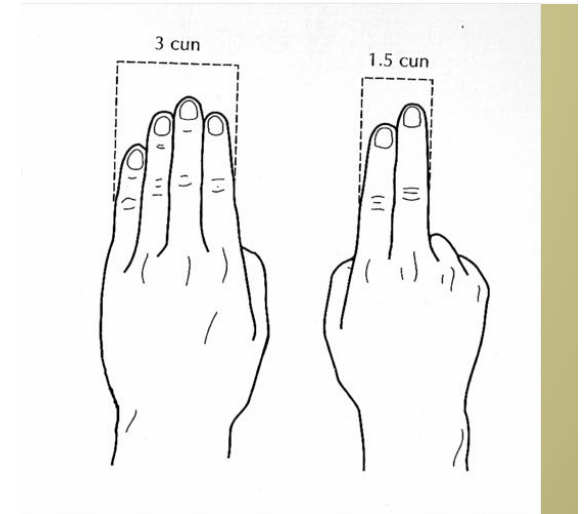
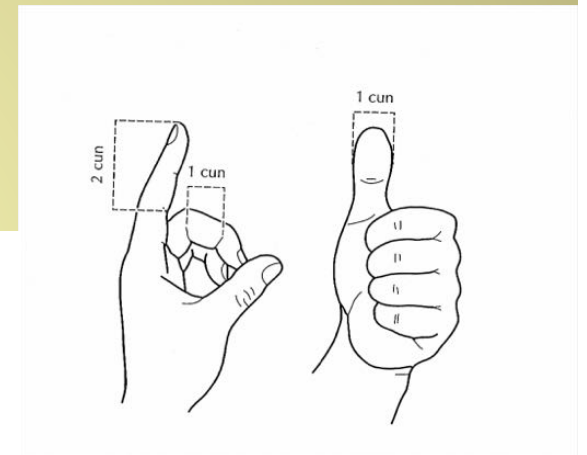
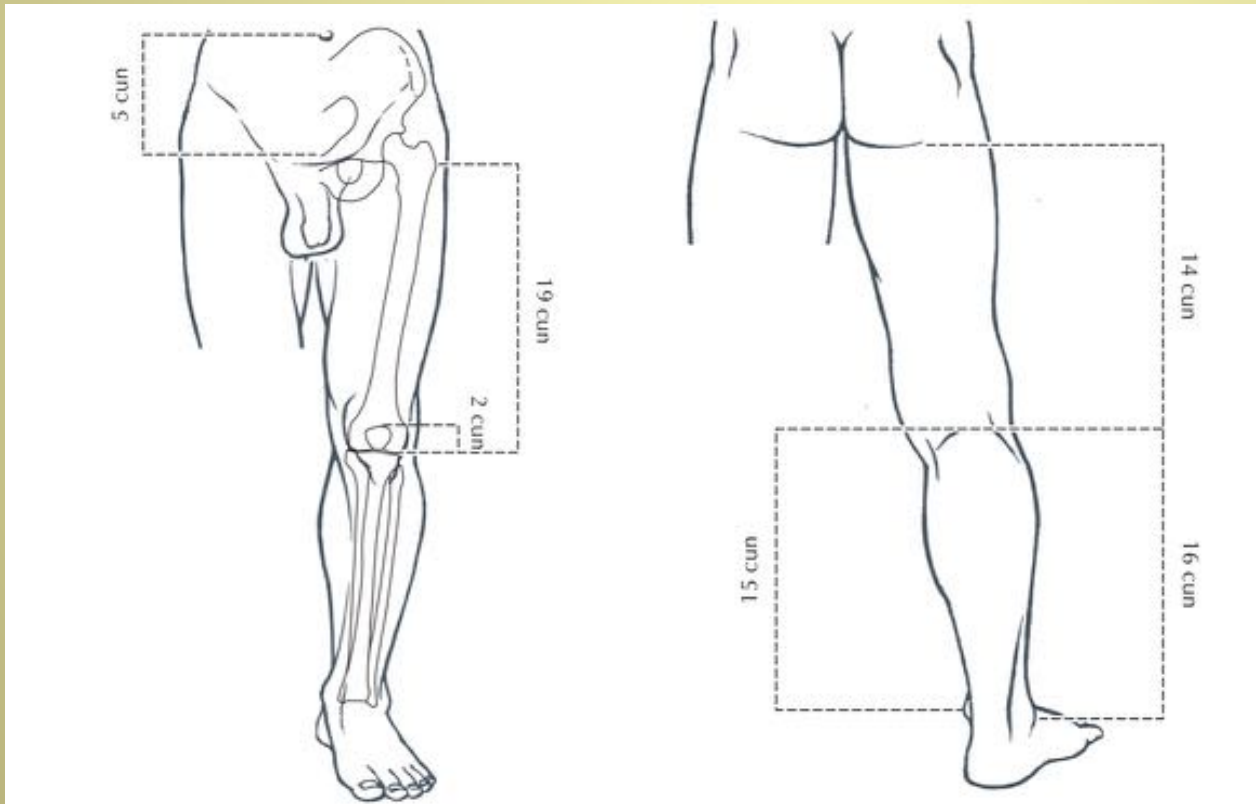


*Point Location:
Stomach Meridian*

Foot Yang Ming

Leg Cun Measurements

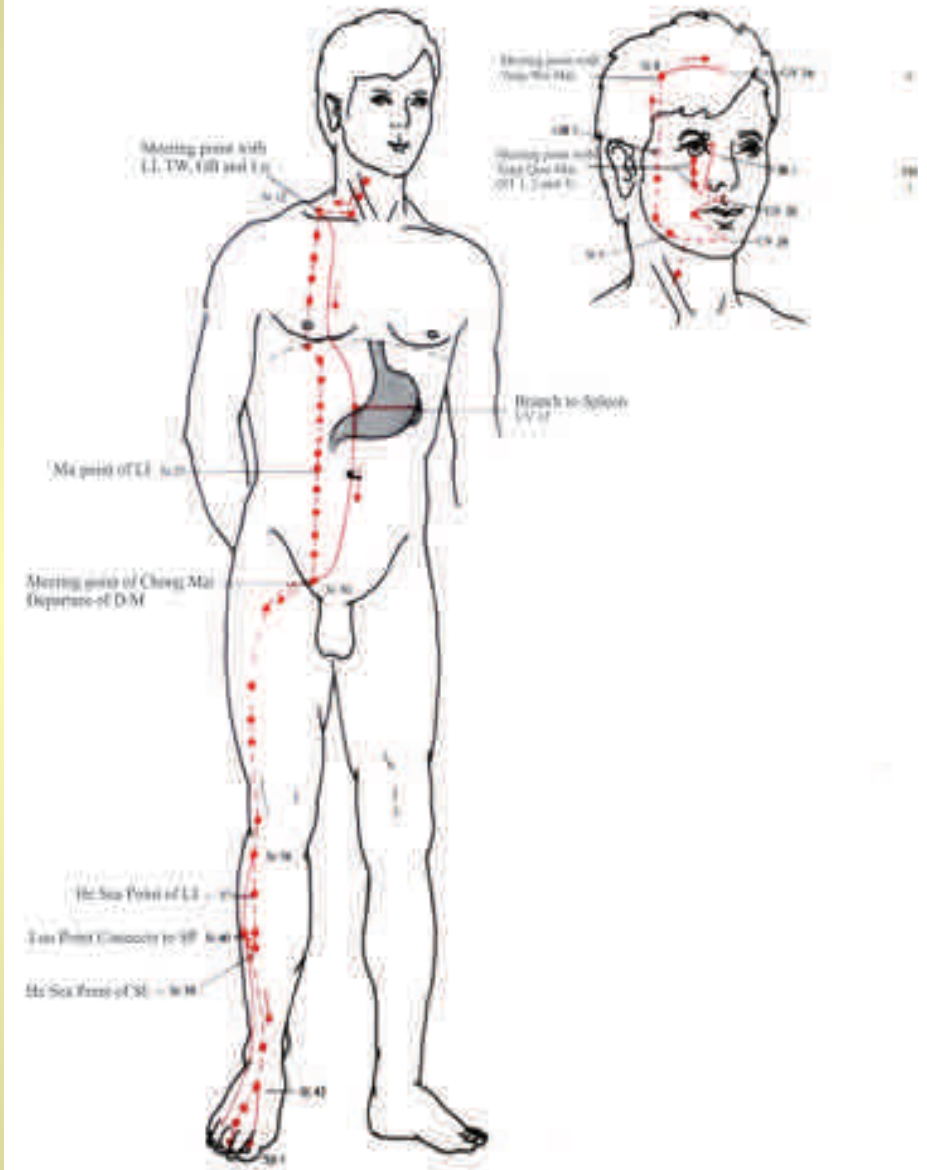
Cun—a proportional unit of measure



ST Meridian

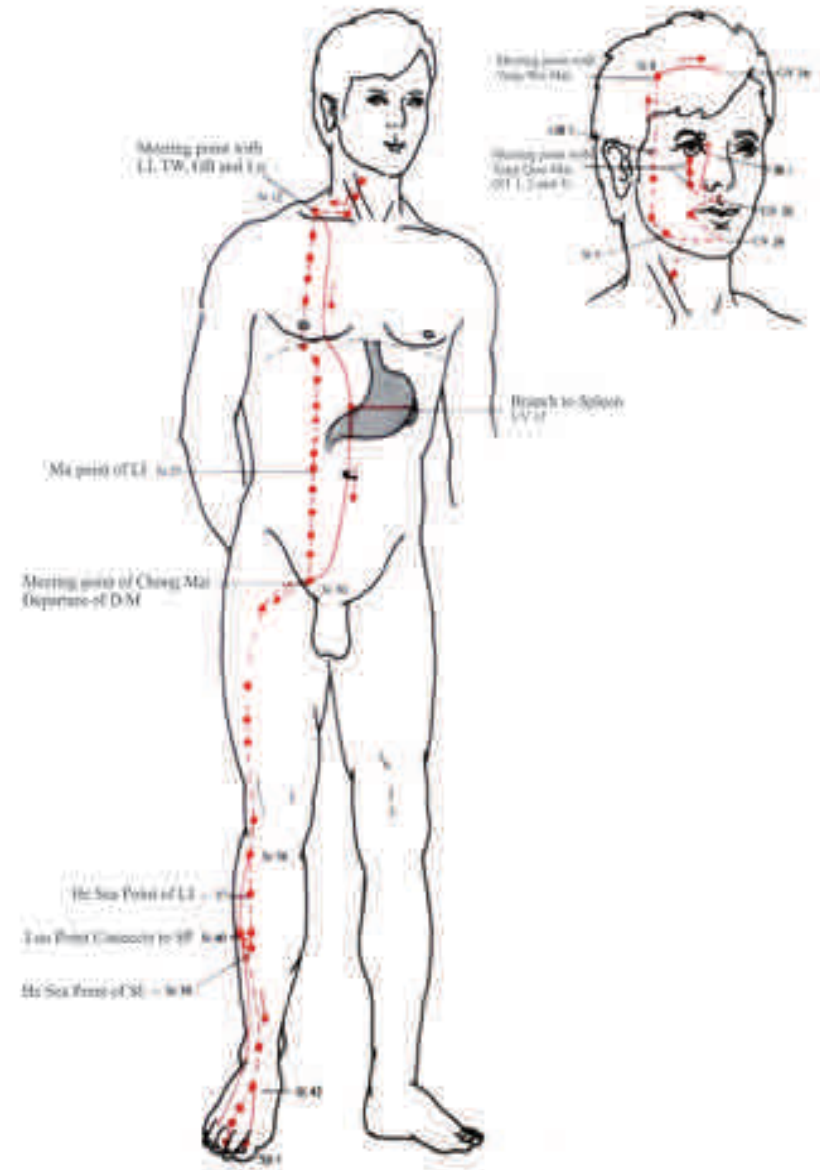
Foot Yang Ming

Starts at LI20 and joins BL 1, then passes down to emerge externally at ST 1 below the eye, connecting through a small branch to SI 19. ST 1, 2 and 3 communicate with the EOY Yang Qiao Mai. From ST 3, there is a connection to GV 26 where it surrounds the mouth and connects to CV 24 and then emerges again at ST 5. It then goes along the mandible to the masseter and up to the hair line at ST 8. Here it connect to GB and a branch connects to GV 24. It then descends to ST 9 and continues down the anterior chest and abdomen to ST 30 and then down the lateral, anterior thigh to lateral knee and lower leg to foot and ends on lateral aspect of second toe



ST Meridian Foot Yang Ming

Internally, there is a branch from ST 5 that descends to ST 12 and then internally through the diaphragm to connect with the Stomach and CV 12 (ST Mu point). There is then a branch to the Spleen. Finally it continues to descend down to ST 30 where it unites with the EOY Chung Mai. This is also the meeting place of the D/M of spleen.



Stomach Trajectory

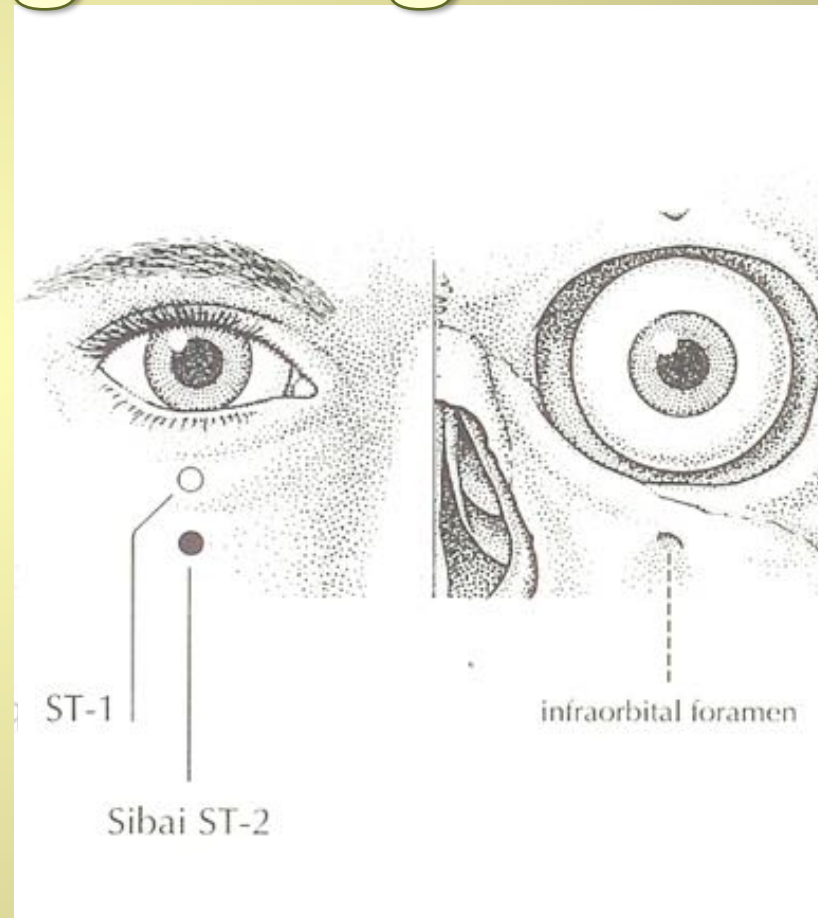


Stomach 2

Foot Yang Ming

ST 2 –(Sibai – Four Whites)

Directly below the pupil in a depression at the infraorbital foramen

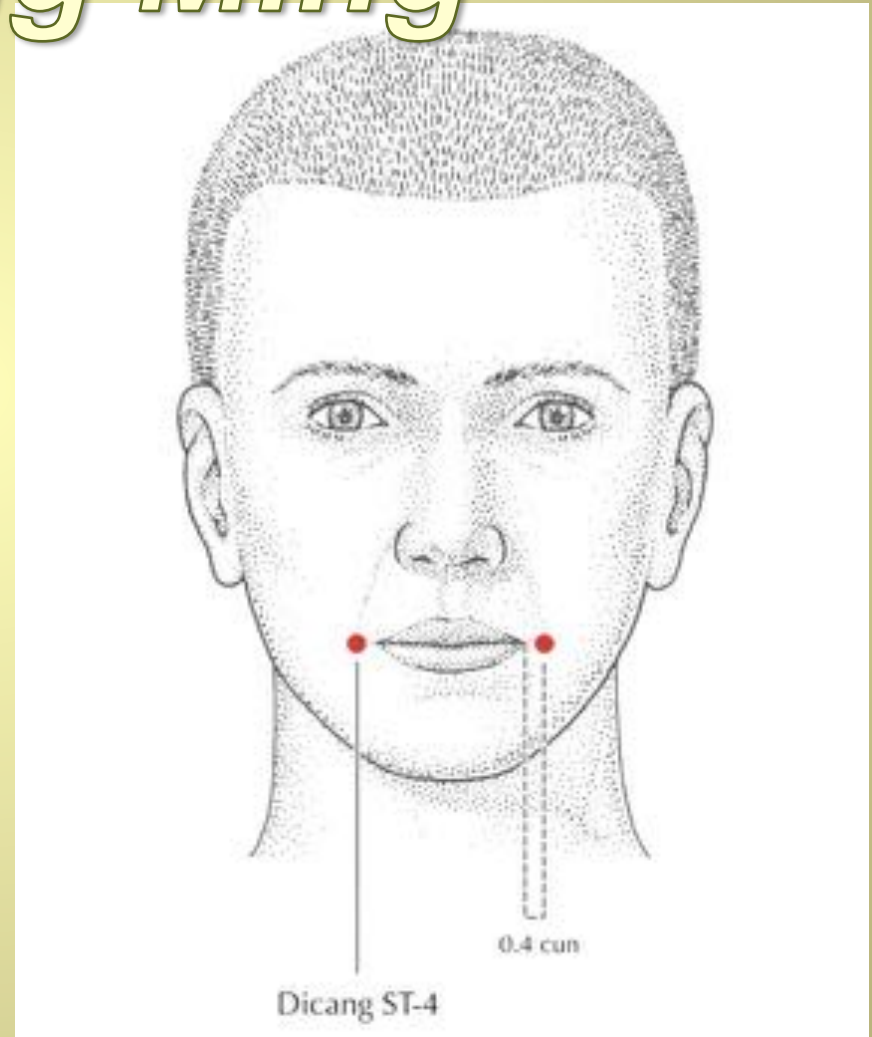


Stomach 4

Foot Yang Ming

ST 4-(*Dicang* – Earth
Granary)

0.4 cun lateral to corner of
mouth

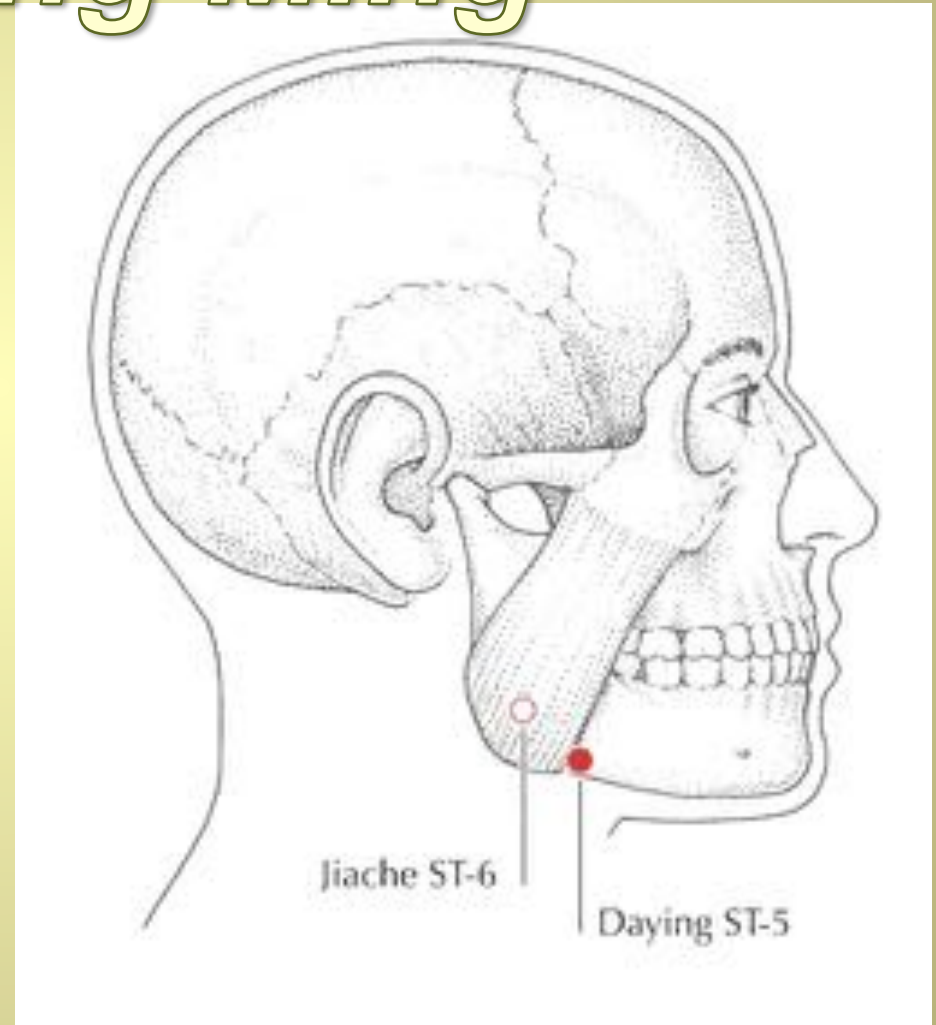


Stomach 6

Foot Yang Ming

ST 5 – (Daying – Great Welcome)

Directly below the angle of the jaw, in a depression at the anterior border of the masseter muscle

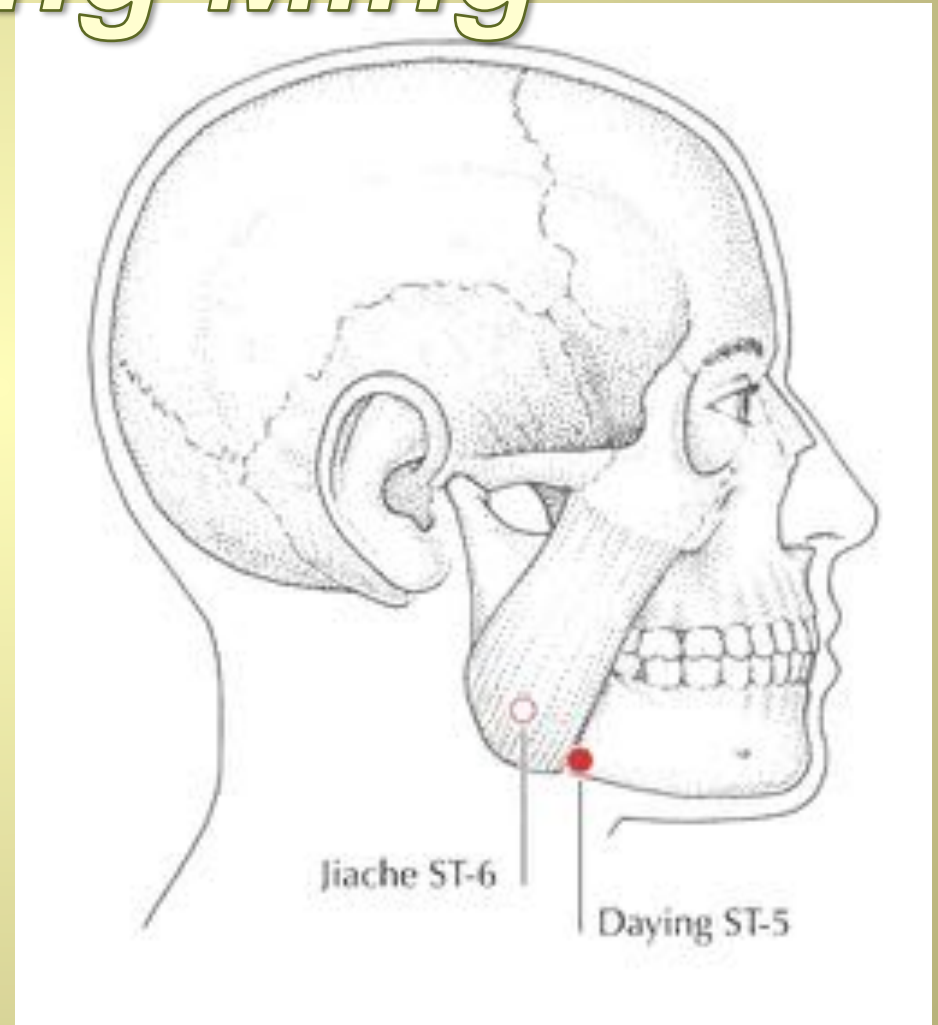


Stomach 6

Foot Yang Ming

ST 6 – (Jiache – Jaw Bone)

One finger width anterior and superior to the angle of the mandible at the belly of the masseter muscle (found with teeth clenched)

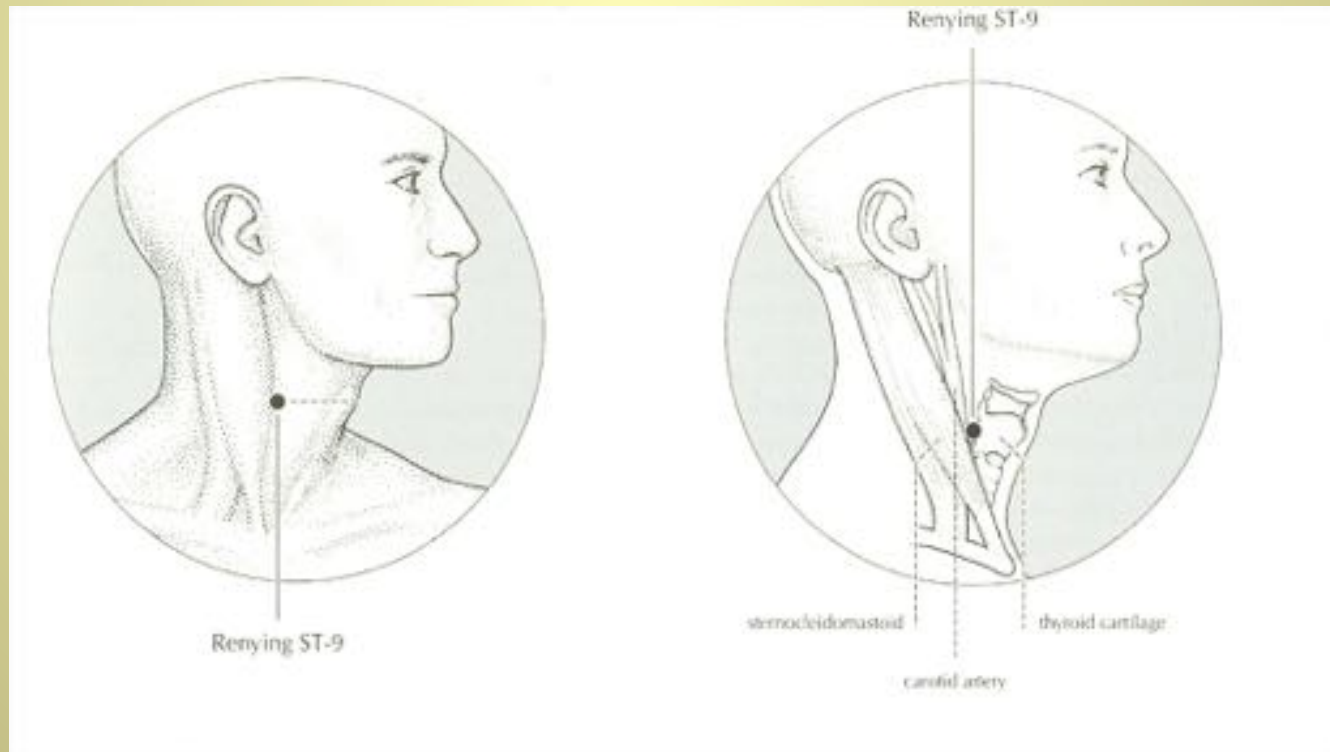


Stomach 9

Foot Yang Ming

ST 9 – (Renying – Man’s Welcome)

Level with the tip of the laryngeal prominence, on the anterior border of the sternocleidomastoid muscle (where the pulse of the common carotid artery is felt)

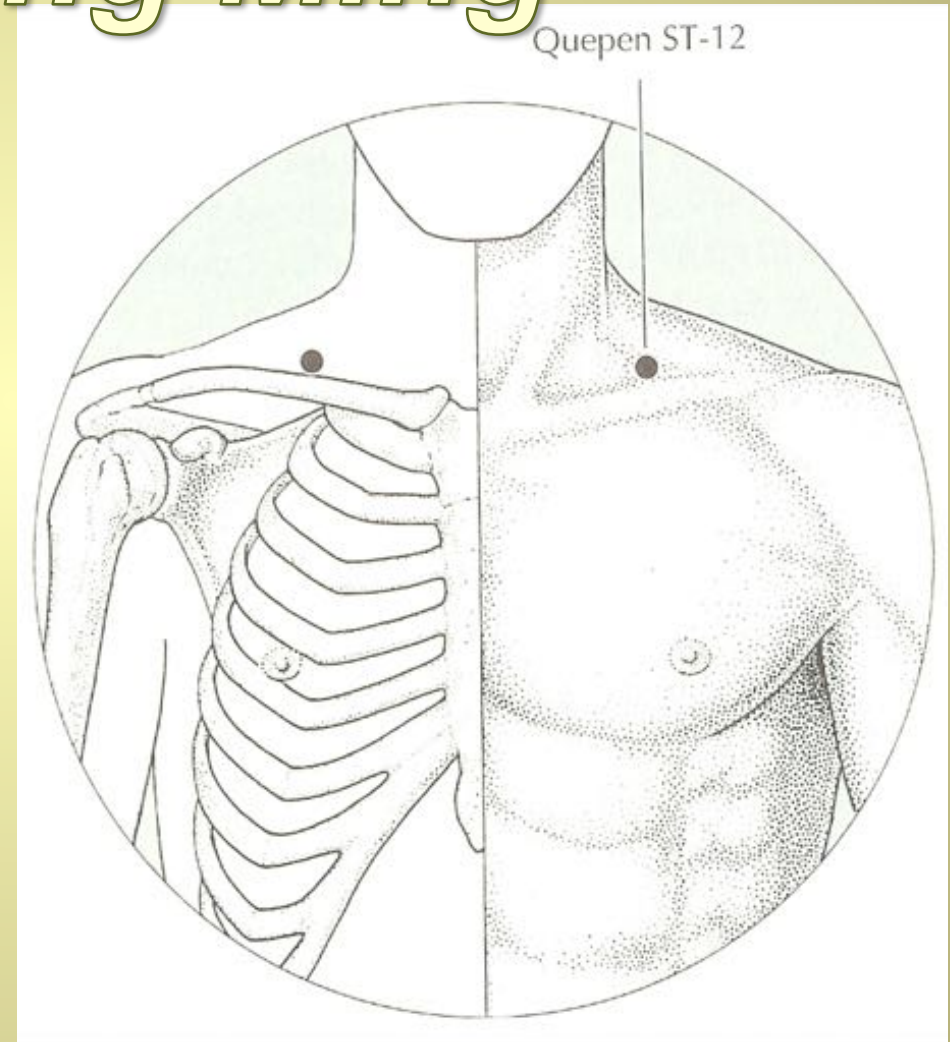


Stomach 12

Foot Yang Ming

ST 12 – (Quepen –
Empty Basin)

In the midpoint of the
supraclavicular fossa 4 cun
lateral to the midline, on
mamillary line

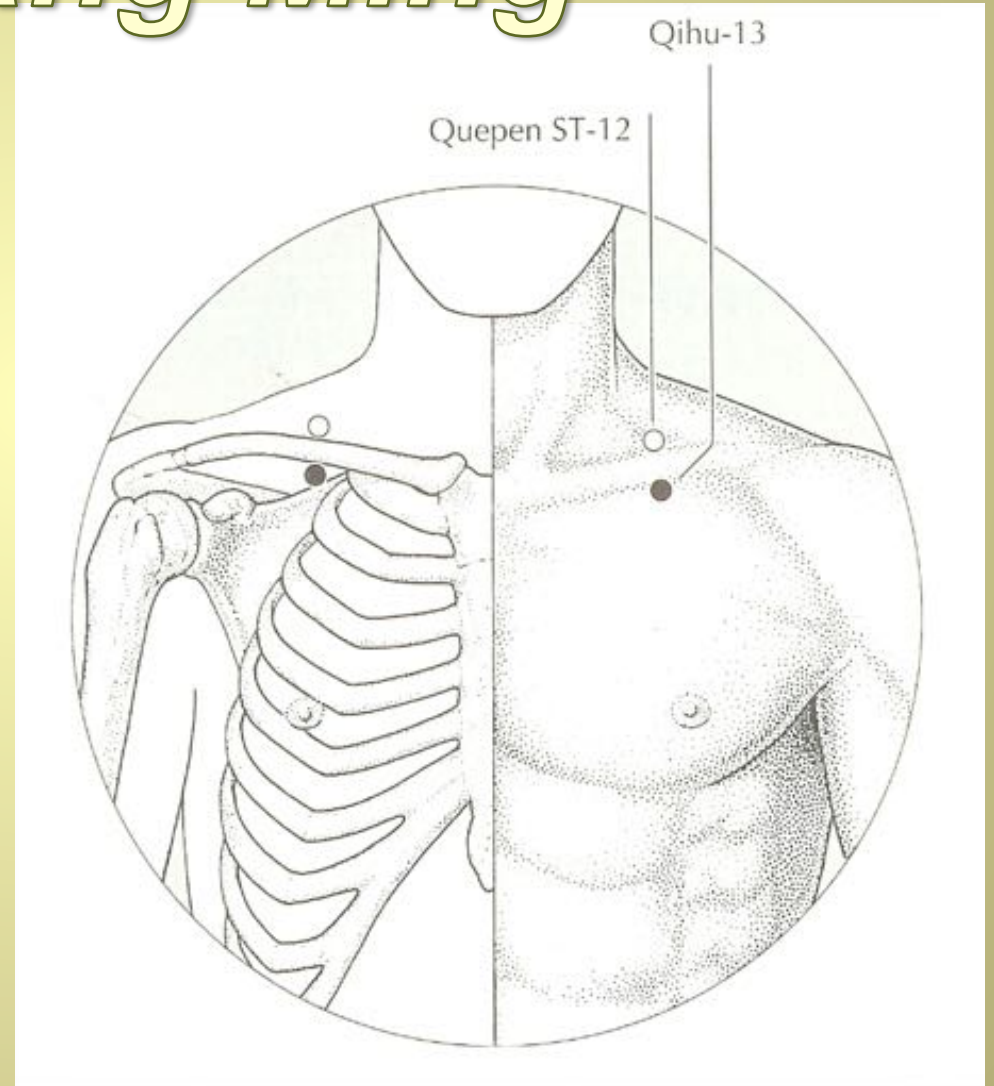


Stomach 13

Foot Yang Ming

ST 13 – (Qihu – Qi
Door)

Directly below ST 12, on
the lower border of the
clavicle 4 cun lateral to
the midline on the
mamillary line

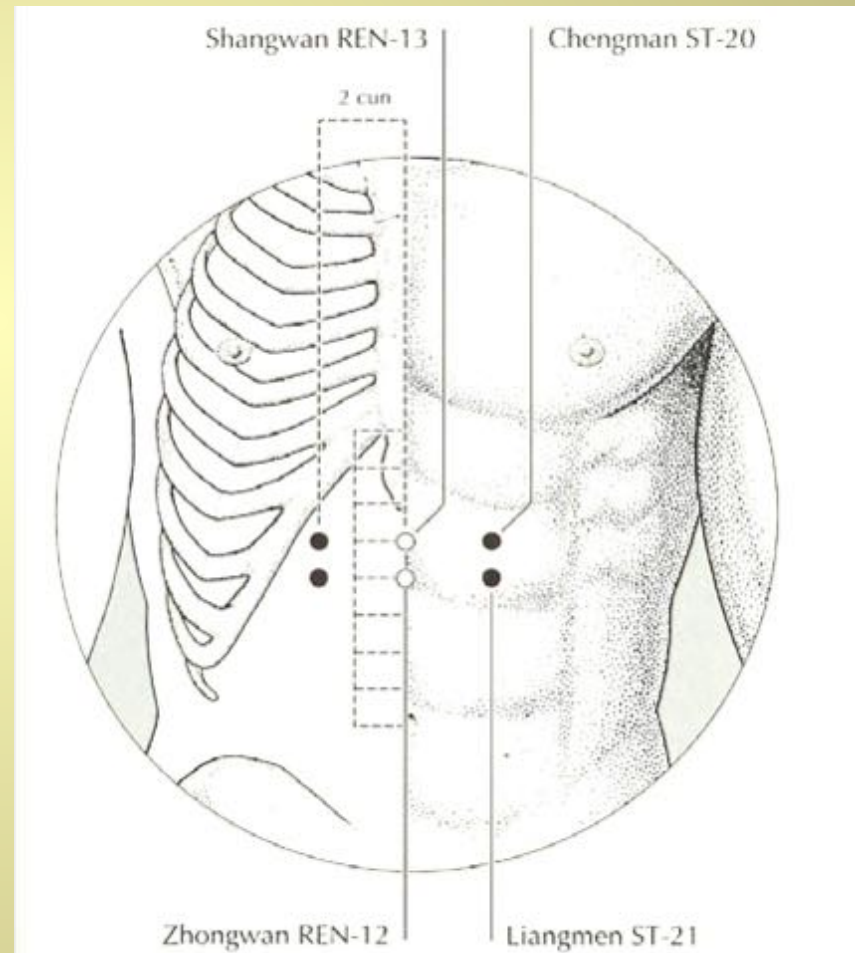


Stomach 21

Foot Yang Ming

**ST 21 – (Liangmen–
Beam Gate)**

2 cun lateral to the midline,
level with CV 12 (Ren 12),
which is halfway between
umbilicus and xyphoid
process – 4 cun above level
of umbilicus



Stomach 22

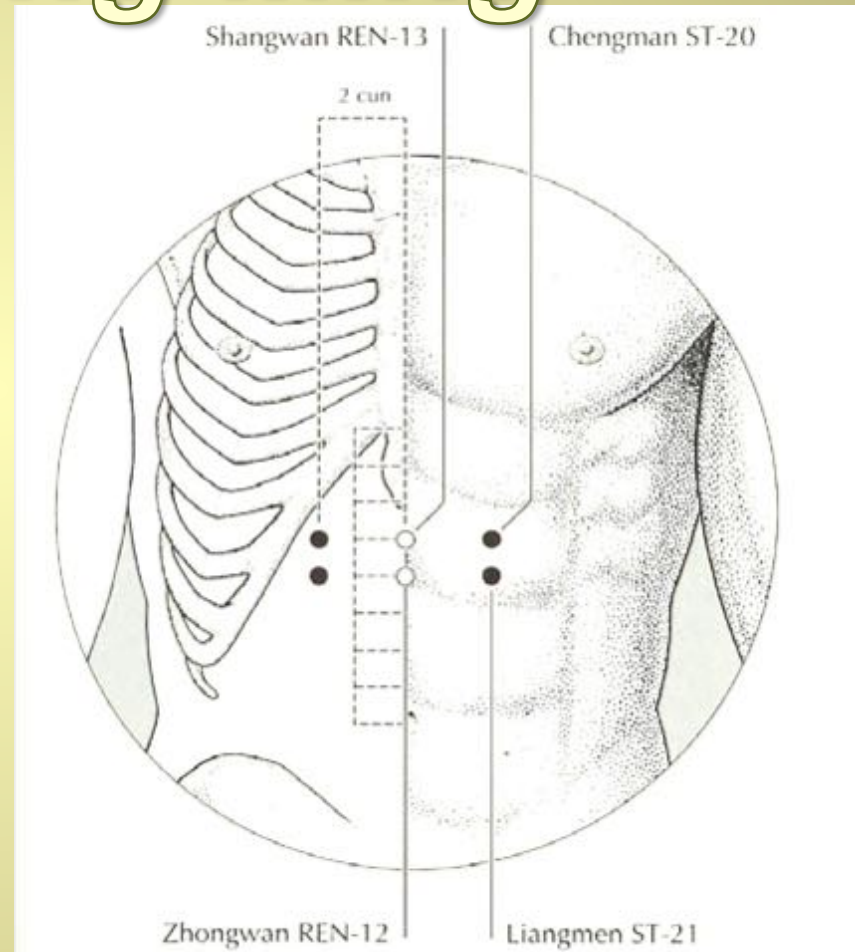
Foot Yang Ming

ST 22- (*Guanmen- Pass Gate*)

2 cun lateral to the midline, level with CV 13 (Ren 13) – 3 cun above level of umbilicus

Japanese ST 22

Draw an imaginary line from the umbilicus, at a 45 angle, toward the lower end of the right ribcage. The point is located halfway between the right ribcage and the umbilicus. Upon light palpation, a slight density or swelling can be felt at the area

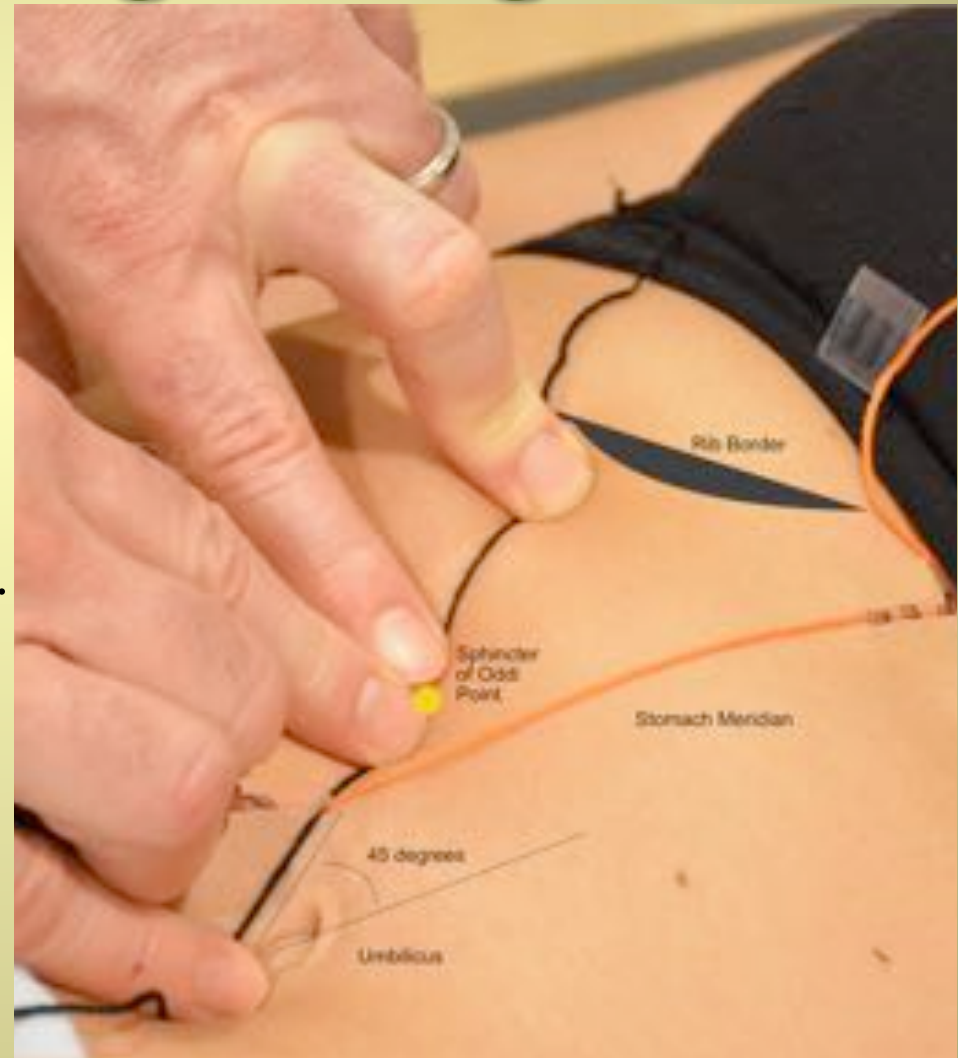


Japanese Stomach 22

Foot Yang Ming

Japanese ST 22 (Spincter of Oddi Point)

Draw an imaginary line from the umbilicus, at a 45 angle, toward the lower end of the right ribcage. The point is located halfway between the right ribcage and the umbilicus. Upon light palpation, a slight density or swelling can be felt at the area

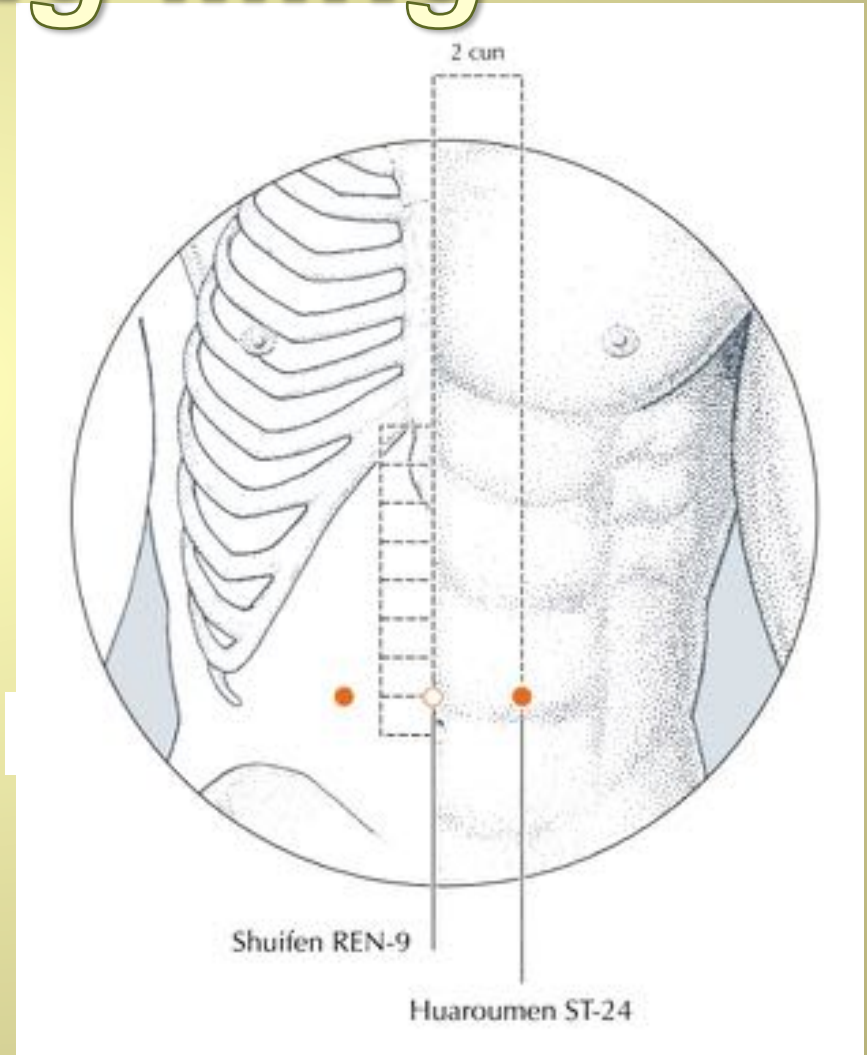


Stomach 24

Foot Yang Ming

ST 24 – (Huaroumen –
Slippery Fish Gate)

2 cun lateral to the midline, 1
cun superior to the umbilicus



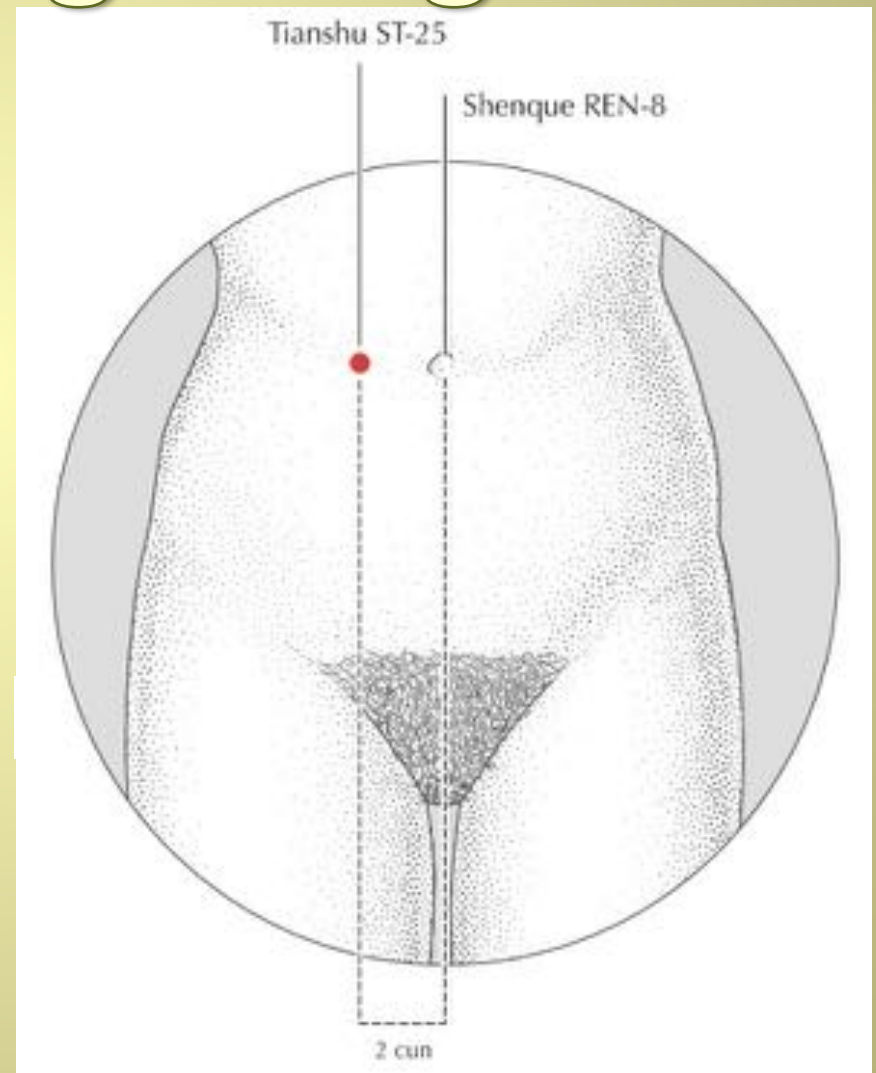
Stomach 25

Foot Yang Ming

ST 25 – (Tianshu –
Celestial Pivot)

2 cun lateral to the midline,
at the level of the umbilicus

Mu point of Large Intestine

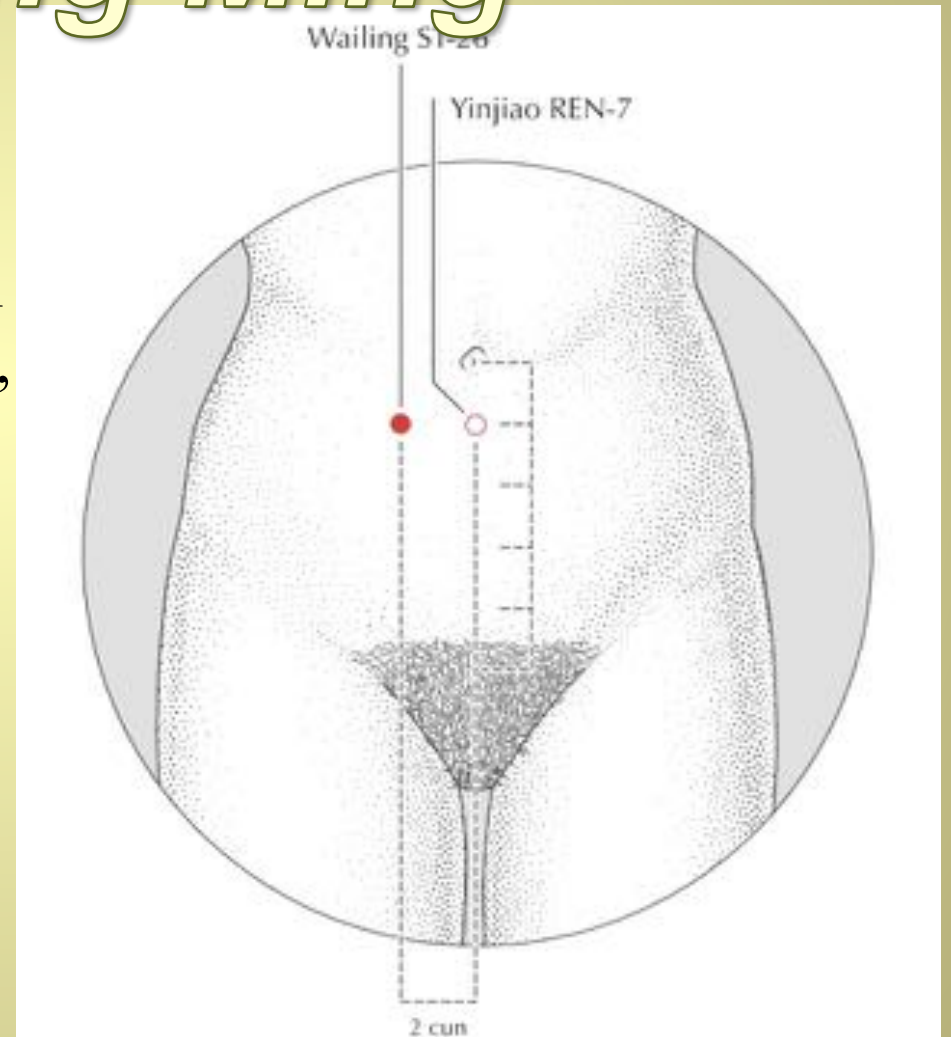


Stomach 26

Foot Yang Ming

ST 26 – (Wailing – Outer Mound)

2 cun lateral to the midline, 1 cun inferior to the umbilicus, level with CV 7 (REN 7)

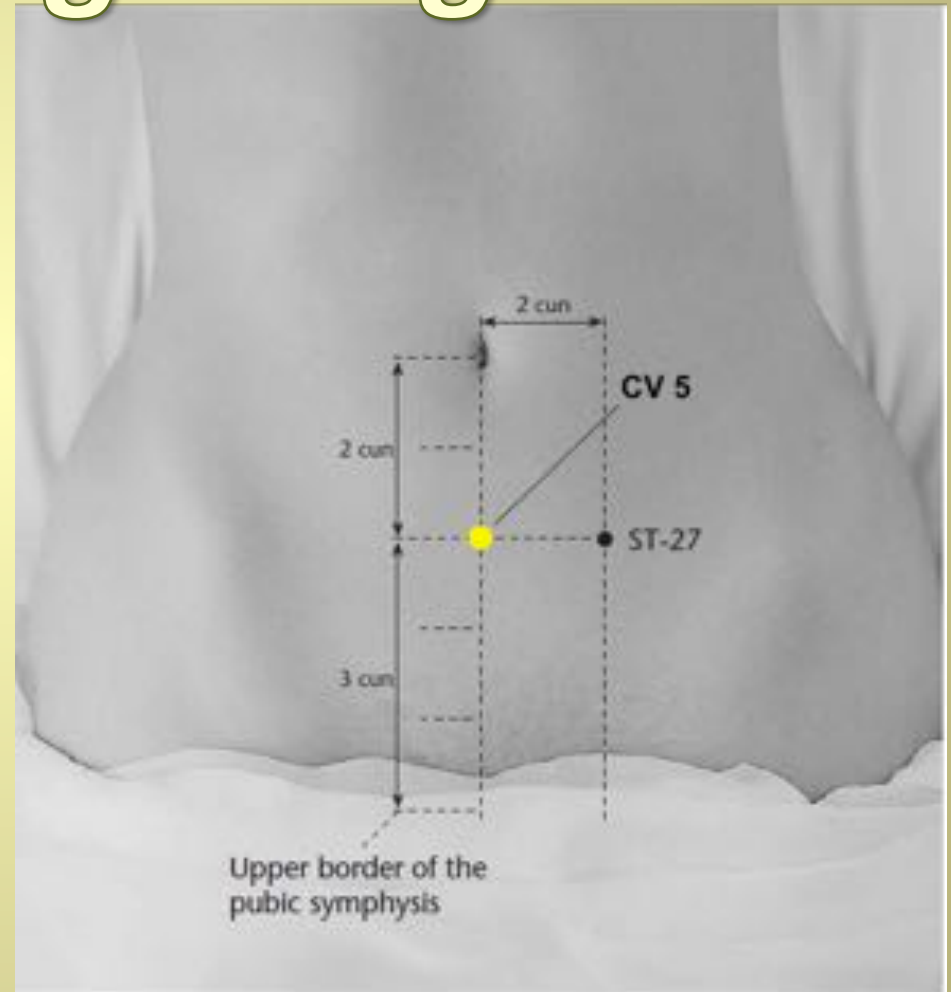


Stomach 27

Foot Yang Ming

ST 27 – (*Daju* – The Great)

2 cun lateral to the midline, 2 cun inferior to the umbilicus, level with CV 5 (REN 5)

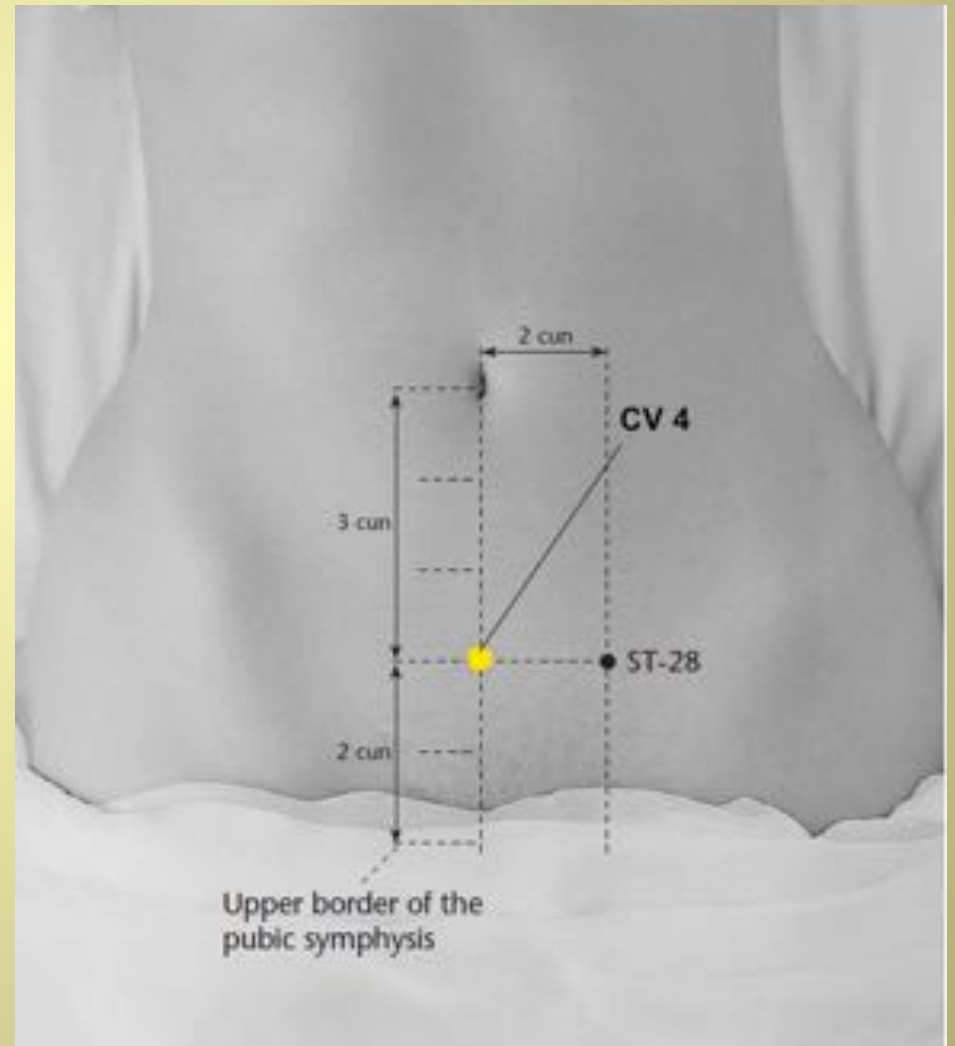


Stomach 28

Foot Yang Ming

ST 28 – (*Shuidao* –
Water Passage)

2 cun lateral to the
midline, 3 cun inferior to
the umbilicus, level with
CV 4 (REN 4)

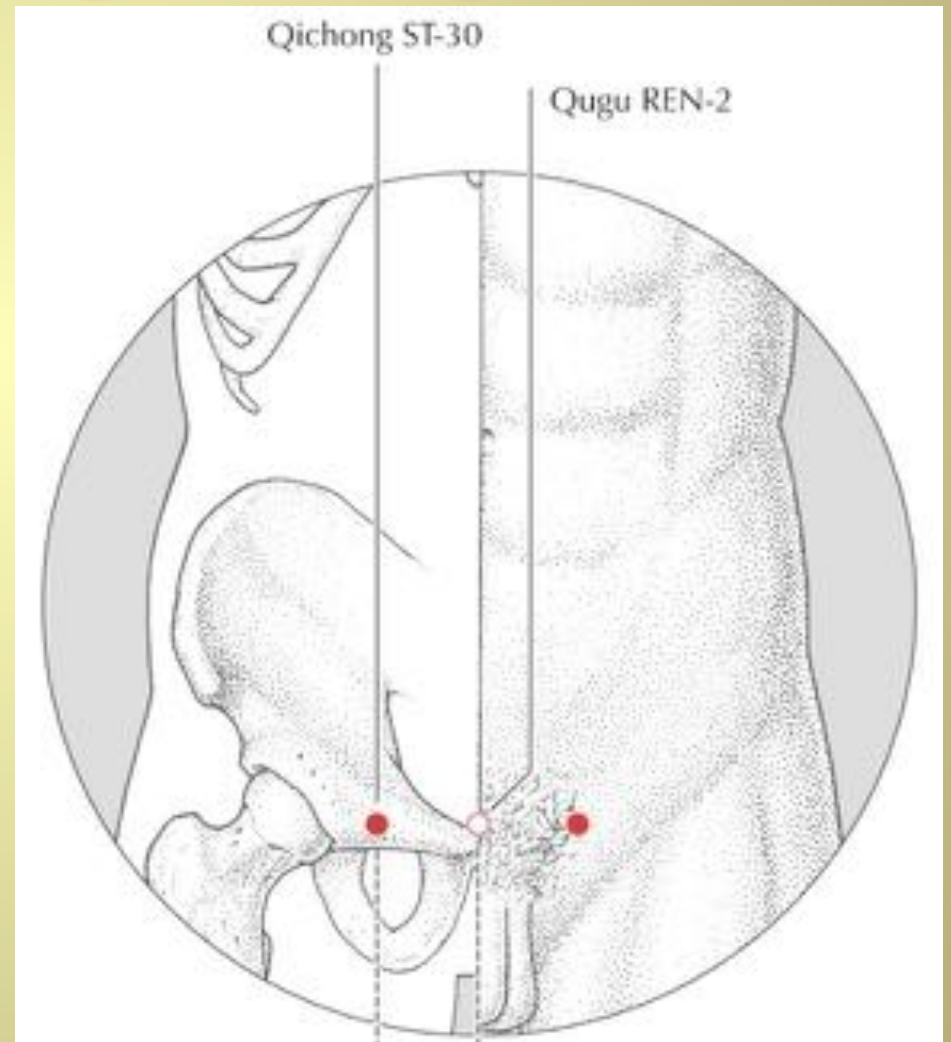


Stomach 30

Foot Yang Ming

ST 30 – (Qichong –
Rushing Qi)

2 cun lateral to the midline,
level with the border of the
pubic symphysis and CV 2
(REN 2)

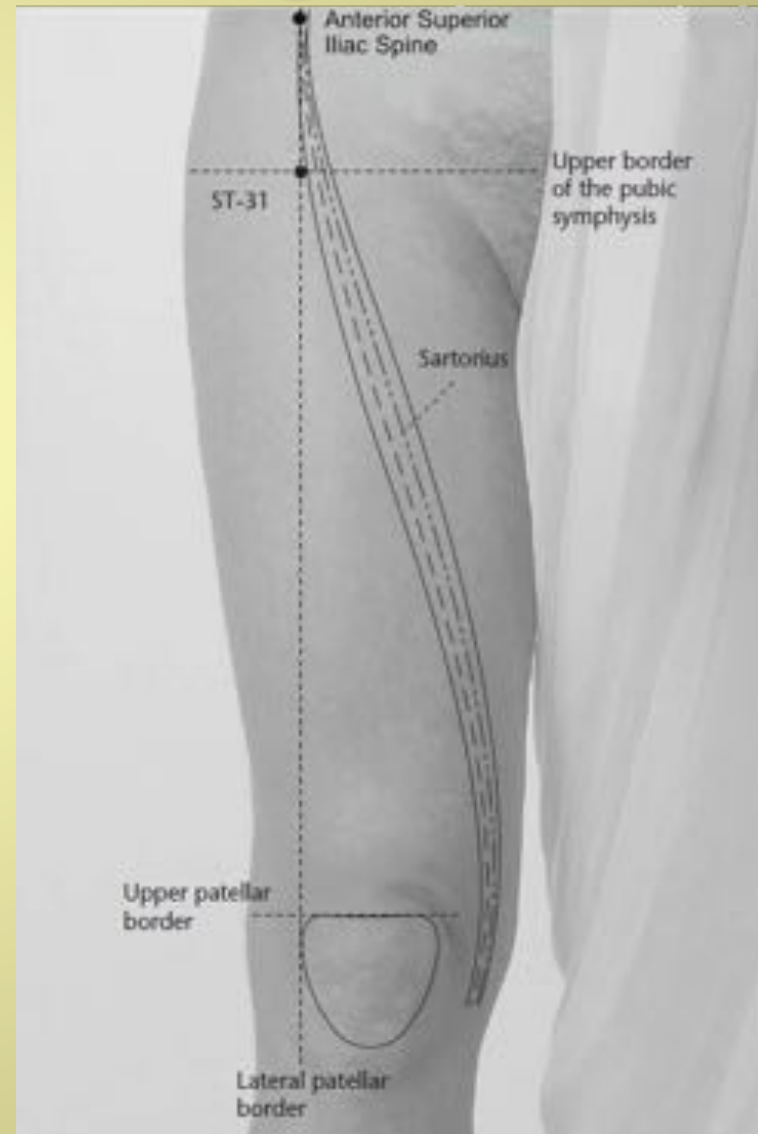


Stomach 31

Foot Yang Ming

ST 31 – (*Biguan* – Thigh Gate)

On the upper thigh, in a depression just lateral to the sartorius muscle, at the junction of a vertical line drawn downward from the Anterior Superior Iliac Spine and a horizontal line drawn horizontal to the lower border of the pubic symphysis

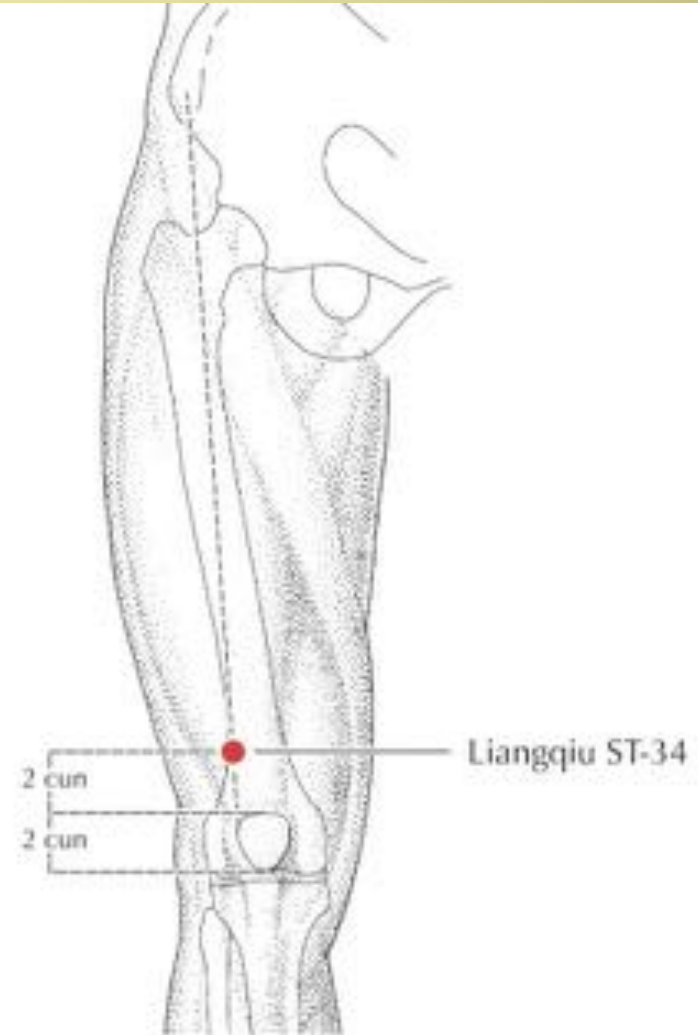


Stomach 34

Foot Yang Ming

ST 34 – (*Liangqui* – Ridge Mound)

On thigh in a depression, 2 cun proximal to the superior border of the patella on the line connecting the lateral border of the patella with the ASIS

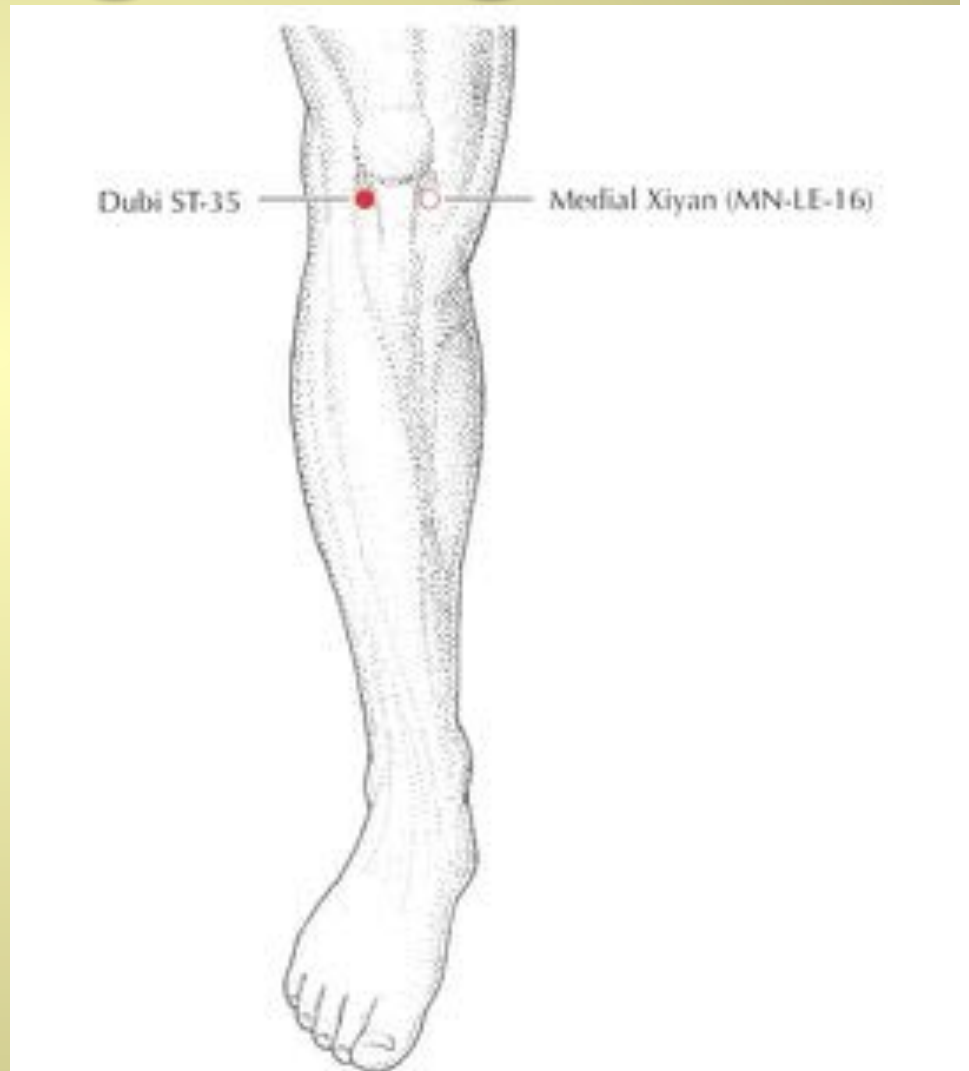


Stomach 35

Foot Yang Ming

ST 35 – (*Dubi* – Calf's
Nose)

Below the patella in a
depression lateral to the
patellar ligament



Stomach 36

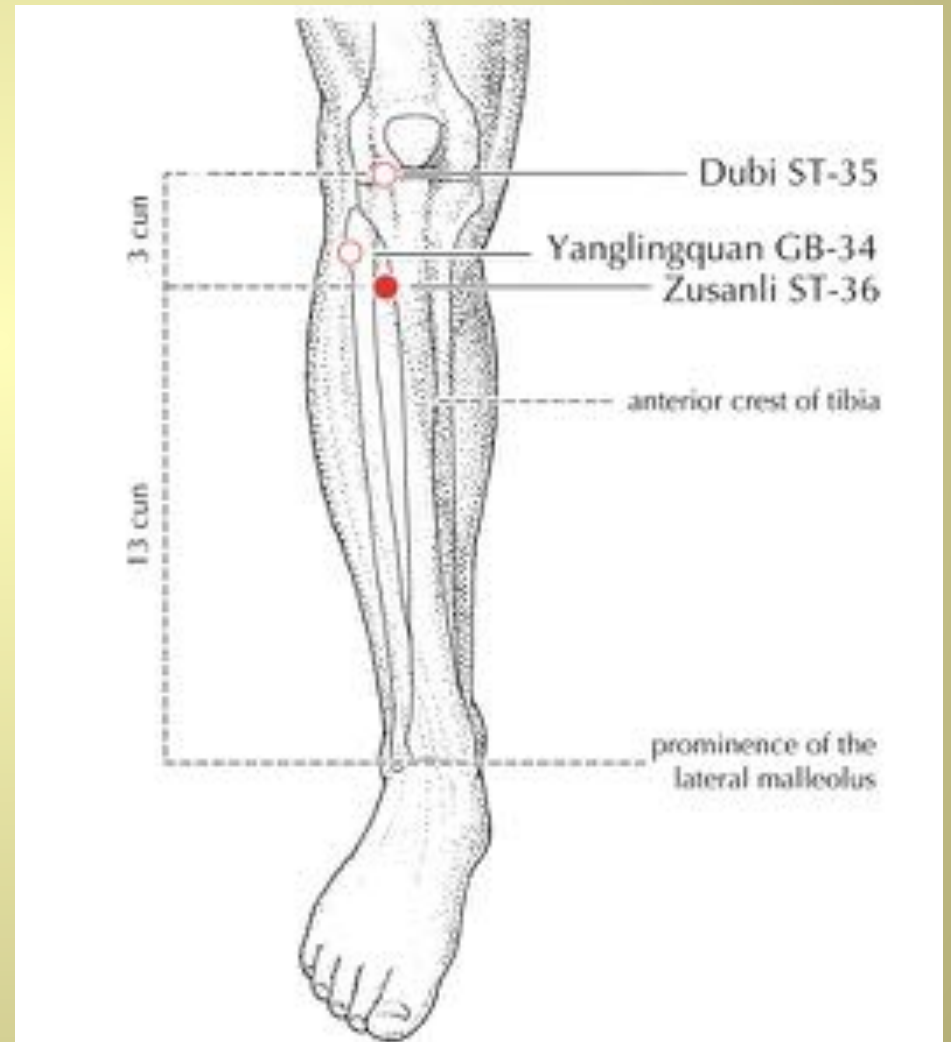
Foot Yang Ming

ST 36 – (Zusanli–Leg 3 miles)

3 cun inferior to ST 35, one finger breadth lateral to anterior crest of tibia bone

Earth point on stomach
(earth organ)

Lower He Sea point for
Stomach

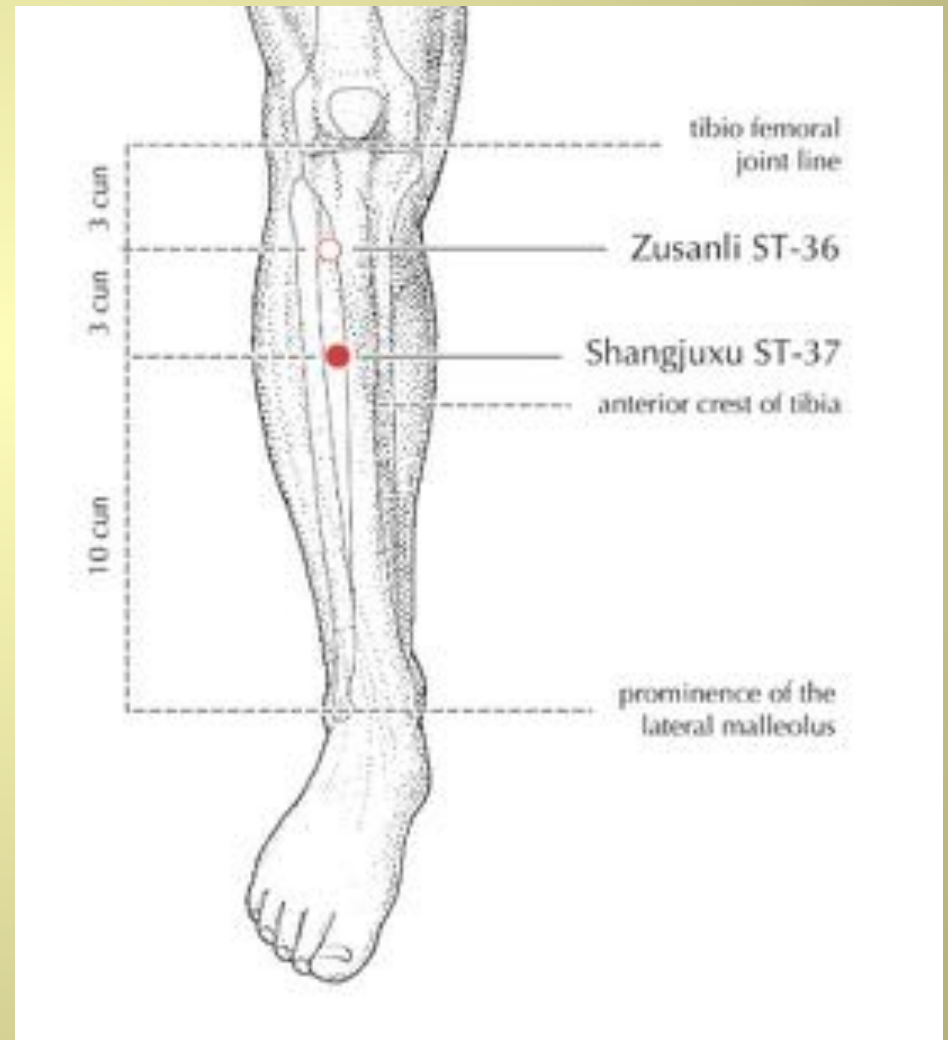


Stomach 37

Foot Yang Ming

**ST 37 – (Shangjuxu –
Upper Great Void)**
3 cun inferior to ST 36, one
finger breadth lateral to
anterior crest of tibia bone

Lower He Sea point for
Large Intestine



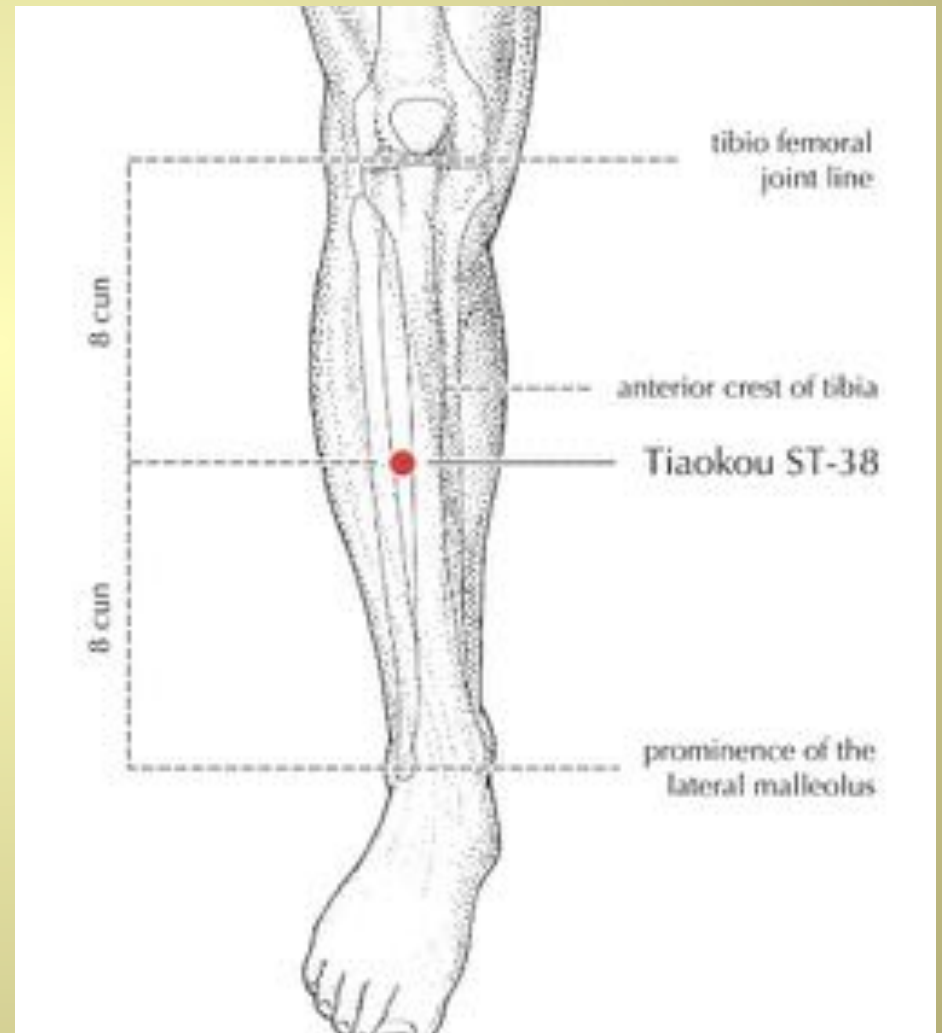
Stomach 38

Foot Yang Ming

ST 38 – (*Shangjuxu* –
Upper Great Hollow)

On lower leg, midway
between knee joint and
lateral malleolus, one finger
breadth lateral to anterior
crest of tibia bone

Famous point for shoulder
pain in TCM



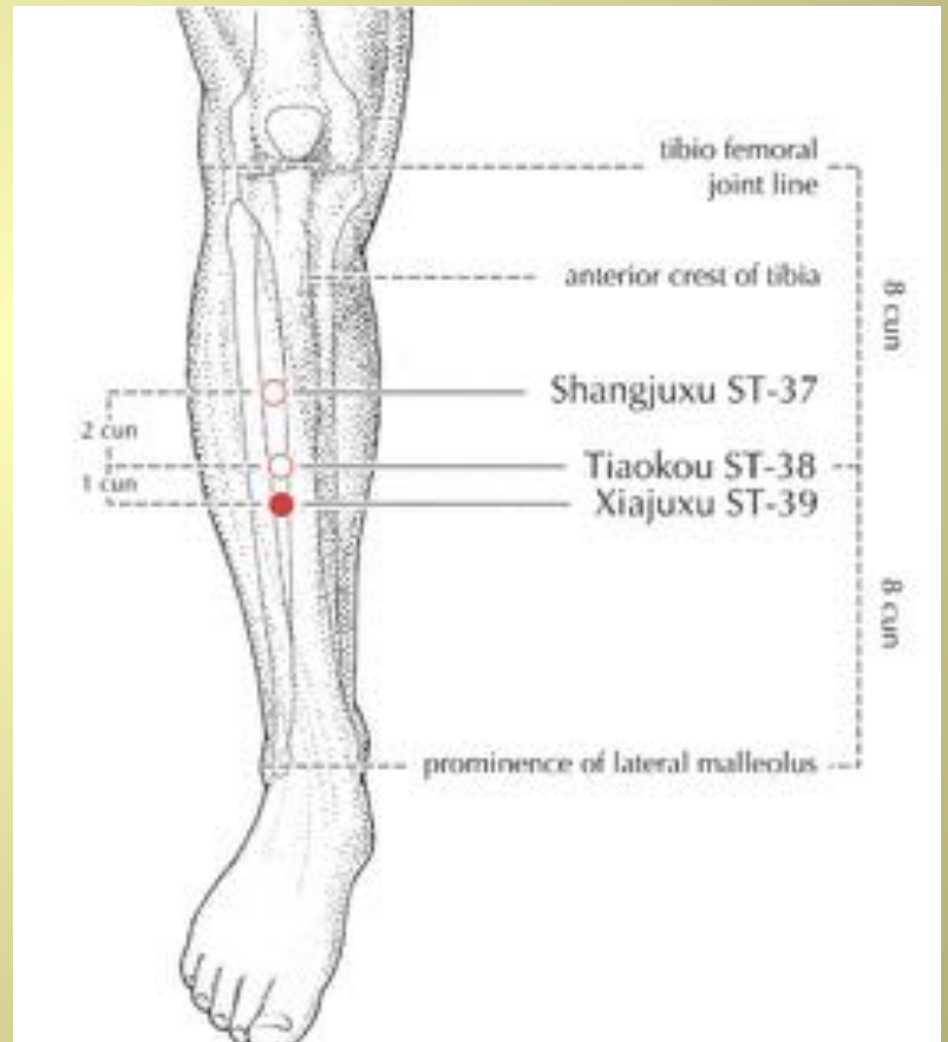
Stomach 39

Foot Yang Ming

ST 39 – (*Xiajuxu* – Lower Great Void)

3 cun inferior to ST 37, one finger breadth lateral to anterior crest of tibia bone

Lower He Sea point for Small Intestine



Stomach 40

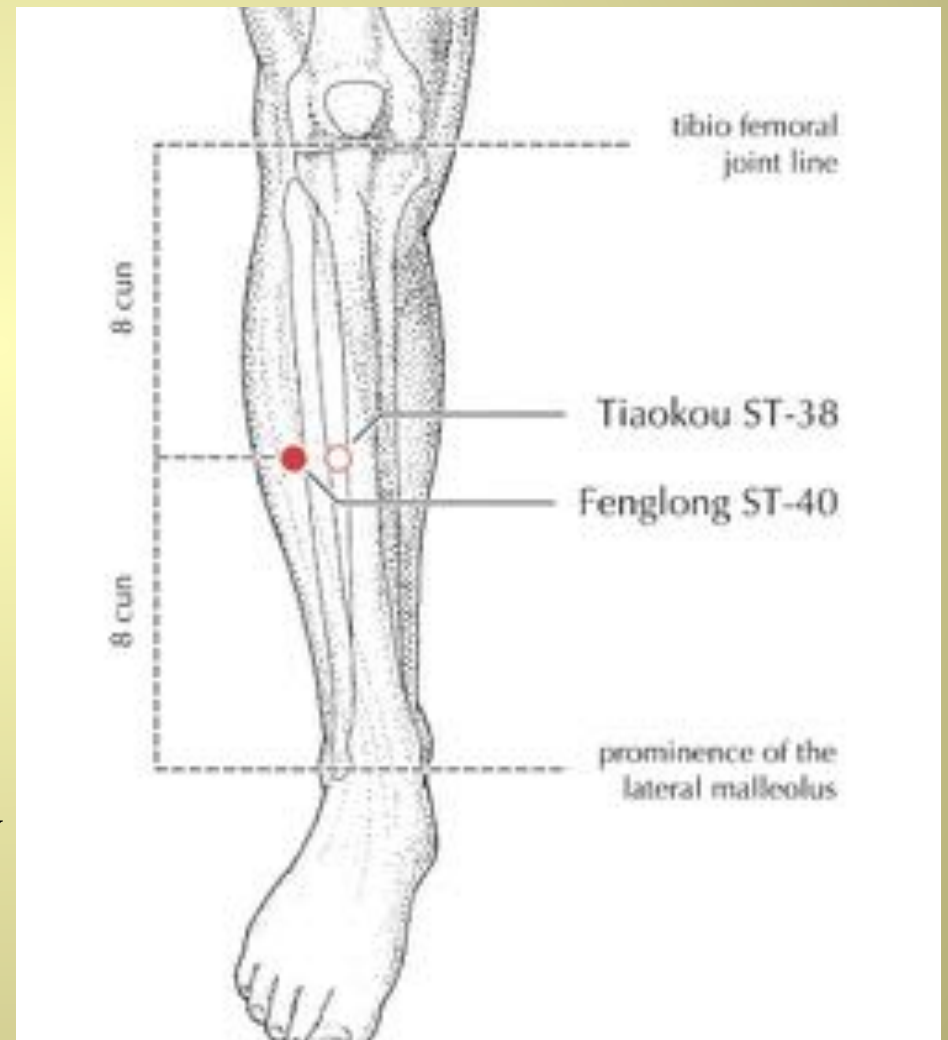
Foot Yang Ming

ST 40 – (*Fenglong* –
Abundant Bulge)

On lower leg, midway between
knee joint and lateral
malleolus, *two* finger breadth
lateral to anterior crest of tibia
bone

Luo point

Considered major TCM point
for eliminating Phlegm in body



Stomach Qi Points

- Found just lateral to tibia bone at Tibialis insertions into the bone
 - Look for indentations or fascial holes: like a valley at the foot of a mountain
 - Needle inserted into fascial depression heading down towards the mountain angled with flow of meridian and slightly towards tibia bone



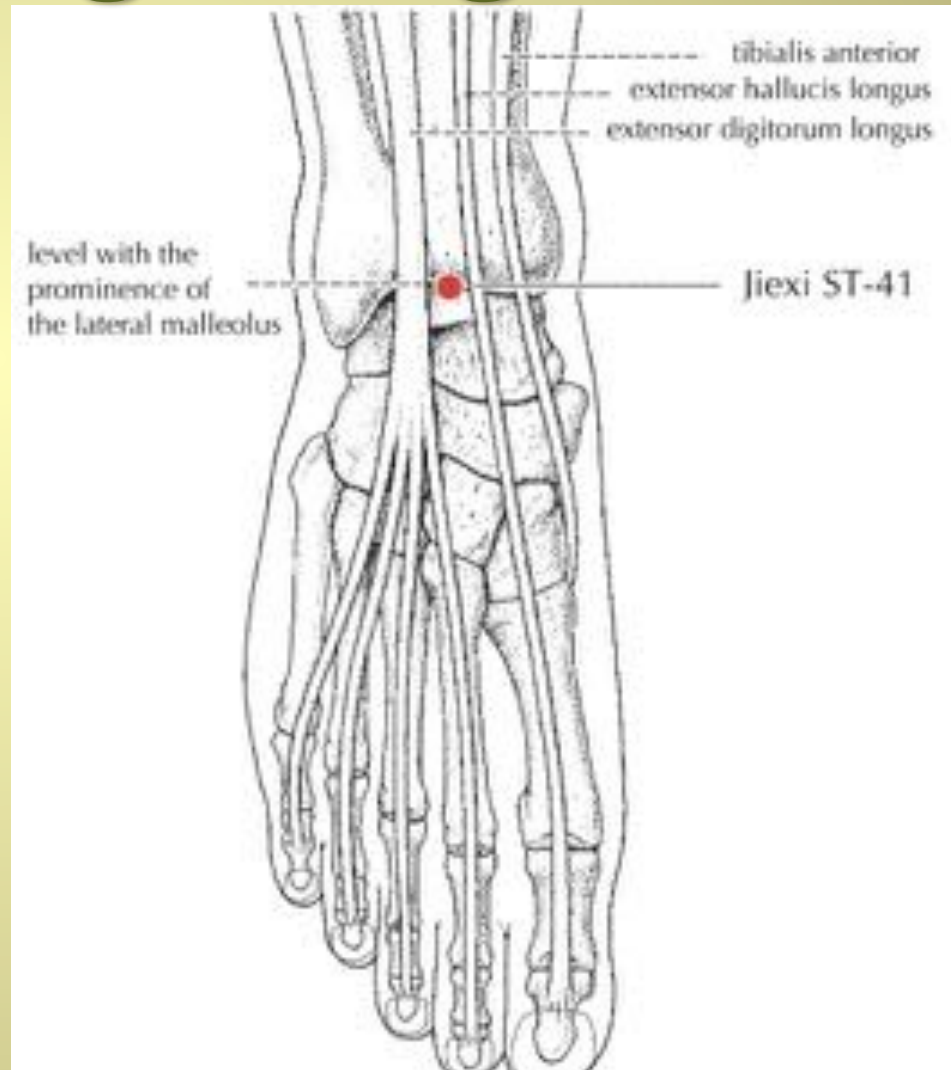
Stomach 41

Foot Yang Ming

ST 41 – (Jiexi – Stream Divide)

At ankle joint, level with prominence of lateral malleolus, in a depression between the tendons of the extensor hallucis longus and the extensor digitorum longus

Fire Point



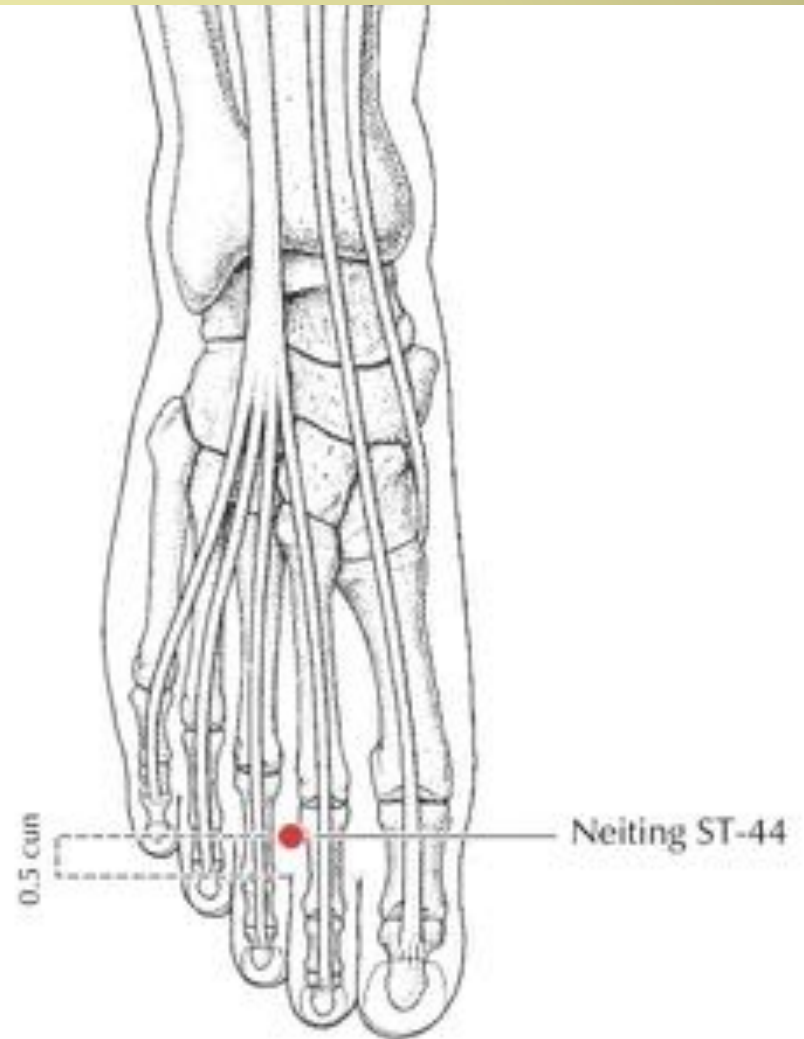
Stomach 44

Foot Yang Ming

ST 44 – (Neiting – Inner Courtyard)

On the dorsum of the foot, between the second and third toes, 0.5 cun proximal to the web, distal to the Metatarsal phalangeal joint,

Water Point



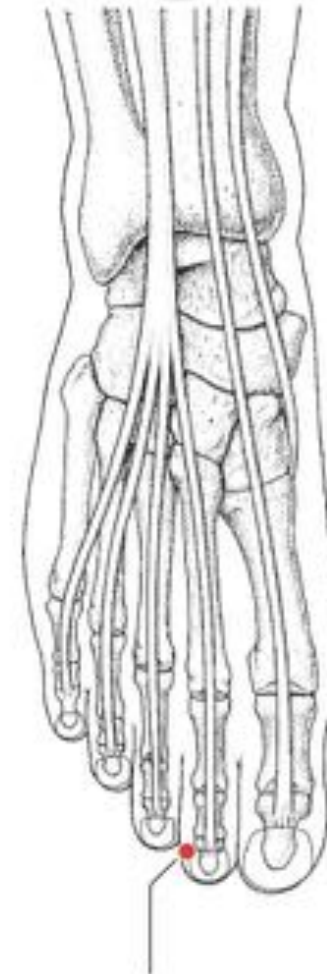
Stomach 45

Foot Yang Ming

ST 45 – (*Lidui* – Strict Exchange)

On the dorsal aspect of second toe, at the junction of lines drawn along the lateral border of the nail and the base of the nail, 0.1 cun from the corner of the nail

Metal Point



Lidui ST-45