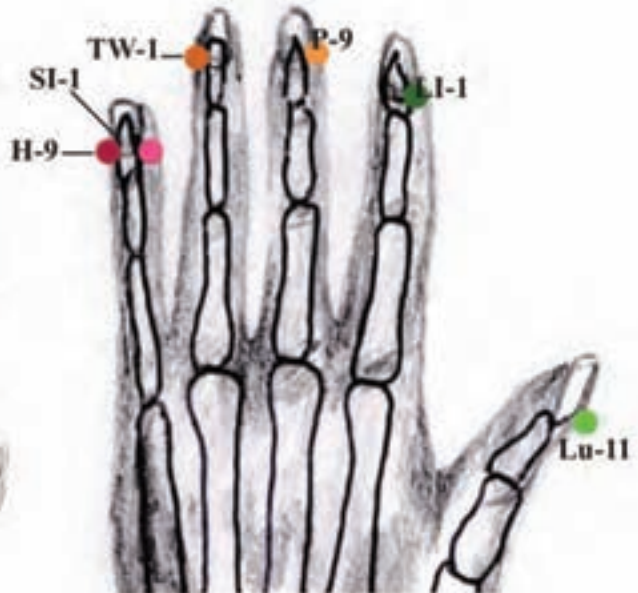
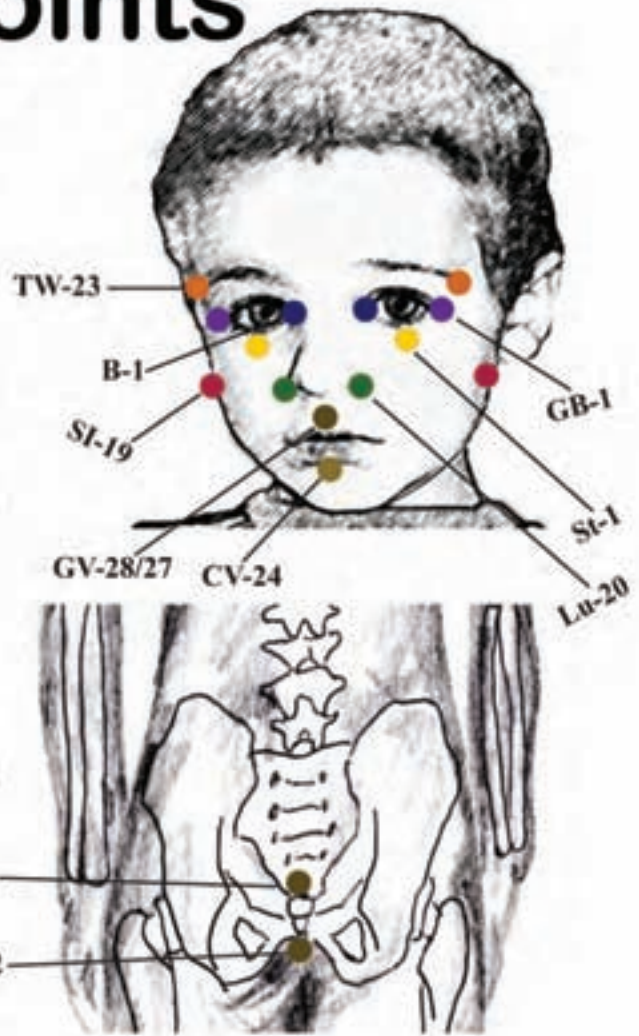
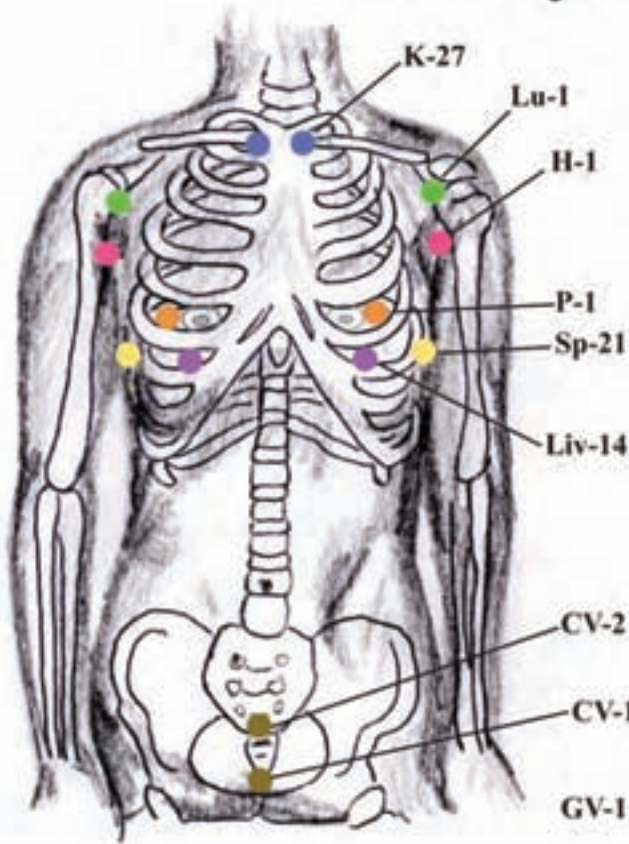


# Endpoints



# MERIDIAN ENDPOINTS

Element	Meridian	This Point	&	This Point
0	Governing Vessel	GV-1 Tip of coccyx or GV-2 Top of coccyx	&	GV-28 Midline of upper gum or GV-27 Upper lip, midline
	Central Vessel	CV-1 Perineum or CV-2 Pubic bone	&	CV-24 Lower lip, midline
1	Gall Bladder	GB-1 Outer canthus of eye	&	GB-44 4th toe, lateral
	Liver	Liv-1 Big toe, lateral nail	&	Liv-14 Chest, in line with nipple, between ribs 7 & 8
2	Bladder	B-1 Inner canthus of eye	&	B-67 Little (5th) toe, lateral nail
	Kidney	K-1 Bottom of ball of foot, in the indentation.	&	K-27 Chest, junction of 1 <sup>st</sup> rib - clavicle - sternum
3	Large Intestine	LI -1 Index finger, lateral nail	&	LI20 Beside opposite nostrils
	Lung	Lu-1 Front of shoulder, medial to humerus in soft spot	&	Lu-11 Thumb, lateral nail
4	Stomach	St-1 Below center of eyes in notch on top edge of bone	&	St-45 2nd toe, lateral nail
	Spleen	Sp-1 Big toe, medial nail	&	Sp-21 On side, 4" below armpit, between ribs 7-8
5	Triple Warmer	TW-1 Ring finger, medial nail	&	TW-23 Lateral end of eyebrow, in soft spot
	Pericardium	P-1 Lateral to nipple, about 1 thumb width	&	P-9 Middle finger, lateral nail
6	Small Intestine	SI-1 Little finger, medial nail	&	SI-19 In front of ear, bottom edge of soft area with mouth open
	Heart	H-1 Armpit	&	H-9 Little finger, lateral nail

**Notes:** The LI meridians cross over under the nose so the right side LI meridian endpoint is beside the nose left side and vice versa.

It is generally preferable to hold GV-2 (top of coccyx) and CV-2 (pubic bone), rather than GV-1 (tip of coccyx) and CV-1 (perineum), and to hold GV-27 (upper lip), rather than GV-28 (upper gum, above the front teeth). When working on oneself, however, you may want to use GV-1 and CV-1 because it allows you to hold both points with only one hand.