

Contents

Chapter 1			
The Acupuncture Points of the 12 Regular Channels	-----	1	
A Lung Channel	-----	2	
B Large Intestine Channel	-----	9	
C Stomach Channel	-----	20	
D Spleen Channel	-----	43	
E Heart Channel	-----	55	
F Small Intestine Channel	-----	60	
G Bladder Channel	-----	70	
H Kidney Channel	-----	107	
I Pericardium Channel	-----	121	
J Triple Burner Channel	-----	127	
K Gallbladder Channel	-----	139	
L Liver Channel	-----	162	
Chapter 2			
The Acupuncture Points of the Extra Channels	-----	171	
A <i>Rèn Mài</i> Extra Channel	-----	172	
B <i>Dù Mài</i> Extra Channel	-----	185	
Chapter 3			
The Extra Acupuncture Points	-----	201	
A Extra Points—Head and Neck	-----	202	
B Extra Points—Trunk	-----	209	
C Extra Points—Upper Limbs	-----	215	
D Extra Points—Lower Limbs	-----	219	
Chapter 4			
The System of Points and Channels	-----	223	
A The Origins of the System	-----	224	
B The Main Categories of Acupuncture Points and their Clinical Indications	-----	225	
References and Further Reading	-----	239	
Alphabetical Index of Acupuncture Points	-----	241	
General Index	-----	249	