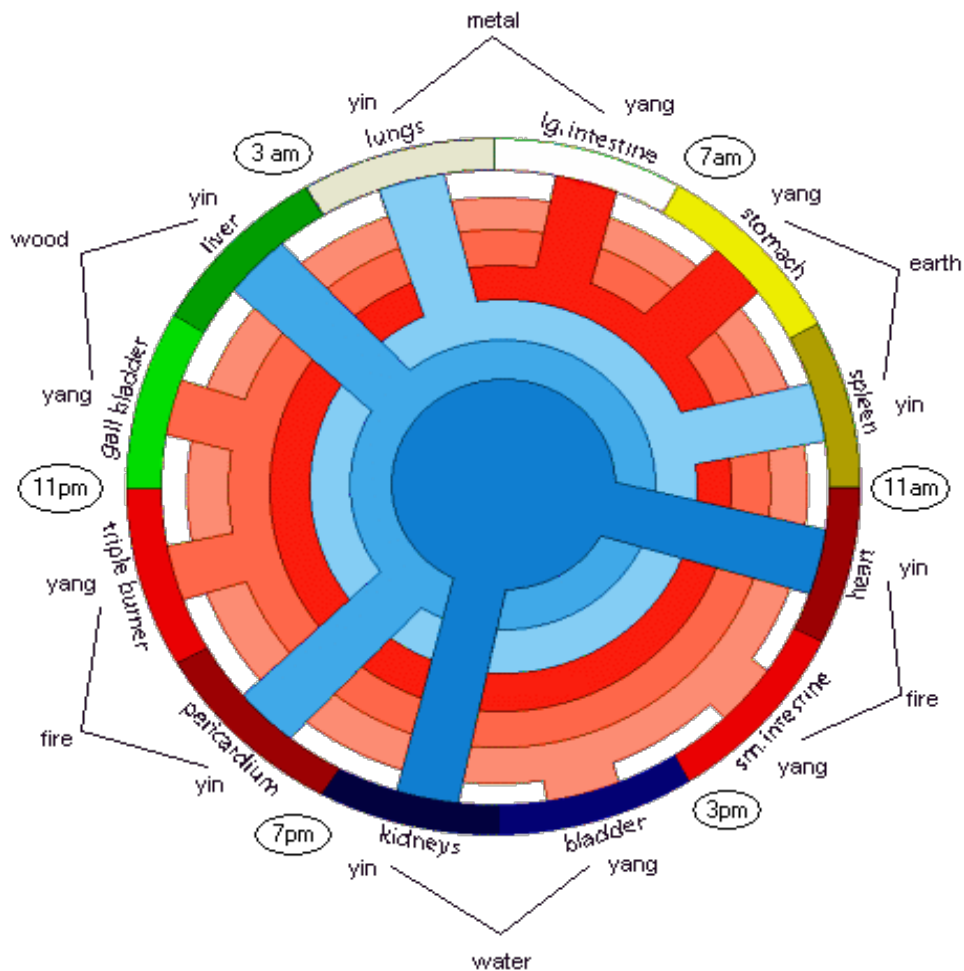


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THE THEORETICAL ROOT OF MERIDIANS (CHANNELS) AND ENERGY



An ancient Chinese adage says: 'A tree grows from the roots.' Yin and yang and the Five Elemental Energies form the main roots in the Taoist tree of health, and the entire edifice of traditional Chinese medicine and physiology is based upon the foundation of these energy principles.

The Five Elemental Energies and their cycles provide a practical working model through which the interrelationships between the human body and the natural environment may be understood and controlled. They also illuminate the internal functional relationships between the body's various vital organs and explain how external elements such as foods and medicinal herbs influence the organs and their functions. All aspects of human health, including physiology and pathology, diagnosis and therapy, are rooted in this remarkably reliable system of polar forces and cyclic energy transformations.

The traditional Chinese view of human physiology differs significantly from the Western view in that the Chinese have always focused attention on the function rather than the form of the vital

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organs. The Western medical practice of studying human physiology based upon anatomical locations of various organs as revealed in dissected cadavers makes no sense to Chinese physicians, because cadavers have no living energy and their organs are not functional. How can a dead body reveal anything significant about the dynamics of living energy? Furthermore, in addition to their biological functions and anatomical locations, the Chinese concept of 'organs' also includes the specific type of energy that infuses each organ, as well as the energy meridians that channel organ energies to and from other parts of the body.

THE ROUGH COURSES OF 12 PRIMARY MERIDIANS

The below chart illustrates where the meridians begin and end on the surface of the body, not showing the exact paths they take. It also shows the 24 hour cycle which takes place in the body. For every two hours throughout the day, one organ-channel is at it is peak, while the organ opposite of that hour (ie, bladder/lungs) is at it is low. People who are sensitive enough to energy, always know the time of day just by feeling the constant shifting of energy in the body.

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