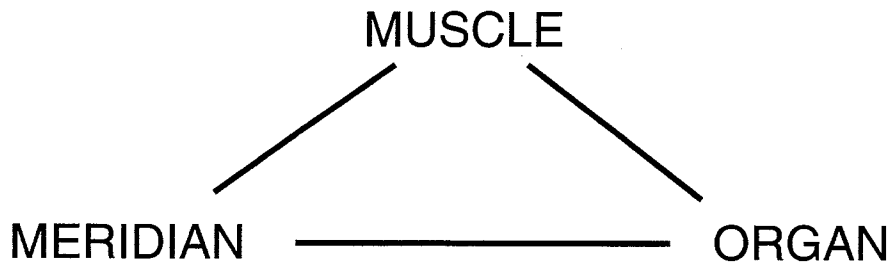


# KEY DISTINCTIONS OF TOUCH FOR HEALTH KINESIOLOGY

We live in the center of a sea of energy. This energy, which the Chinese refer to as chi, permeates and brings life to our physical body. It runs along primary pathways known as acupuncture meridians. Along the meridians are over 500 acupuncture points which are electromagnetic in nature, acting like antennae to transmit energy.

There are 14 primary acupuncture meridians in the body, each of which is named after an organ or function which it governs. Every meridian affects every cell of the body. Therefore, the lung meridian governs the flow of oxygen in and out of all the cells, as well as governing the function of the lungs.

Every muscle is associated with an acupuncture meridian and an organ. If an organ is under stress, and/or a meridian has a deficiency of energy flowing through it, the muscle will not be functioning at optimum performance.



All aspects of our being, the physical, chemical, mental and emotional, are interrelated. When there is undue stress or an imbalance in any of these systems, all other systems are affected. The flow of energy along the meridians, which interface these systems, becomes blocked or inhibited producing imbalances. These can result in pain, tension or other symptoms.

## The Triad of Health

