

## The 8 Hui Meeting Points

Known as the *Influential* or *Gathering Points*, the Hui Meeting points have specific effects on specific tissue groups, regions or functions.

| Organ                               | Point  | Action   |
|-------------------------------------|--|--|
| <b>Sinews and tendons</b>           | GB-34 - <i>Yanglingquan</i>  | ligament and tendon injuries, lateral costal pain.   |
| Location                            | Below the lateral aspect of the knee, in the tender depression approximately 1 cun anterior and inferior to the head of the fibula.                    |  |
| <b>Qi (energy)</b>                  | REN-17 - <i>Shanzhong</i>  | Chest pain, underlying ME, asthma or similar conditions  |
| Location                            | On the midline of the sternum, in a depression level with the junction of the fourth intercostal space and the sternum.                                |  |
| <b>Bone</b>                         | BL-11 - <i>Dazhu</i>   | Benefits the bones and joints  |
| Location                            | 1.5 cun lateral to the lower border of the spinous process of the first thoracic vertebra (T1).  |  |
| <b>Blood</b>                        | BL-17 - <i>Ge Shu</i>  | Nourishes the blood, regulates menstruation, and harmonizes the blood circulation  |
| Location                            | 1.5 cun lateral to <a href="#">GV 9</a> , level with T7.   |  |
| <b>Hui of the Fu (Yang) organs</b>  | Ren-12 - <i>Zhongwan</i>   | Harmonizes and regulates the functions of the Zang (Yin) organs; Heart, Liver, Spleen, Lungs, and Kidneys.                     |
| Location                            | Midway between CV 8 and CV 16, 4 cun above CV 8 (umbilicus)  |  |
| <b>Hui of the Zang (Yin) organs</b> | Liv-13 - <i>Zhang Men</i>  | pain and distention of the abdomen, vomiting, constipation, diarrhoea.   |
| Location                            | On the lateral side of the abdomen below the free end of the 11th rib  |  |
| <b>Marrow</b>                       | GB-39 - <i>Xuanzhong</i>   | Nourishes and strengthens the bone marrow, benefits the brain and spinal cord, and improves overall vitality.                  |
| Location                            | 3 cun above the tip of the external malleolus in a depression between the posterior border of the fibula and the tendons of peroneus longus and brevis |  |
| <b>Vessels</b>                      | Lu-9 - <i>Tai Yuan</i>   | Tonify LU Qi and Yin - cough, asthma, wheezing, SOB, chronic runny nose w/watery discharge. Palpitations. Wrist pain, arm pain |
| Location                            | At the wrist crease on the radial side of the radial artery.   |  |