



Human Meridian Health Preservation

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01

Basic Concepts of Meridians



Definition of Meridians

Definition in TCM Theory

The Huangdi Neijing records that meridians are pathways for Qi and blood circulation, connecting zang-fu organs and limbs, such as the twelve regular meridians system connecting the whole body.

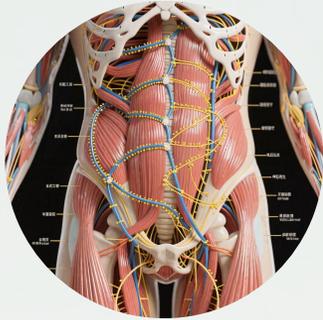
Modern Medical Interpretation

Modern research suggests meridians may relate to nervous, vascular, and lymphatic systems. Experiments by Beijing University of Chinese Medicine show their involvement in body surface-internal organ information transmission.

Core Functions of Meridians

Meridians function to "circulate Qi and blood, nourish Yin and Yang". For example, acupuncture at Hegu point relieves headaches, demonstrating its role in regulating Qi and blood flow.

Classification of Meridians



Twelve Regular Meridians

The twelve regular meridians are the main channels for Qi and blood circulation. For instance, the Lung Meridian of Hand-Taiyin starts at Zhongfu point and ends at Shaoshang point; regular massage can improve lung discomfort like coughing.

Eight Extra Meridians

The Du Meridian among the eight extra meridians is known as the "Sea of Yang Meridians". The Mingmen point on the Du Meridian, when moxibustioned, can warm kidney Yang and improve lumbar soreness.

Collaterals

Collaterals are branches of meridians. Minute collaterals (Sun Luo) 遍布全身. TCM practitioners judge Qi and blood status by observing collateral color changes; purple-black collaterals on children's index fingers often indicate blood stasis.

02

Importance of Meridian Health



Promoting Qi and Blood Circulation



Dredging Meridian Channels

TCM believes office workers often experience Qi and blood stagnation due to shoulder and neck meridian blockage. Acupuncture at Jianjing and Quchi points can restore normal Qi and blood flow.



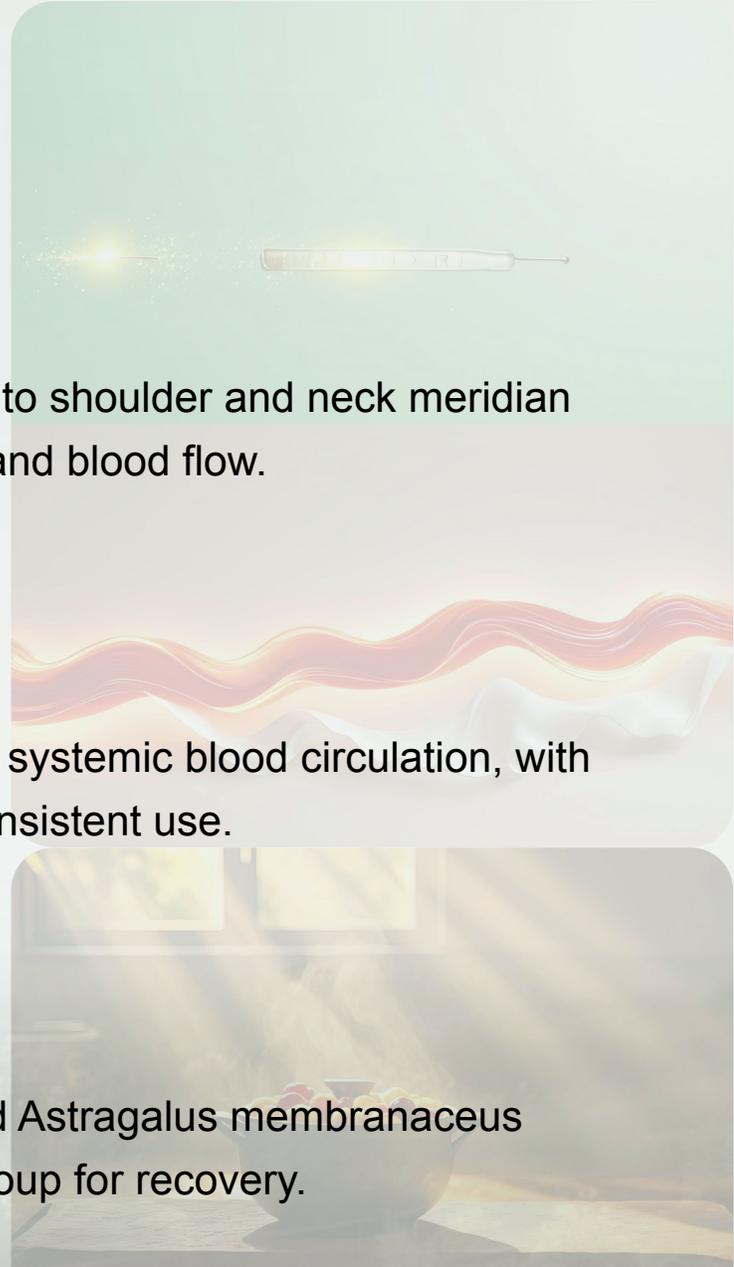
Improving Blood Circulation

The Huangdi Neijing records that moxibustion at Guanyuan point promotes systemic blood circulation, with significant effects for people with cold hands and feet after two weeks of consistent use.



Enhancing Qi and Blood Production

In TCM diet therapy, stewing black-bone chicken with Angelica sinensis and Astragalus membranaceus nourishes Qi and blood. Postpartum women in Guangdong often use this soup for recovery.



Enhancing Immunity

Boosting Immune Cell Activity

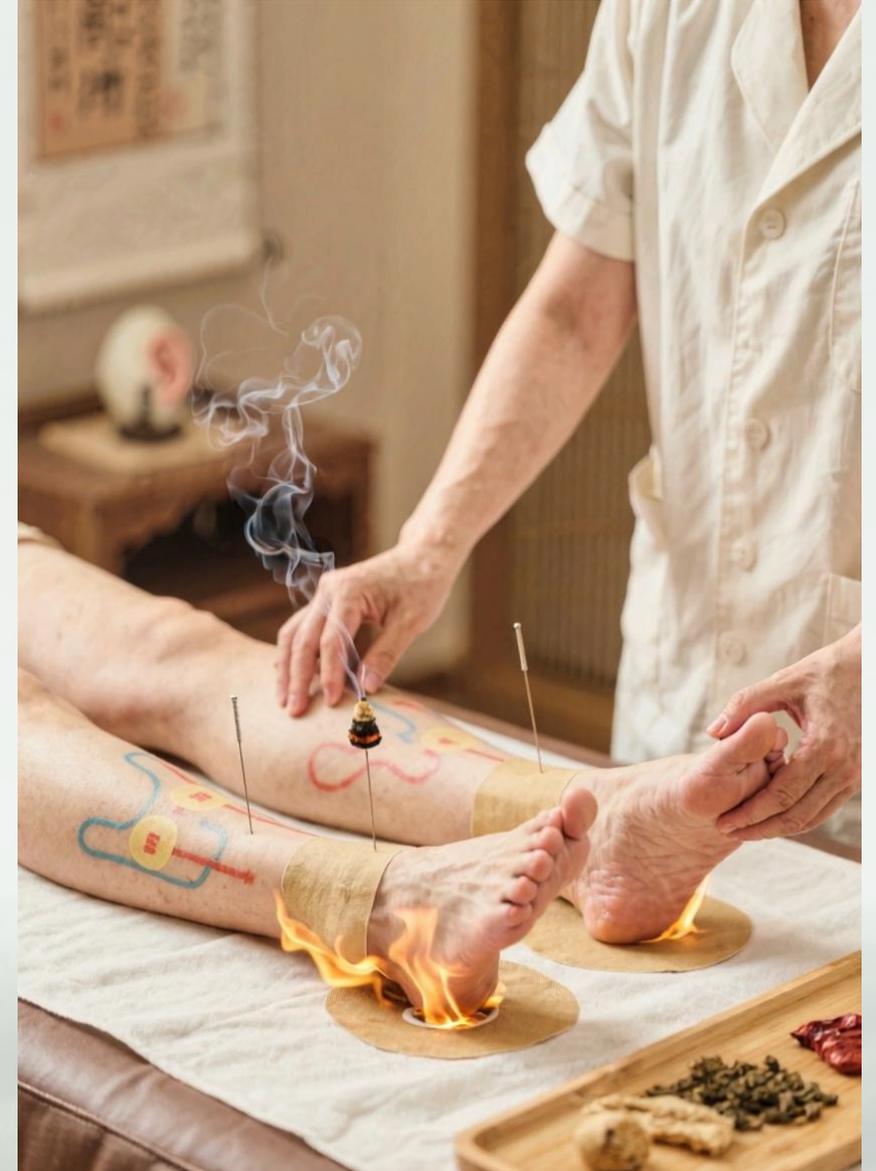
TCM clinical studies show moxibustion at Zusanli and Guanyuan points promotes immune cell proliferation, increasing NK cell activity by over 30%.

Strengthening Immune Barrier

In traditional health preservation, massaging Sanyinjiao at 15-17 o'clock daily improves blood circulation and reduces respiratory infection risk by 40%.

Regulating Immune Imbalance

A health institution's tracking data shows 65% improvement rate in allergic constitution among people practicing meridian dredging for 3 months, with stable immunoglobulin levels.



03

Common Meridian Health Methods



Massage Therapy



Acupoint Massage

TCM recommends massaging Hegu point for headache relief: press clockwise with thumb for 3-5 minutes with酸胀感 (soreness and distension), suitable for office workers.



Meridian Tuina

Professional therapists推拿 (tuina) along the Bladder Meridian from Dazhui point to lumbosacral region with essential oils, commonly used in TCM health centers.



Foot Reflexology

After foot soaking, press Yongquan point 200 times before bed to improve sleep, a classic kidney meridian health method in traditional foot therapy.



Moxibustion Therapy

Common Moxibustion Points

TCM often selects Guanyuan and Zusanli points. Moxibustion at Zusanli regulates spleen and stomach function. The Huangdi Neijing records it as the "longevity point", with the folk saying "Regular moxibustion at Zusanli is better than eating old hen".

Moxibustion Techniques

Suspension moxibustion is commonly used at home: burn moxa stick 3-5cm above skin for 15-20 minutes. For wind-cold colds, moxibustion at Dazhui point for 15 minutes is recommended.

Moxibustion Precautions

Pregnant women should avoid moxibustion on the abdomen; hypertensive patients should be cautious with head moxibustion. Drink warm water after moxibustion - an old saying states "A cup of water after moxibustion is better than ginseng soup" to prevent internal heat.

Cupping Therapy



Static Cupping Technique

Select points on the Bladder Meridian, use flash-fire method to 吸附 (adsorb) glass cups on Shenshu point for 10-15 minutes, suitable for relieving lumbar muscle strain pain.



Moving Cupping Application

Apply petroleum jelly on the back, push large glass cups up and down along the Du Meridian until skin reddens, commonly used for wind-cold cold patients to dredge meridians.



Pricking and Cupping Therapy

Disinfect Dazhui point skin, tap with plum-blossom needle to cause bleeding, then apply cupping for 5 minutes. It can assist in treating acne with 82% clinical effectiveness in a TCM hospital.



Exercise Therapy

Baduanjin Qigong

The "Hands Lifting to Regulate Triple Burner" movement in traditional Baduanjin stretches the Sanjiao Meridian of Hand-Shaoyang. Practicing 10 minutes in the morning improves shoulder and neck stiffness, often used as warm-up by Tai Chi practitioners.

Wuqinxi (Five-Animal Games)

The "Deer Play" in Hua Tuo's Wuqinxi imitates deer's lightness and stretching to dredge the Kidney Meridian of Foot-Shaoyin. Elderly practitioners report reduced joint pain and improved lower limb Qi and blood circulation.

Meridian Patting Exercise

TCM recommends patting the Pericardium Meridian along the inner arm for 3-5 minutes daily until skin turns slightly red. Office workers report reduced wrist fatigue and improved Heart Meridian Qi flow.

Diet Therapy



Meridian-Dredging Foods

TCM recommends wolfberry and Chinese yam. Guangdong's old fire soup often uses Astragalus and Angelica to promote blood circulation, suitable for people with meridian blockage.

Meal Timing for Meridian Care

Follow the "Midday-Midnight Sleep" diet rule: drinking millet porridge during the Spleen Meridian active time (7-9 am) promotes Qi and blood circulation and nourishes spleen meridians.

Seasonal Diet Regulation

Spring: bamboo shoots and spinach to soothe liver; Summer: mung bean soup to clear heat; Autumn: tremella and lily to nourish lungs; Winter: mutton soup to warm meridians.

04

Health Tips for Different Groups



Elderly Meridian Health

Meridian-Dredging Massage

Massage Hegu and Zusanli points 5-10 minutes each morning. A Beijing community massage class reported 70% improvement in joint stiffness among elderly participants.

Gentle Guiding Exercises

Recommended: Baduanjin's "Regulating Spleen and Stomach by Lifting One Arm" exercise, practiced once morning and evening. A Shanghai nursing home reported 35% reduction in fall rates after implementation.

Food Therapy for Meridians

Regular consumption of ginger-red date soup and yam-coix seed porridge. Elderly in Guangdong commonly use mugwort leaf foot soaks, reporting significant relief from winter lower limb coldness.



Middle-Aged Meridian Health

Neck-Shoulder Dredging

Middle-aged office workers can do "rice-character" neck exercises for 10 minutes daily with Fengchi point massage.

Programmer Mr. Zhang reported 60% pain reduction after six months.

Waist-Knee Care

Soak feet in 40°C water for 20 minutes before bed, enhanced with mugwort water. Retired teacher Ms. Li reported significant improvement in knee joint pain after consistent practice.

Emotional Regulation

Practice Baduanjin's "Hands攀足 (climbing feet) to strengthen kidneys" exercise with deep breathing morning and evening. Studies show 35% reduction in meridian blockage incidence among middle-aged participants.



Young Adults' Meridian Health



Office Workers' Neck Care

Sedentary office workers can do "rice-character" neck exercises for 10 minutes daily with Fengchi point massage. Programmer Xiao Zhang reported significant improvement in shoulder stiffness after six months.



Post-Exercise Meridian Relaxation

Young adults often experience lactic acid buildup post-exercise. Use foam roller on Gallbladder Meridian (thigh outer side) for 3 minutes, following fitness blogger "Saturday Ye"'s fascia release method.



Liver Meridian Care for Night Owls

Night owls should massage Taichong point before 23:00, paired with wolfberry-chrysanthemum tea. Internet company employees reported 30% improvement in sleep quality after implementation.

05

Precautions for Meridian Health



Time and Frequency

Optimal Timing

TCM believes 7-9 am is when the Spleen Meridian is active; meridian massage during this time promotes Qi and blood circulation. Beijing University of Chinese Medicine recommends massaging Zusanli for 10 minutes in the morning.

Single Session Duration

Home meridian patting should last 20-30 minutes per session; longer duration may deplete Qi. Shanghai TCM Hospital Rehabilitation Department recommends daily Gallbladder Meridian patting for no more than 25 minutes.

Interval Period

Chronic disease patients should proceed gradually. For example, diabetics can moxibustion Guanyuan point 3 times weekly for 15 minutes, with 4 weeks as one cycle.



Contraindications and Reactions



Acute Illness Contraindications

Patients with sudden hypertension spikes should avoid meridian patting, which may cause dizziness or stroke. Such cases have been treated in TCM hospitals.



Pregnancy Contraindications

Pregnant women should avoid lumbar-sacral and abdominal areas for meridian therapy, as improper massage may stimulate uterine contractions, strictly prohibited in traditional practices.



Abnormal Reaction Management

Persistent redness or subcutaneous bleeding beyond 3 days requires immediate cessation and medical attention. Health institutions recommend cold compress within 24 hours.



Thank You



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