

Advanced Balance Method – Internal Disorders



The Yao Chart

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Channel/ Meridian	Yuan Source Point	Luo Connecting Point	Xi Cleft Point
Hand Tai Yin Lung	Lu 9	Lu 7	Lu 6
Hand Yang Ming Large Intestine	LI 4	LI 6	LI 7
Foot Yang Ming Stomach	St 42	St 40	St 34
Foot Tai Yin Spleen	Sp 3	Sp 4	Sp 8
Hand Shao Yin Heart	H 7	H 5	H 6
Hand Tai Yang Small Intestine	SI 4	SI 7	SI 6
Foot Tai Yang Urinary Bladder	UB 64	UB 58	UB 63
Foot Shao Yin Kidney	K 3	K 4	K 5
Hand Jue Yin Pericardium	P 7	P 6	P 4
Hand Shao Yang San Jiao	SJ 4	SJ 5	SJ 7
Foot Shao Yang Gall Bladder	GB 40	GB 37	GB 36
Foot Jue Yin Liver	Lv 3	Lv 5	Lv 6

Gua						
	Lv	H	Sp	Lu	K	P
Top Yao	Lv 8	H 3	Sp 9	Lu 5	K 10	P 3
Fifth Yao	Lv 5	H 4	Sp 5	Lu 7	K 7	P 5
Fourth Yao	Lv 4	H 5	Sp 4	Lu 8	K 4	P 6
Third Yao	Lv 3	H 7	Sp 3	Lu 9	K 3	P 7
Second Yao	Lv 2	H 8	Sp 2	Lu 10	K 2	P 8
First Yao	Lv 1	H 9	Sp 1	Lu 11	K 1	P 9

Gua						
	GB	SI	St	LI	UB	SJ
Top Yao	GB 34	SI 8	St 36	LI 11	UB 40	SJ 10
Fifth Yao	GB 38	SI 5	St 41	LI 5	UB 60	SJ 6
Fourth Yao	GB 40	SI 4	St 42	LI 4	UB 64	SJ 4
Third Yao	GB 41	SI 3	St 43	LI 3	UB 65	SJ 3
Second Yao	GB 43	SI 2	St 44	LI 2	UB 66	SJ 2
First Yao	GB 44	SI 1	St 45	LI 1	UB 67	SJ 1