

# Contents

<b>The Authors</b> .....	VI	<b>E – <i>Yīn Qiāo Mài</i> Extra Channel</b>	
<b>Foreword to the Italian Edition</b> .....	VII	<i>Yīn</i> Springing Vessel .....	152
<b>Preface</b> .....	IX	<b>F – <i>Yáng Qiāo Mài</i> Extra Channel</b>	
<b>How to use the Atlas</b> .....	X	<i>Yáng</i> Springing Vessel .....	154
		<b>G – <i>Yīn Wéi Mài</i> Extra Channel</b>	
		<i>Yīn</i> Linking Vessel .....	156
		<b>H – <i>Yáng Wéi Mài</i> Extra Channel</b>	
		<i>Yáng</i> Linking Vessel .....	158
<b>Section 1 General Part</b> .....	1	<b>Chapter 5 The Extra Points</b> .....	161
<b>Chapter 1 General Tables</b> .....	3	<b>A – Head and Neck</b> .....	162
<b>A – Anterior</b> .....	4	<b>B – Trunk</b> .....	163
<b>B – Lateral</b> .....	5	<b>C – Upper Limb</b> .....	164
<b>C – Posterior</b> .....	6	<b>D – Lower Limb</b> .....	165
<b>Chapter 2 The Unit of Proportional Measurement: The “Cun”</b> .....	7		
<b>Chapter 3 The 12 Regular Channels</b>		<b>Section 2 Analytical Section</b> .....	181
<b><i>Jīng Mài</i></b> .....	9	<b>Anatomic–Topographic Study of Meridians and Acupuncture Points</b> .....	181
<b>A – Hand Great <i>Yīn</i> Lung Channel</b> .....	10	<b>Chapter 6 Head and Neck</b> .....	183
<b>B – Hand <i>Yang</i> Brightness Large Intestine Channel</b> .....	16	<b>A – Anterior Aspect</b> .....	184
<b>C – Foot <i>Yang</i> Brightness Stomach Channel</b> .....	24	<b>B – Lateral Aspect</b> .....	186
<b>D – Foot Greater <i>Yīn</i> Spleen Channel</b> .....	40	<b>C – Posterior Aspect</b> .....	190
<b>E – Hand Lesser <i>Yīn</i> Heart Channel</b> .....	48	<b>D – Superior Aspect and Ocular Region</b> .....	192
<b>F – Hand Greater <i>Yang</i> Small Intestine Channel</b> .....	52	<b>E – Sections</b> .....	194
<b>G – Foot Greater <i>Yang</i> Bladder Channel</b> .....	60	<b>Chapter 7 Trunk</b> .....	203
<b>H – Foot Lesser <i>Yīn</i> Kidney Channel</b> .....	80	<b>A – Anterior Aspect</b> .....	204
<b>I – Hand Reverting <i>Yīn</i> Pericardium Channel</b> .....	90	<b>B – Lateral Aspect</b> .....	207
<b>J – Hand Lesser <i>Yáng</i> Triple Burner Channel</b> .....	96	<b>C – Posterior Aspect</b> .....	209
<b>K – Foot Lesser <i>Yáng</i> Gallbladder Channel</b> .....	104	<b>D – Sections</b> .....	212
<b>L – Foot Reverting <i>Yīn</i> Liver Channel</b> .....	118	<b>Chapter 8 Upper Limbs</b> .....	217
<b>Chapter 4 The Eight Extra Channels</b> .....	127	<b>A – Anterior Aspect</b> .....	218
<b>A – <i>Rèn Mài</i> Extra Channel Controlling Vessel</b> .....	128	<b>B – Lateral Aspect</b> .....	222
<b>B – <i>Dū Mǎi</i> Extra Channel Governing Vessel</b> .....	138	<b>C – Posterior Aspect</b> .....	225
<b>C – <i>Chōng Mài</i> Extra Channel Thoroughfare Vessel</b> .....	148	<b>D – Medial Aspect</b> .....	229
<b>D – <i>Dài Mài</i> Extra Channel Girdling Vessel</b> .....	150	<b>E – Hand: Dorsal Aspect</b> .....	232
		<b>F – Hand: Palmar Aspect</b> .....	235
		<b>G – Sections</b> .....	238

<b>Chapter 9 Lower Limbs</b> .....	259	<b>Chapter 13 The 15 Collateral Channels</b>	
<b>A</b> – Anterior Aspect .....	260	<b>Lùo Mài</b> .....	343
<b>B</b> – Lateral Aspect .....	264	<b>A</b> – The Lùo Channel of the Large Intestine ___	344
<b>C</b> – Posterior Aspect .....	267	<b>B</b> – The Lùo Channel of the Triple Burner	
<b>D</b> – Medial Aspect .....	271	( <i>Sān Jiāo</i> ) .....	344
<b>E</b> – Foot: Dorsal Aspect .....	274	<b>C</b> – The Lùo Channel of the Small Intestine ___	344
<b>F</b> – Foot: Plantar Aspect .....	277	<b>D</b> – The Lùo Channel of the Lung .....	346
<b>G</b> – Sections .....	280	<b>E</b> – The Lùo Channel of the Pericardium	
		( <i>Xīn Bāo</i> ) .....	346
		<b>F</b> – The Lùo Channel of the Heart .....	346
<b>Section 3 Other Channels</b>		<b>G</b> – The Lùo Channel of the Stomach .....	348
<b>and Collateral Channels</b> .....	305	<b>H</b> – The Lùo Channel of the Gallbladder .....	348
<b>Chapter 10 The Six Great Channels</b> .....	307	<b>I</b> – The Lùo Channel of the Bladder .....	348
<b>A</b> – <i>Juè Yīn</i> .....	308	<b>J</b> – The Lùo Channel of the Spleen .....	350
<b>B</b> – <i>Shào Yīn</i> .....	308	<b>K</b> – The Lùo Channel of the Kidney .....	350
<b>C</b> – <i>Tài Yīn</i> .....	308	<b>L</b> – The Lùo Channel of the Liver .....	350
<b>D</b> – <i>Yàng Míng</i> .....	309	<b>M</b> – The Lùo Channel of <i>Dù Mài</i> .....	352
<b>E</b> – <i>Shào Yáng</i> .....	310	<b>N</b> – The Lùo Channel of <i>Rèn Mài</i> .....	352
<b>F</b> – <i>Tài Yáng</i> .....	311	<b>O</b> – Great Lùo Channel of the Spleen .....	354
<b>Chapter 11 The 12 Channel Sinews</b>		<b>Chapter 14 The 12 Cutaneous Channels</b>	
<b>Jīng Jīn</b> .....	313	<b>Pí Bù</b> .....	357
<b>A</b> – Large Intestine Channel Sinew .....	314		
<b>B</b> – Triple Burner Channel Sinew— <i>Sān Jiāo</i> ___	315	<b>Section 4 Appendix</b> .....	359
<b>C</b> – Small Intestine Channel Sinew .....	316	<b>Chapter 15 Auricular Acupuncture</b> .....	361
<b>D</b> – Lung Channel Sinew .....	317	<b>A</b> – Anatomy of the Auricle .....	362
<b>E</b> – Pericardium Channel Sinew— <i>Xīn Bāo</i> ___	318	<b>B</b> – Auricular Acupuncture Maps .....	366
<b>F</b> – Heart Channel Sinew .....	319	<b>C</b> – Main Points of Chinese Auricular	
<b>G</b> – Stomach Channel Sinew .....	320	Acupuncture: Location and Clinical	
<b>H</b> – Gallbladder Channel Sinew .....	322	Indications .....	368
<b>I</b> – Bladder Channel Sinew .....	324		
<b>J</b> – Spleen Channel Sinew .....	326	<b>Chapter 16 Reflex Therapies:</b>	
<b>K</b> – Liver Channel Sinew .....	328	<b>Neurophysiologic Basics</b> .....	375
<b>L</b> – Kidney Channel Sinew .....	330	<b>A</b> – Dermatomes, Myotomes,	
		and Sclerotomes .....	377
<b>Chapter 12 The Six Pairs of Divergent</b>		<b>B</b> – <i>Mù</i> and <i>Shū</i> Points of the Trunk .....	382
<b>Channels Jīng Bié</b> .....	333	<b>C</b> – Viscerocutaneous Reflex Dermalgias ___	384
<b>A</b> – First Confluence—Divergent Channels		<b>D</b> – Scalp Acupuncture .....	386
of the Bladder and Kidney .....	334		
<b>B</b> – Second Confluence—Divergent Channels		<b>Bibliography/Further Reading</b> .....	389
of the Stomach and Spleen .....	336	<b>Control Points</b>	
<b>C</b> – Third Confluence—Divergent Channels		<b>of Acupuncture Channels</b> .....	390
of the Gallbladder and Liver .....	338	<b>Graphic Representation</b>	
<b>D</b> – Fourth Confluence—Divergent Channels		<b>of Acupuncture Points</b> .....	391
of the Small Intestine and Heart .....	340	<b>Alphabetical Index</b>	
<b>E</b> – Fifth Confluence—Divergent Channels		<b>of Acupuncture Points</b> .....	392
of the Large Intestine and Lung .....	341	<b>General Index</b> .....	398
<b>F</b> – Sixth Confluence—Divergent Channels			
of the Triple Burner and Pericardium ___	342		