

	Limb	Meridian	Element	Jing Well Wood	Ying Spring Fire	Shu Stream Earth	Jing River Metal	He Sea Water
Function				Fullness below the HT, rescue collapse, restore consciousness	Body heat	Body heaviness & joint pain, wind, bi.	C&W, chills & fever, asthma, voice	Fu organs (ST, SI, LI), rebellious qi & diarrhea
Action				Qi departs	Qi converges	Pathogens enter	Qi concentrates	Qi joins body circulation
Yin	Foot	LV	Wood	1	2	3	4	8
	Hand	HT	Fire	9	8	7	4	3
	Hand	PC	Fire	9	8	7	5	3
	Foot	SP	Earth	1	2	3	5	9
	Hand	LU	Metal	11	10	9	8	5
	Foot	KD	Water	1	2	3	7	10
				Jing Well Metal	Ying Spring Water	Shu Stream Wood	Jing River Fire	He Sea Earth
Yang	Foot	GB	Wood	44	43	41	38	34
	Hand	SI	Fire	1	2	3	5	8
	Hand	SJ	Fire	1	2	3	6	10
	Foot	ST	Earth	45	44	43	41	36
	Hand	LI	Metal	1	2	3	5	11
	Foot	BL	Water	67	66	65	60	40

Generating Cycle	Wood > Fire > Earth > Metal > Water >
Control Cycle	Wood > Earth > Water > Fire > Metal >