

Large Intestine – Hand Yang Ming Channel

Time: 5am-7am

Important Points:

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| Jing Well | LI 1 |
| Ying Spring | LI 2 |
| Shu Stream | LI 3 |
| Yuan Source | LI 4 |
| Upper Body-4 gates Heavenly Star Pt Cmd for Face & Mouth | |
| Jing River | LI 5 |
| Luo Connecting | LI 6 |
| Xi-Cleft | LI 7 |
| He Sea | LI 11 |
| Heavenly Star Pt Ghost Point | |
| Mu Alarm | ST 25 |
| Back Shu | BL 25 |

Description:

Begins at the radial side of the tip of the index finger, runs up along the lateral aspect of the forearm and elbow and continues up to the shoulder joint. It meets the other 5 yang channels of the hand and foot at the back of the neck. A branch descends inferiorly and anteriorly through the lungs, diaphragm, joining with the large intestine. Another branch ascends the lateral aspect of the neck, passes through the cheeks and lower gums, curves around the upper lip, passes under the nose at the philtrum and to the opposite side of the body terminating just lateral of the nose.

Window/Sky Pt: LI 18

Point Locations

| AcuPoint | Point Location |
|----------|--|
| LI 1 | On the radial side of the index finger, about .1 cun posterior to the corner of the nail |
| LI 2 | On the radial side of the index finger, distal to the MP joint, at the junction of the red and white skin. The point is located with the finger slightly flexed. |
| LI 3 | When a loose fist is made, the point is on the radial side of the index finger, in the depression proximal to the head of the second metacarpal bone |
| LI 4 | On the dorsum of the hand, between the 1st and 2nd metacarpal bones, approximately in the middle of the 2nd metacarpal bone on the radial side. |
| LI 5 | On the radial side of the wrist. When the thumb is tilted upward, it is in the depression between the tendons of muscle extensor pollicis longus and brevis. |
| LI 6 | When the elbow is flexed with the radial side of the arm upward, the point is on the line joining LI 5 and LI 11, 3 cun above LI 5. |
| LI 7 | When the elbow is flexed with radial side of the arm upward, the point is on the line joining LI 5 and LI 11, 5 cun above LI 5. |
| LI 8 | On the line joining LI 5 and LI 11, 4 cun below LI 11. |
| LI 9 | On the line joining LI 5 and LI 11, 3 cun below LI 11. |
| LI 10 | On the line joining LI 5 and LI 11, 2 cun below LI 11. |
| LI 11 | When the elbow is flexed, the point is in the depression at the lateral end of the transverse cubital crease, midway between LU 5 and the lateral epicondyle of the humerus. |
| LI 12 | When the elbow is flexed, the point is superior to the lateral epicondyle of the humerus, about 1 cun superolateral to LI 11, on the medial border of the humerus. |
| LI 13 | Superior to the lateral epicondyle of the humerus, on a line joining LI 11 and LI 15, 3 cun above LI 11. |
| LI 14 | On the line joining LI 11 and LI 15, 7 cun above LI 11, on the radial side of the humerus, superior to the lower end of the deltoid muscle. |
| LI 15 | Anterior and inferior to the acromion, on the upper portion of the deltoid muscle. When the arm is in full abduction |
| LI 16 | In the upper aspect of the shoulder, in the depression between the acromial extremity of the clavicle and scapular spine. |
| LI 17 | On the lateral side of the neck, 1 cun below LI 18, on the posterior border of the SCM. |
| LI 18 | On the lateral side of the neck, level with the tip of the Adam's Apple, between the sternal head and the clavicular head of the SCM muscle. |
| LI 19 | Just below the lateral margin of the nostril, .5 cun lateral to DU 26. |
| LI 20 | In the nasolabial groove, at the level of the midpoint of the lateral border of the ala nasi. |