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***Touch for Health: The Connection of the Elements, Meridians and Muscles***

**Element and Meridian**

**Muscle**

**Central Meridian** (Yin, Conception Vessel – release and letting go, brain/eyes)

Supraspinatus

**Governing Meridian** (Yang, stores energy until released with breath, spine, ears, CNS)

Teres Major

**Earth Element:**

**Stomach Meridian** (taking in new ideas and materials for digestion)  
(7-9 am)

Pectoralis Major Clavicular  
Levator Scapulae  
Neck Muscles  
Brachioradialis  
Latissimus Dorsi  
Mid/Low Trapezius  
Opp. Pollicis Longus  
Triceps

**Spleen Meridian** (transforms and protects)  
(9-11 am)

**Fire Element:**

**Heart Meridian** (communicator with the whole body) (11-1pm)

Subscapularis

**Small Intestine Meridian** (assimilation/absorption of influences) (1-3 pm)

Quadriceps  
Abdominals

**Water Element:**

**Bladder Meridian** (storehouse of emotions)  
(3-5 pm)

Peroneus  
Sacrospinalis  
Tibials  
Psoas  
Upper Trapezius  
Iliacus

**Kidney Meridian** (balances emotions, spirit and mystery)  
(5-7 pm)

**Fire Element:**

**Circulation/Sex Meridian** (nourishment of new cells)  
(7-9 pm)

Gluteus Medius  
Adductors  
Piriformis  
Gluteus Maximus  
Teres Minor  
Sartorius  
Gracilis  
Soleus  
Gastrocnemius

**Triple Warmer Meridian** (3 burners – metabolism, body, life passions)  
(9-11 pm)

Anterior Deltoid  
Popliteus  
Pectoralis Major Sternal  
Rhomboids

**Wood Element:**

**Gall Bladder Meridian** (digestion)  
(11 – 1 am)

**Liver Meridian** (absorption and detoxification)  
(1-3 am)

**Metal Element:**

**Lung Meridian** (source of life energy and elimination)  
(3-5 am)

Anterior Serratus  
Coracobrachialis  
Deltoids  
Diaphragm  
Fascia Lata  
Hamstrings  
Quadratus Lumborum

**Large Intestine Meridian** (eliminates waste to protect from toxicity)  
(5-7 am)

Reference from:

John Thie, a. M. (2005). *Touch for Health: A Practical Guide to Natural Health With Acupressure Touch*. Camarillo, USA: DeVorss & Company.