS

Ears and Hearing
Bones, Teeth and Hair
Memory, thinking & concentration
Sexual maturation
Adrenal function
Blood pressure
Urinary function

DISORDERS

MUSCULO-SKELETAL
Lower back pain
Psoas dysfunction
Hamstrings and calves
Ankle pain

Urinary infections
High or low blood pressure
Weak constitution
Poor sexual vitality
Stress due to over active adrenals
Brittle bones and teeth
Tinnitus

CONSTITUTIONAL FACTOR

Wisdom, Strong Constitution, Power, Steadfastness, Determination, Intelligence

EMOTION = Fear

Paralysis due to fear, Recklessness
phobias, paranoia, lacking trust, jealousy
fearlessness, daredevil, risk taker, adrenaline
junkie, driven, bullying, intimidating, grandiosity
Over-active fight or flight response
workaholic, insecure, clouded thinking