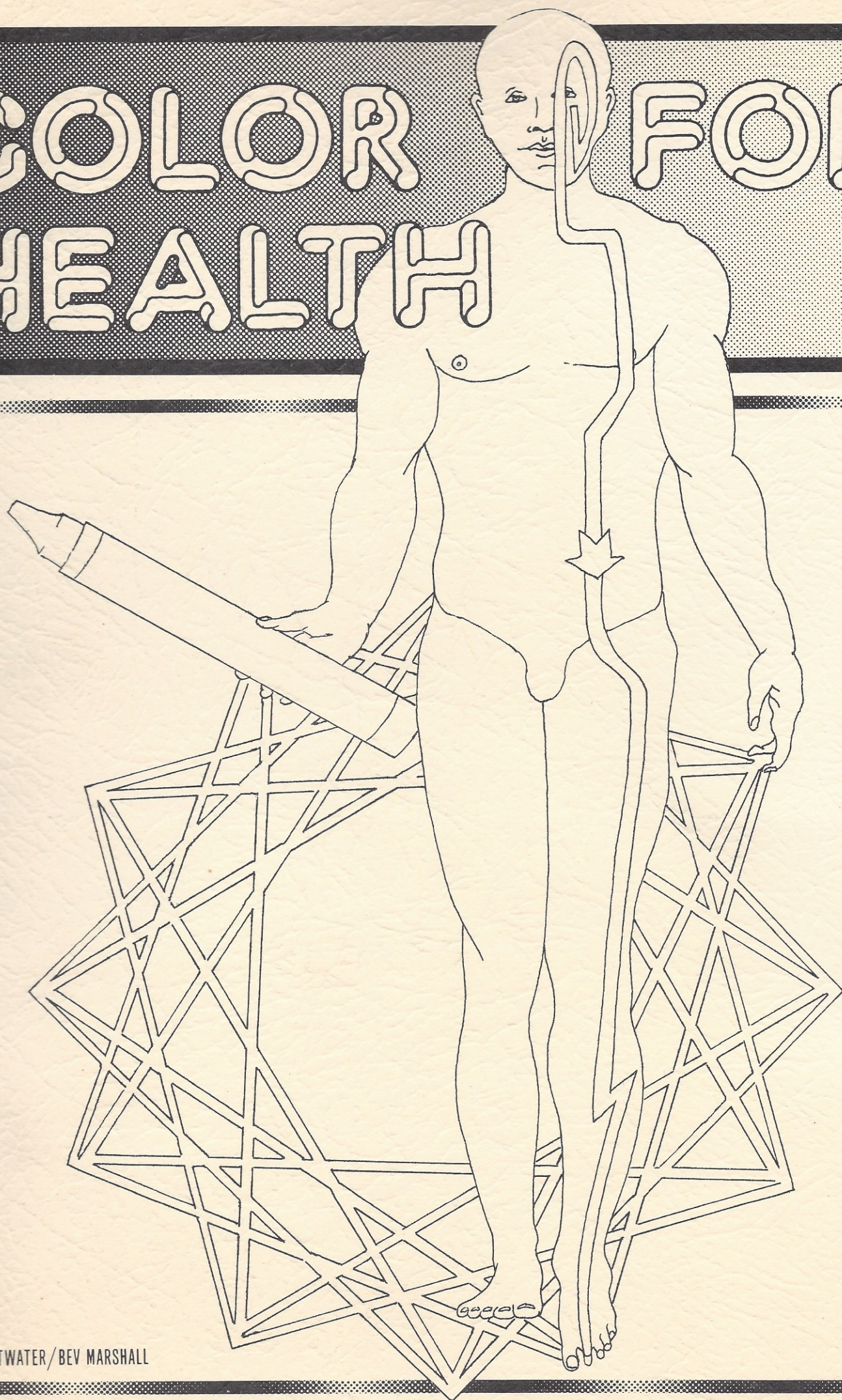


COLOR FOR HEALTH



JAN WESTWATER/BEV MARSHALL

HOW TO USE THIS COLORING BOOK

Color For Health is designed to make the learning of Touch For Health easier and more enjoyable. The material covered in it is from Touch For Health I and can be used by students on their own or as an integral part of the basic TFH class. It is a valuable supplement to, but in no way a replacement for Touch For Health by Dr. John F. Thie.

Current learning theories involving right and left brain functions and different learning styles have molded the format of the book. For the visual learner, the information on any one page has been reduced to an amount that is easily visually assimilated and is color-coded for easy retention. For the kinesthetic learner, the motions of coloring are an aid; for the auditory learner, verbally going over the material in an accelerated learning session is important.

The color-coding in Color For Health approximates the colors used in the Touch For Health chart and is planned to use the colors found in a standard 16 count box of crayons. (The brown crayon and the black crayon are used twice, once coloring lightly, once more heavily.) All information connected with any one meridian and its indicator muscle is colored with the same color. Coloring can be done in class or at home, but it is most efficient to have students color at home and then use the already colored pages for review and accelerated learning concerts in class. (There is between 3 and 6 hours of coloring to do depending on the individual.)

The order of the coloring instructions in the A and B sections follows the order of teaching and testing/correcting--first identification and testing of muscles, followed by neuro-lymphatic points, neuro-vasculars, meridians and acupressure holding points. In the composites in cases in which the neuro-lymphatic or neuro-vascular point relates to more than one muscle, the circle representing that point has been divided into an appropriate number of parts for coloring.

Students should note that for convenience sake all meridians have been drawn on only one side of the body. In fact, they are all found on both sides, with the exception of the central and governing meridians which follow the midline of the body.

Class use has shown the folio format allows greater flexibility than bound book form. Students find it helpful to put the pages up on a wall or spread them out on the floor in different arrangements depending on what part or whole they are trying to learn. For instance, one student found it most helpful to arrange the sheets on the floor around her like a giant meridian wheel and review the information while listening to relaxing music similar to the accelerated learning concerts in class.

Part of the fun of this learning tool is creative discovery of new ways in which it can be an aid to learning Touch For Health, thus empowering students to enjoy learning while bringing better health to more people.

ACKNOWLEDGEMENTS

I want to acknowledge and thank the following people:

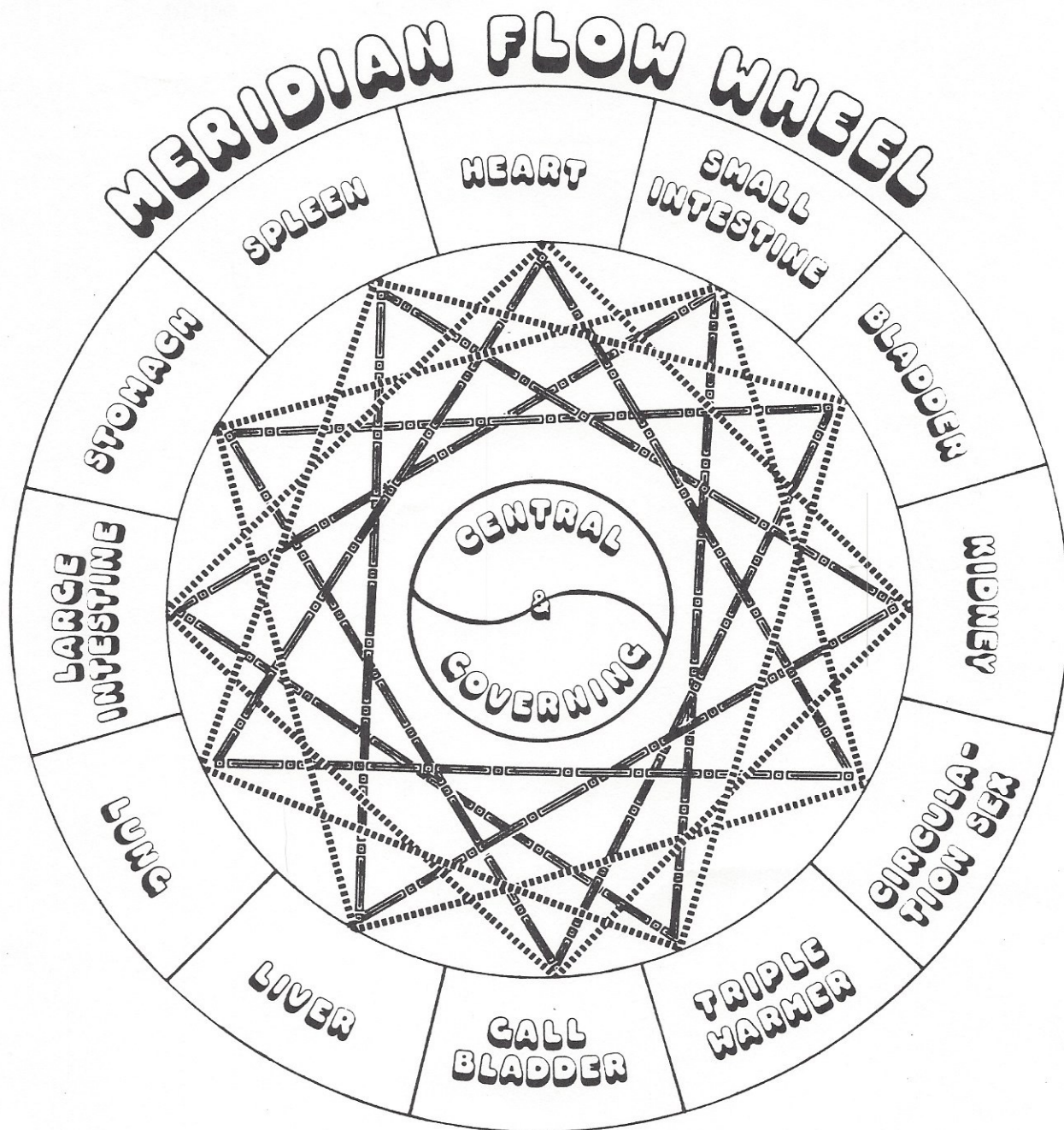
John Thie who had the courage and vision to make TOUCH FOR HEALTH available to the lay public;

Gordon Stokes who conducted the ITW that I attended many years ago and who has served as a delightful model of good communication;

Phillip Crockford whose excellent teaching and thinking inspired me to turn my creativity once more toward TFH;

Penny Hadlett, TFH student, who typed the manuscript and made many excellent suggestions to improve organization and clarity;

And most of all, Bev Marshall without whose beautiful artwork this book never would have been.

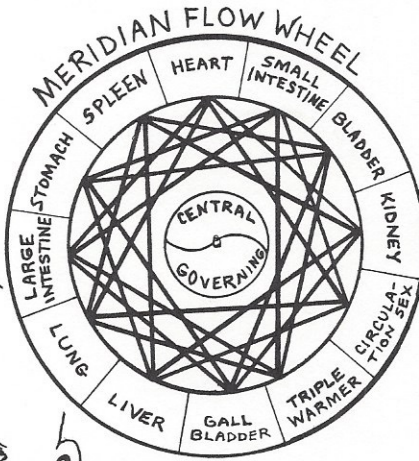


Color each wedge on the MERIDIAN FLOW WHEEL the color indicated:

Central Meridian (C.V.) ----- red-violet
 Supraspinatus Muscle
 Governing Meridian (G.V.) --- purple
 Teres Major Muscle
 Stomach Meridian (St.) ----- light brown
 Pectoralis Major Clavicular
 Spleen Meridian (Sp.) ----- dark brown
 Latissimus Dorsi Muscle
 Heart Meridian (H.) ----- pink
 Subscapularis Muscle
 Small Intestine (S.I.) ----- red
 Quadriceps Muscle
 Bladder Meridian (B.) ----- light gray
 Peroneus Muscle

Kidney Meridian (Ky.) ----- black
 Psoas Muscle
 Circulation Sex Meridian (C.)- blue
 Gluteus Medius Muscle
 Triple Warmer (T.W.) ----- blue green
 Teres Minor Muscle
 Gall Bladder Meridian (G.B.) - light green
 Anterior Deltoid Muscle
 Liver Meridian (Liv.) ----- green
 Pectoralis Major Sternal
 Lung Meridian (L.) ----- orange
 Anterior Serratus Muscle
 Large Intestine (L.I.) ----- yellow
 Fascia Lata Muscle

CENTRAL MERIDIAN



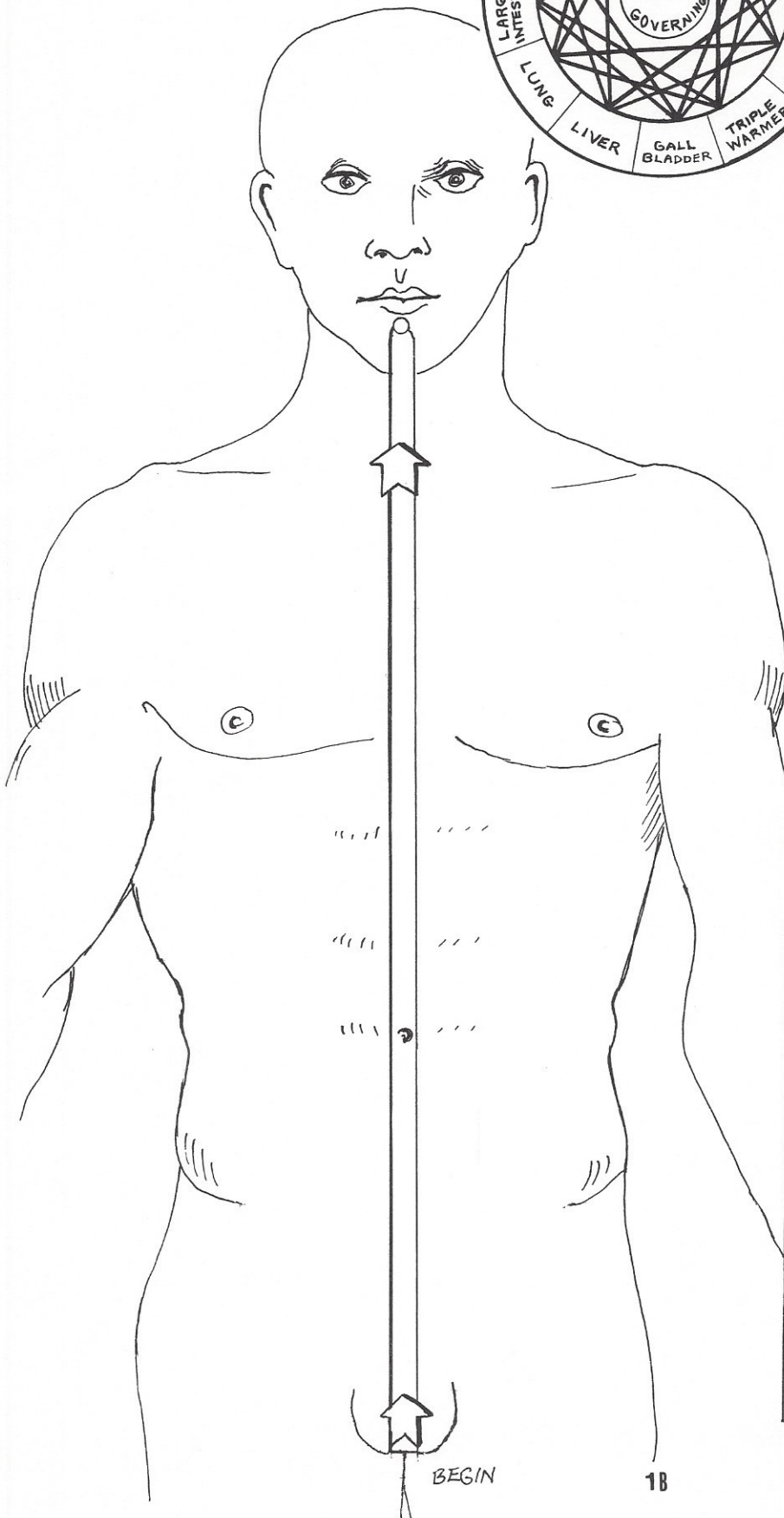
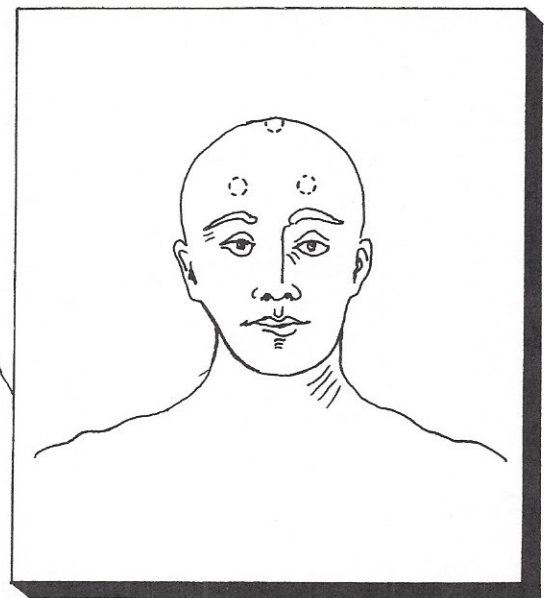
Continue coloring using RED-VIOLET.

3. Color the NEURO-VASCULAR HOLDING POINTS which are on the anterior fontanel (the baby's soft spot), and the frontal eminence, between eyebrows and hairline.

NOTE: The neuro-vascular holding points are drawn in BROKEN LINES to indicate that they are worked with LIGHT PRESSURE.

4. Color the CENTRAL MERIDIAN TITLE at the top of the page, the MERIDIAN FLOW WHEEL WEDGE, and the CENTRAL MERIDIAN which runs from the pubic bone up to the lower lip.
5. There are no ACUPRESSURE HOLDING POINTS for the supraspinatus muscle.
6. Circle the ORIGIN and INSERTION of the SUPRASPINATUS MUSCLE.

NEURO-VASCULAR HOLDING POINTS



SUPRASPINATUS

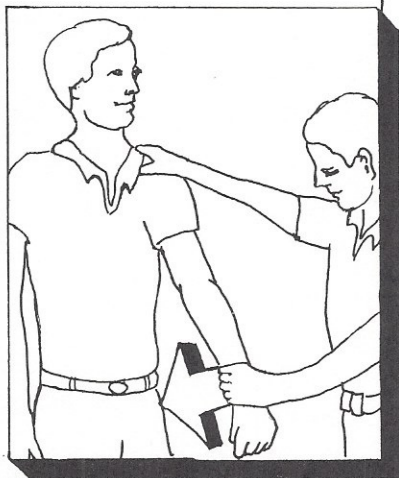
Using RED-VIOLET:

*Color the SUPRASPINATUS TITLE at the top of the page, and the SUPRASPINATUS MUSCLE on the back of the body.

1. Color the word TEST, the DIRECTIONAL ARROW, and the ARM OF the client in the test box.
2. Color the FRONT NEURO-LYMPHATIC POINTS on the front of the shoulders and along the outside of each breast.

Color the BACK NEURO-LYMPHATIC POINTS on the back of the head, just under the skull where it meets the neck.

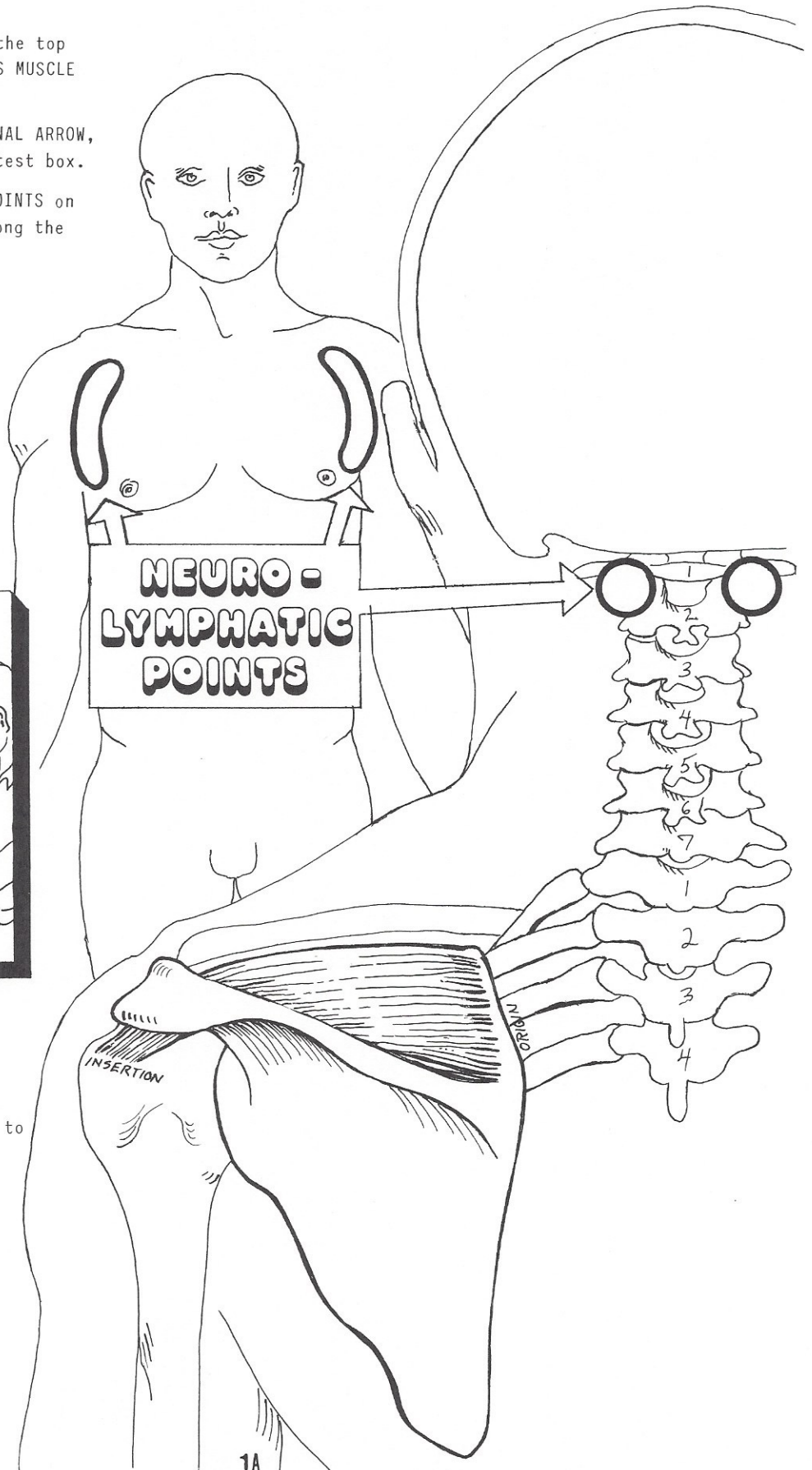
NOTE: The neuro-lymphatic points are drawn with a SOLID LINE to indicate that they are worked with FIRM PRESSURE.



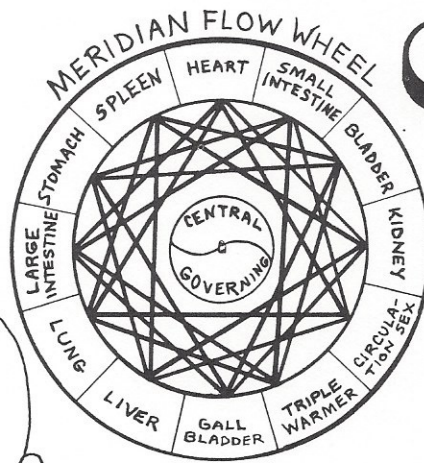
TEST

Standing or lying face up, ARM is held about 15 degrees away from the body, slightly to the side with elbow locked.

Pressure is on the forearm towards the groin.



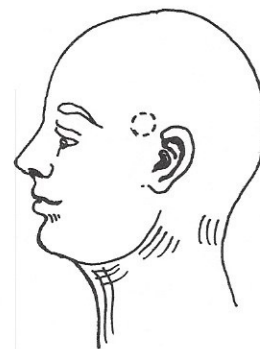
GOVERNING MERIDIAN



Continue coloring using PURPLE.

3. Fill in the NEURO-VASCULAR HOLDING POINT on the temple at the hairline.
4. Color the GOVERNING MERIDIAN TITLE, the MERIDIAN FLOW WHEEL WEDGE, and the GOVERNING MERIDIAN, which runs from the tailbone to the upper lip.
5. There are no ACUPRESSURE HOLDING POINTS for the teres major muscle.
6. Circle the ORIGIN and INSERTION of the TERES MAJOR MUSCLE.

NEURO-VASCULAR HOLDING POINTS



Hold both sides of head

TERES MAJOR

Using PURPLE:

*Color the TERES MAJOR MUSCLE TITLE at the top of the page, and the TERES MAJOR MUSCLE on the back of the body.

1. Color the word TEST, the DIRECTIONAL ARROW, and the ARM of the client inside the test box.
2. Color the FRONT NEURO-LYMPHATIC POINTS between ribs 2 and 3, which lie two to three inches lateral to the breastbone

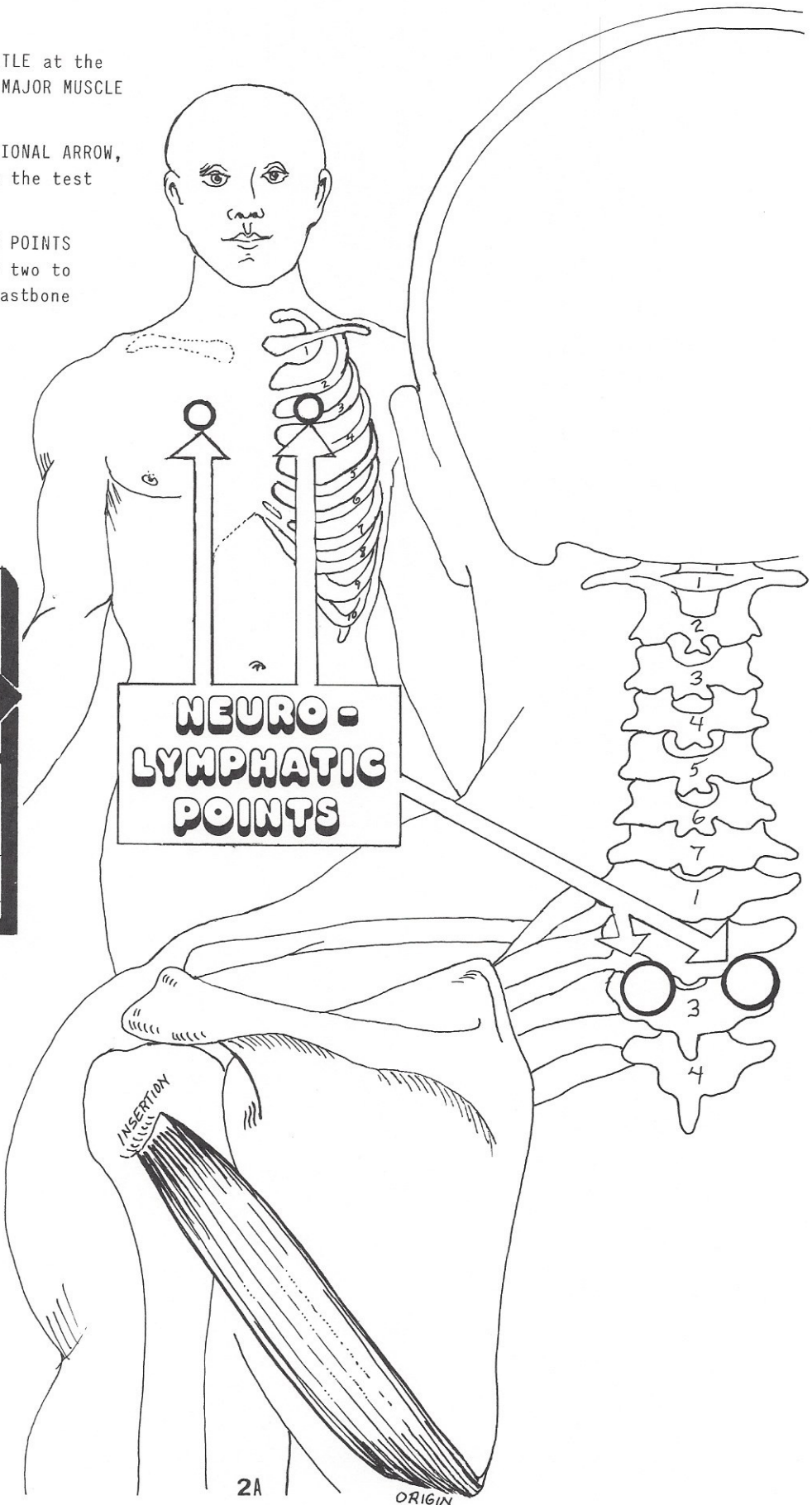
Color the BACK NEURO-LYMPHATIC POINTS between thoracic vertebrae 2 and 3, one inch to either side of the spine.



TEST

Lying face down with fists on lower back, and elbows brought toward each other.

Pressure is against the elbows towards the table.



STOMACH MERIDIAN

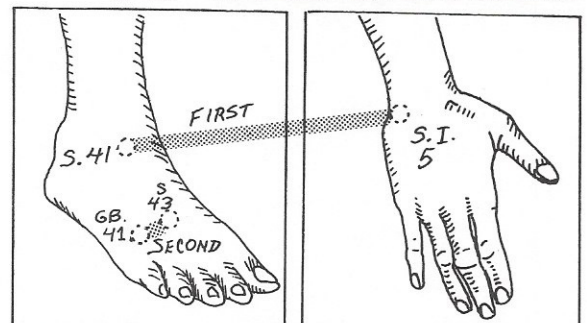
Continue coloring with LIGHT BROWN.

3. Fill in the NEURO-VASCULAR HOLDING POINTS on the head at the frontal eminence, a slight bulge on the sides of the forehead between the eyebrows and the hairline.
4. Color the STOMACH MERIDIAN TITLE, the WEDGE, and the STOMACH MERIDIAN, which runs from the eye down the front of the body, along the outside of the leg, and out the second toe.
5. Color the ACUPRESSURE HOLDING POINTS for both strengthening and weakening, noting the distinction between the first pair of points. The second pair of points held is the same for both strengthening and weakening. This is true for all the meridians.
6. Circle the ORIGIN and INSERTION of the PECTORALIS MAJOR CLAVICULAR MUSCLE.

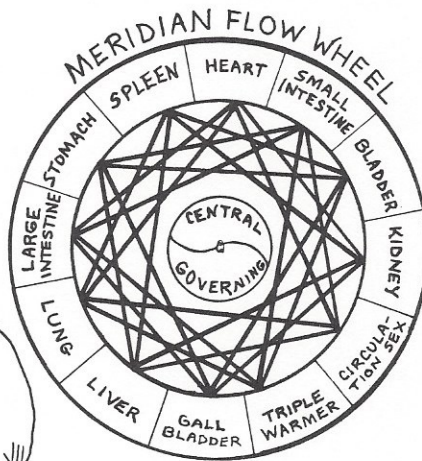
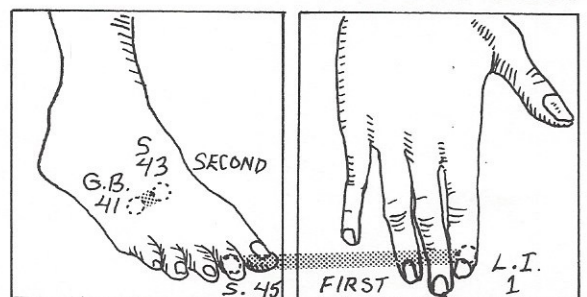
*NOTE: The acupressure holding points and the neuro-vascular holding points are drawn in BROKEN LINES to indicate that they are worked with LIGHT PRESSURE.

ACUPRESSURE HOLDING POINTS

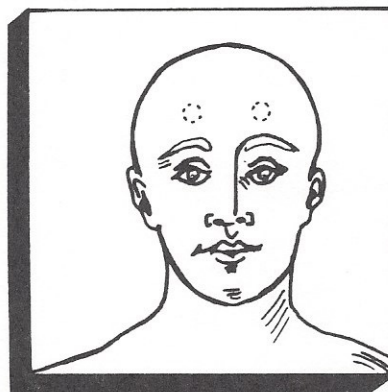
TO STRENGTHEN



TO WEAKEN



NEURO-VASCULAR HOLDING POINTS



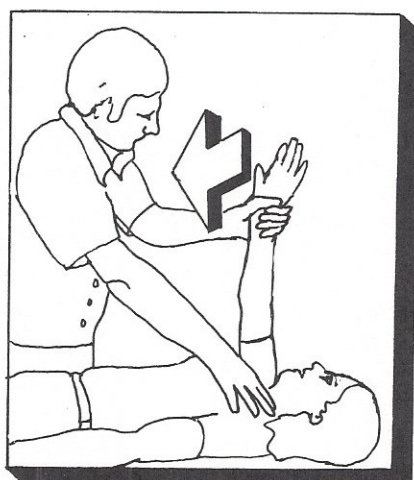
PECTORALIS MAJOR CLAVICULAR

Using LIGHT BROWN:

*Color the PECTORALIS MAJOR CLAVICULAR TITLE at the top of the page, and the PECTORALIS MAJOR CLAVICULAR MUSCLE on the front of the body.

1. Color the word TEST, the DIRECTIONAL ARROW, and the ARM of the client in the test box.
2. Color the FRONT NEURO-LYMPHATIC POINTS on the left side of the chest from nipple to sternum, between ribs 5 and 6.

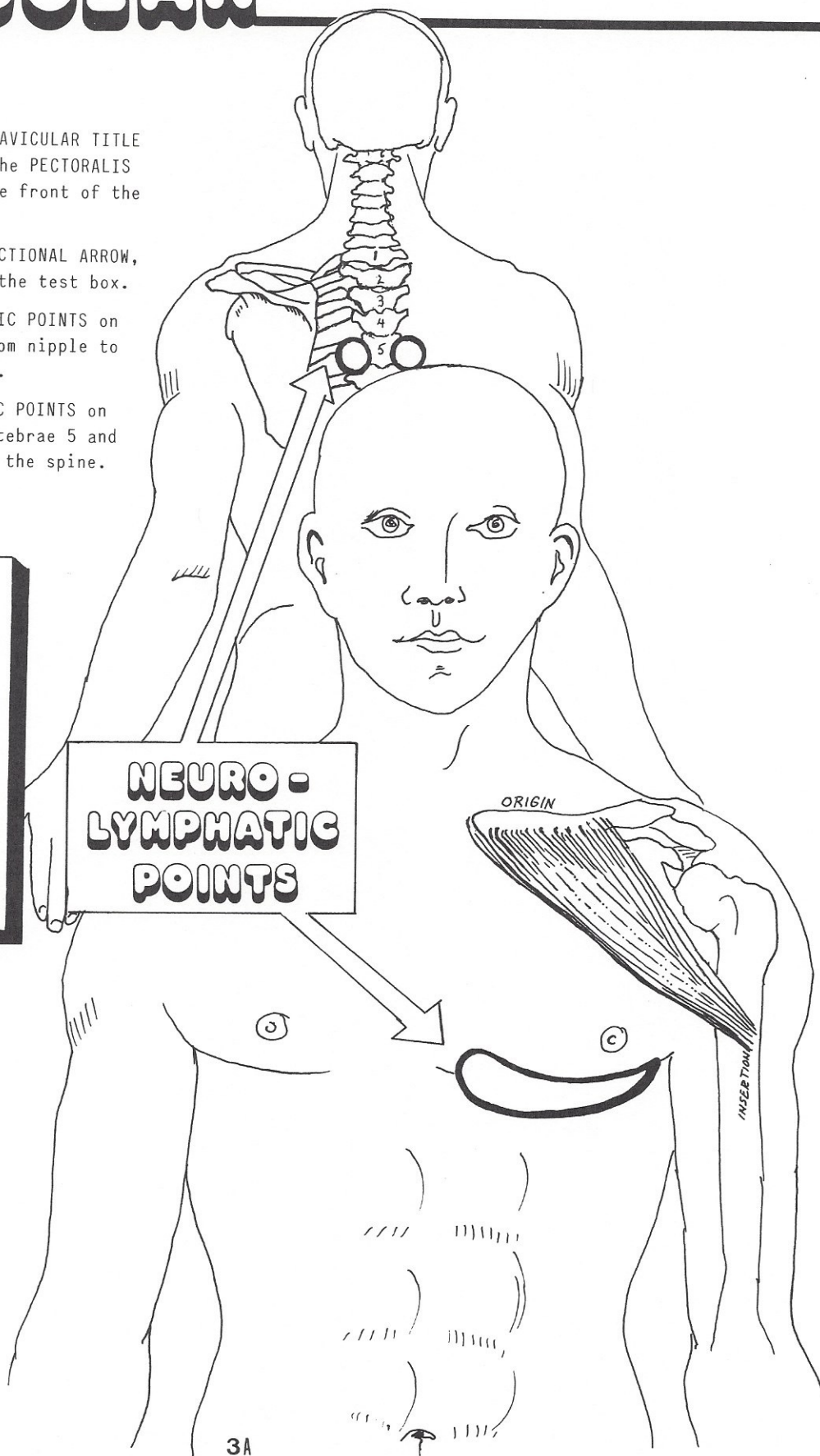
Color the BACK NEURO-LYMPHATIC POINTS on the back between thoracic vertebrae 5 and 6, one inch to either side of the spine.



TEST

Palm out, thumb towards feet, arm level with shoulder.

Pressure is on the forearm towards the feet and diagonally out.



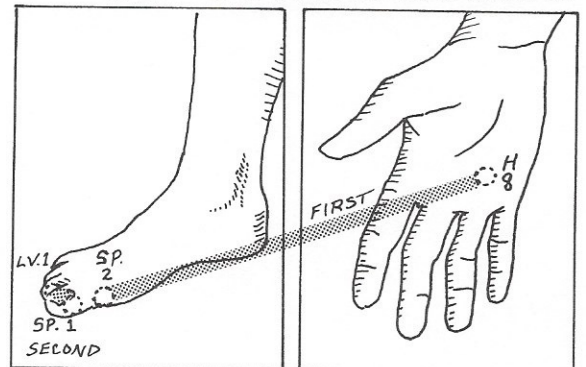
SPLEEN MERIDIAN

Continue coloring using DARK BROWN.

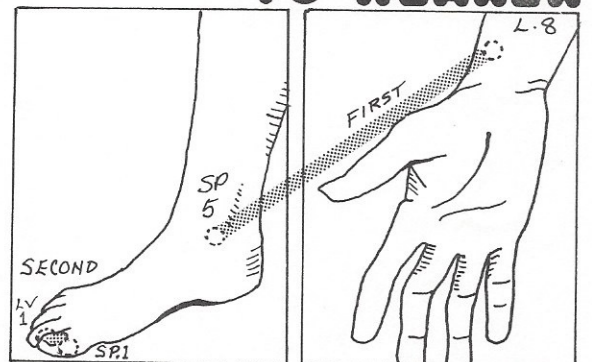
3. Fill in the NEURO-VASCULAR HOLDING POINT on the parietal bone, just above and behind the ear.
4. Color the SPLEEN MERIDIAN TITLE, the MERIDIAN FLOW WHEEL WEDGE, and the SPLEEN MERIDIAN, which runs from the big toe up the inside of the leg to the side of the chest on the front of the body.
5. Color the ACUPRESSURE HOLDING POINTS for both strengthening and weakening.
6. Circle the ORIGIN and INSERTION of the LATISSIMUS DORSI MUSCLE.

ACUPRESSURE HOLDING POINTS

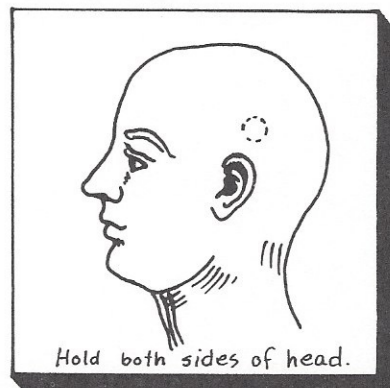
TO STRENGTHEN



TO WEAKEN



NEURO-VASCULAR HOLDING POINTS



LATISSIMUS DORSI

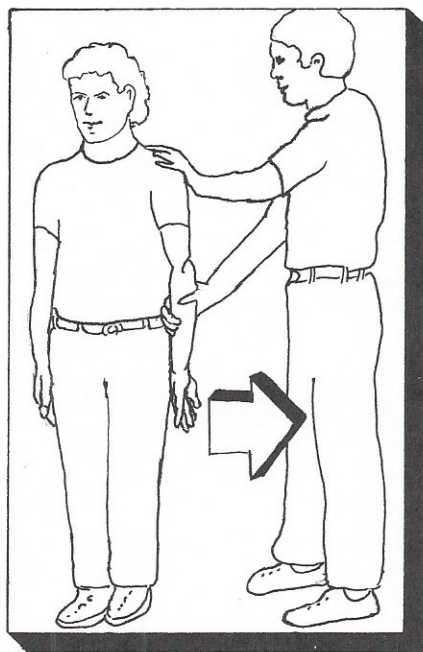
Using DARK BROWN:

*Color the LATISSIMUS DORSI TITLE at the top of the page, and the LATISSIMUS DORSI MUSCLE on the back of the body.

1. Color the word TEST, the DIRECTIONAL ARROW, and the ARM of the client inside the test box.
2. Color the FRONT NEURO-LYMPHATIC POINT between ribs 7 and 8 on the left side only.

NOTE: Remember neuro-lymphatic points are worked with FIRM PRESSURE, as indicated by a SOLID LINE.

Color the BACK NEURO-LYMPHATIC POINTS between thoracic vertebra 7 and 8, one inch to either side of the spine.

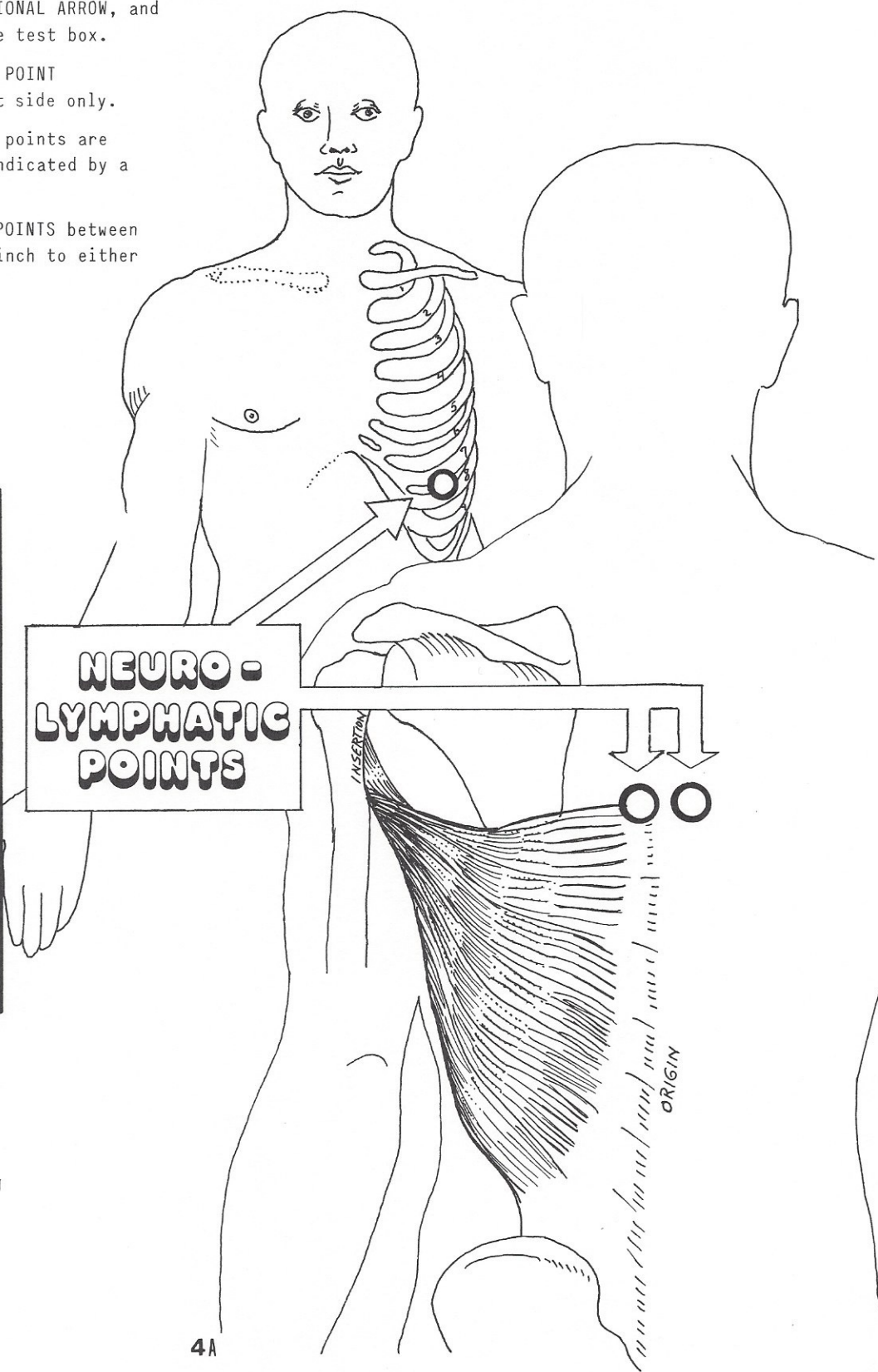


TEST

With ARM straight at side, palms facing out from the body.

Pressure is at forearm by pulling the arm away from the body.

NEURO-LYMPHATIC POINTS



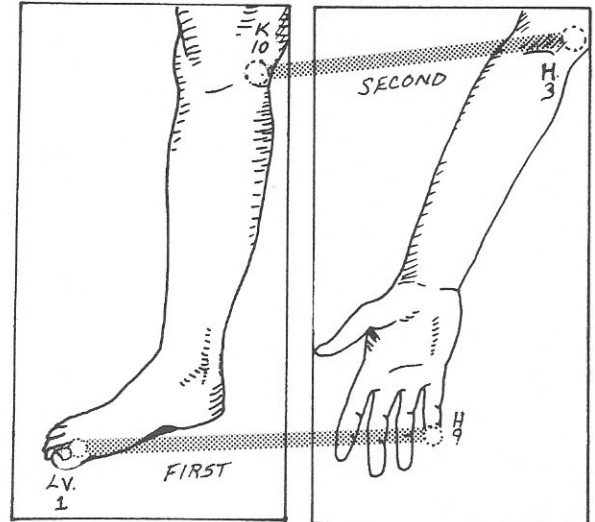
HEART MERIDIAN

Continue coloring using PINK.

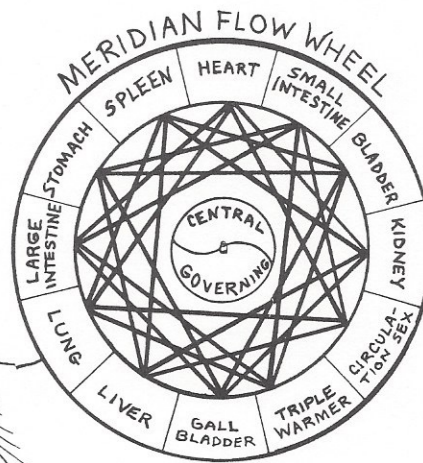
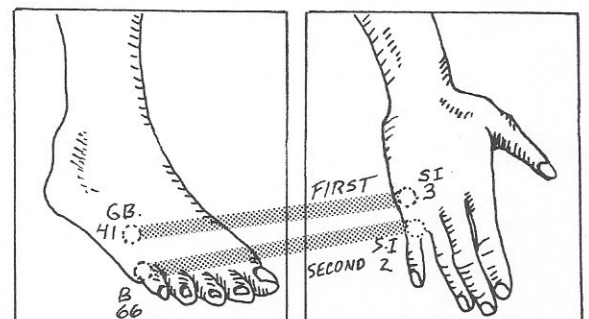
3. Color the NEURO-VASCULAR HOLDING POINT on the anterior fontanel, the baby's soft spot.
4. Color the HEART MERIDIAN TITLE, the WEDGE, and the HEART MERIDIAN, which runs from the armpit down the inside of the arm to the tip of the little finger.
5. Color the ACUPRESSURE HOLDING POINTS for both strengthening and weakening.
6. Circle the ORIGIN and INSERTION of the SUBSCAPULARIS MUSCLE. Note that it cannot be seen or felt since it's behind the shoulder blade.

ACUPRESSURE HOLDING POINTS

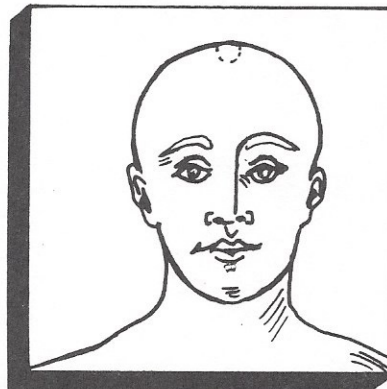
TO STRENGTHEN



STRENGTHEN SMALL INTESTINE MERIDIAN INSTEAD OF WEAKENING HEART



NEURO-VASCULAR HOLDING POINTS



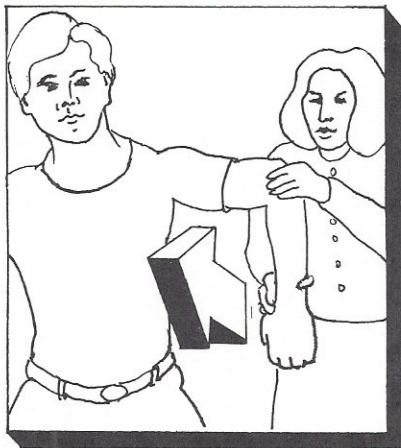
SUBSCAPULARIS

Using HOT PINK:

*Color the SUBSCAPULARIS TITLE, and the SUBSCAPULARIS MUSCLE on the front of the body.

1. Color the word TEST, the DIRECTIONAL ARROW, and the ARM of the client inside the test box.
2. Color the FRONT NEURO-LYMPHATIC POINTS between ribs 2 and 3, near the sternum.

Color the BACK NEURO-LYMPHATIC POINTS which lie between thoracic vertebrae 2 and 3, one inch to each side of the spine.

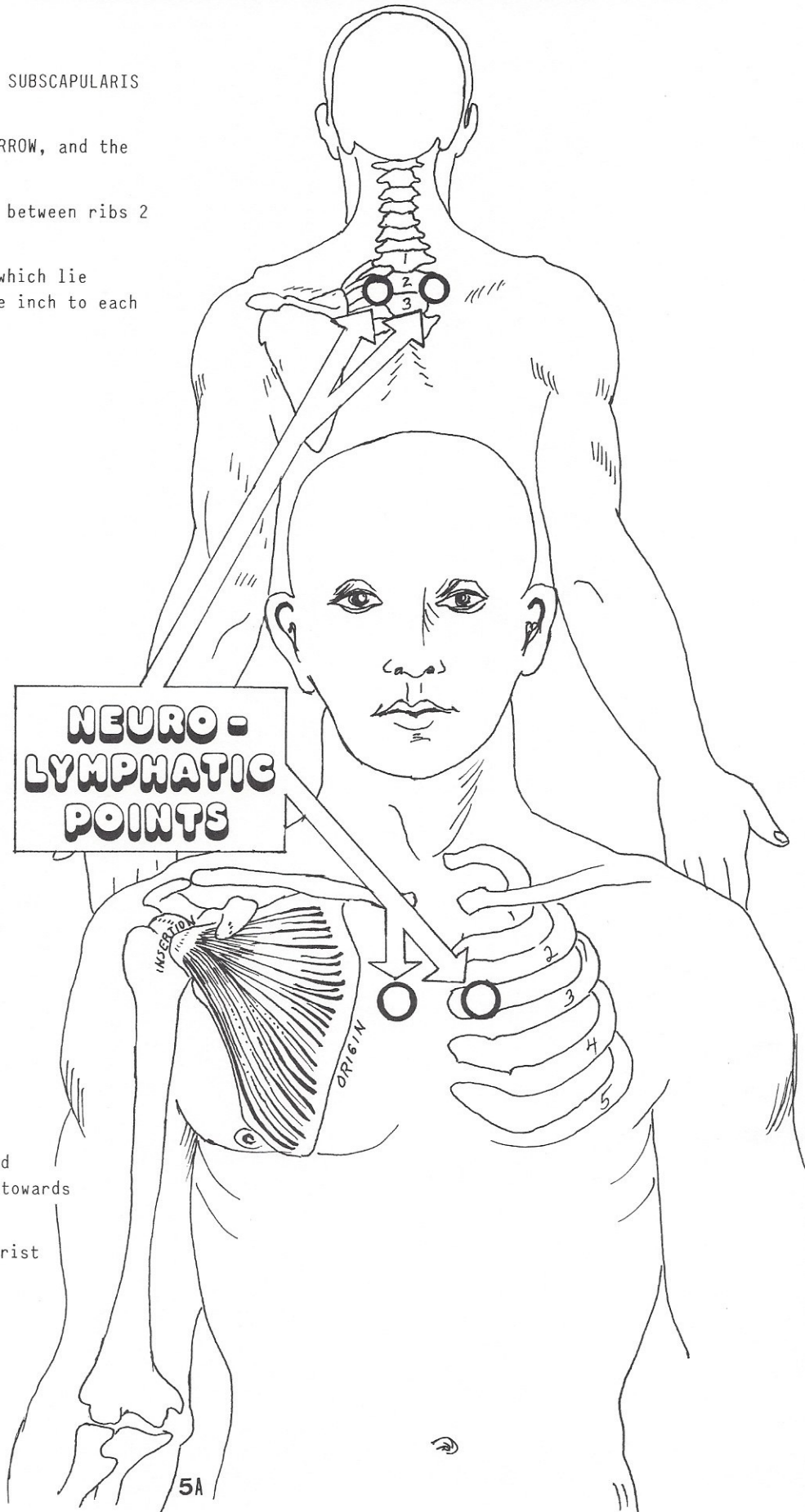


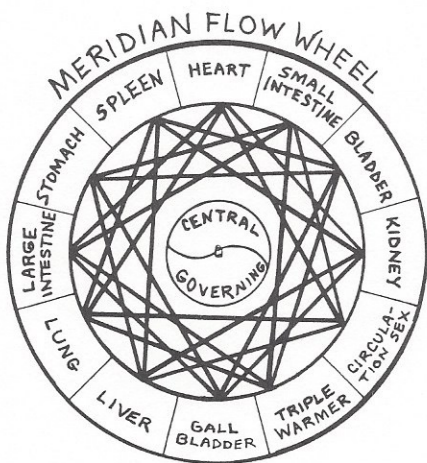
TEST

ARM out to side with elbow bent and level with shoulder, hand pointed towards feet.

Hold elbow and press against the wrist up towards the head.

NEURO-LYMPHATIC POINTS





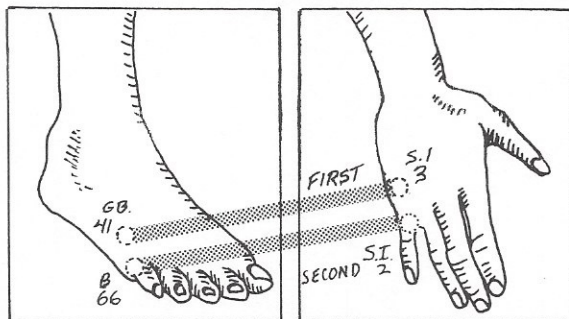
SMALL INTESTINE MERIDIAN

Continue coloring with RED.

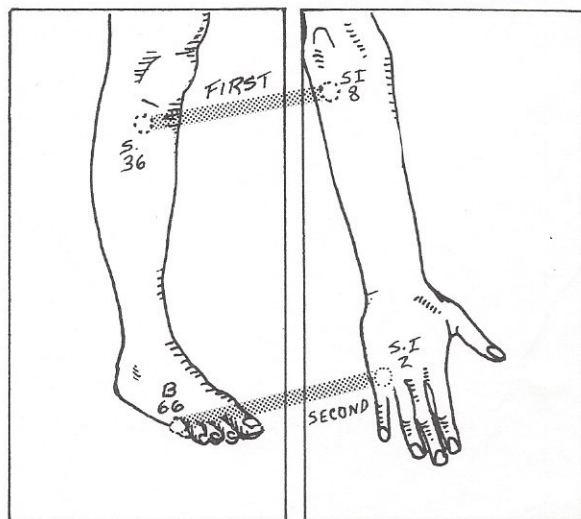
3. Color the NEURO-VASCULAR HOLDING POINTS on the parietal eminence, the ridge between the ear and the top of the head.
4. Color the SMALL INTESTINE TITLE, the WEDGE, and the SMALL INTESTINE MERIDIAN, which runs from the little finger, on the outside of the arm, up to the cheek.
5. Color the ACUPRESSURE HOLDING POINTS for both strengthening and weakening
6. Circle the ORIGIN and INSERTION of the QUADRICEPS.

ACUPRESSURE HOLDING POINTS

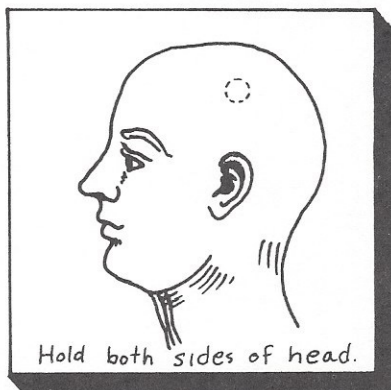
TO STRENGTHEN



TO WEAKEN



NEURO-VASCULAR HOLDING POINTS



QUADRICEPS

Using RED:

*Color the QUADRICEPS TITLE, and the QUADRICEPS MUSCLE on the front of the leg.

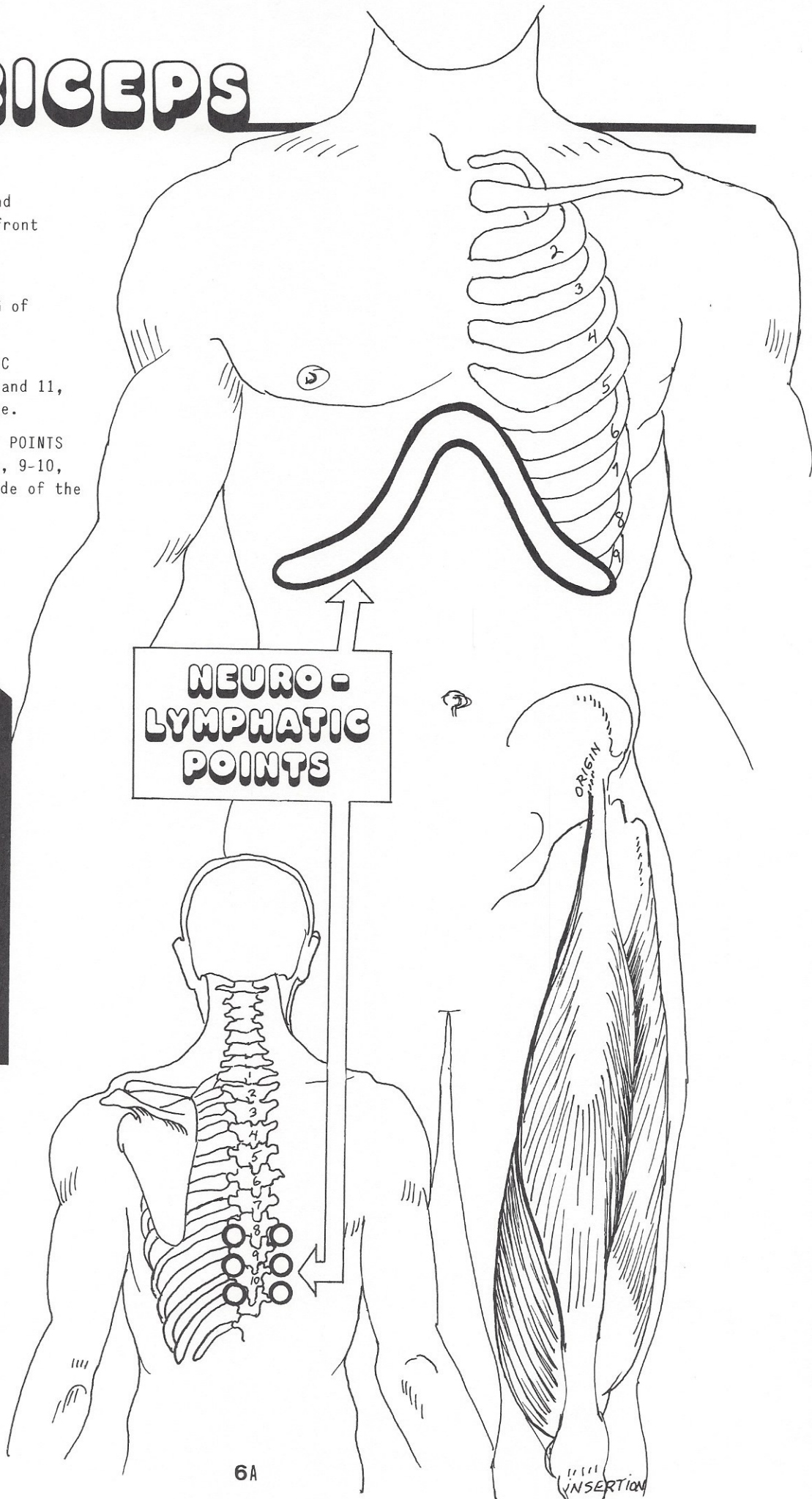
1. Color the word TEST, the DIRECTIONAL ARROW, and the LEG of the client in the test box.
 2. Color the FRONT NEURO-LYMPHATIC POINTS between ribs 8, 9, 10, and 11, along the curve of the rib cage.
- Color the BACK NEURO-LYMPHATIC POINTS between thoracic vertebrae 8-9, 9-10, and 10-11, one inch to each side of the spine.



TEST

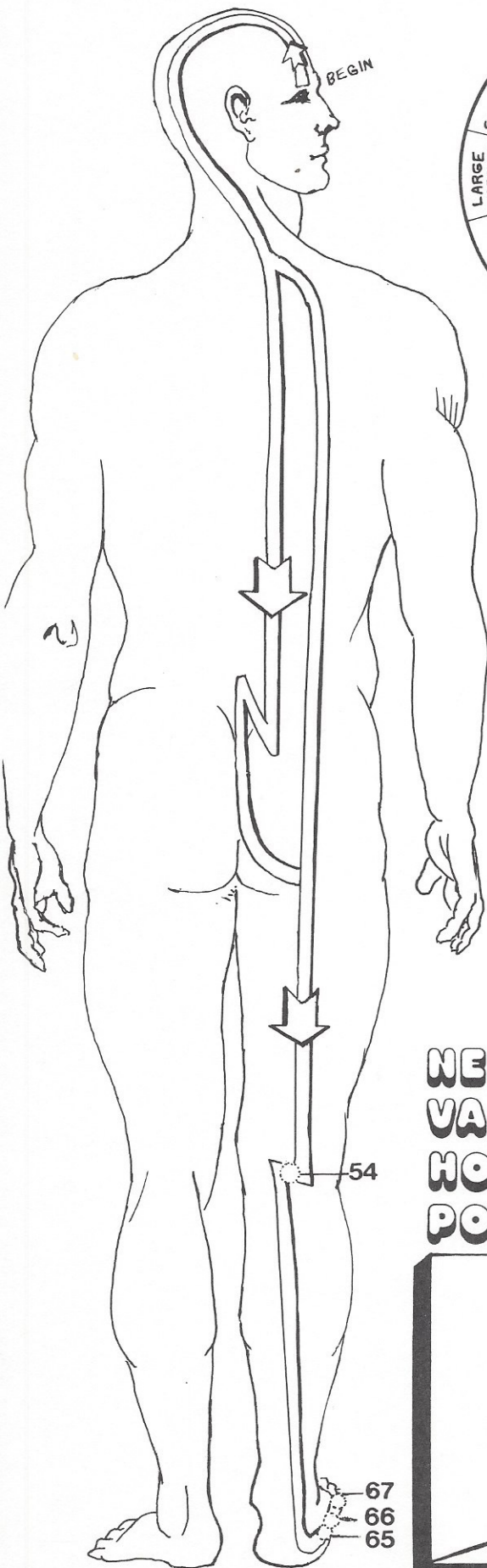
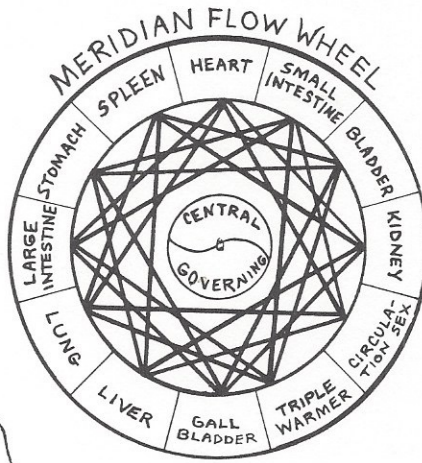
Lie face up with thigh not quite at a right angle, knee slightly bent.

Pressure is against the THIGH to straighten leg.



BLADDER MERIDIAN

ACUPRESSURE HOLDING POINTS TO STRENGTHEN



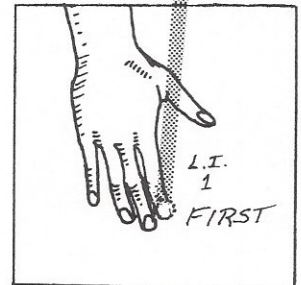
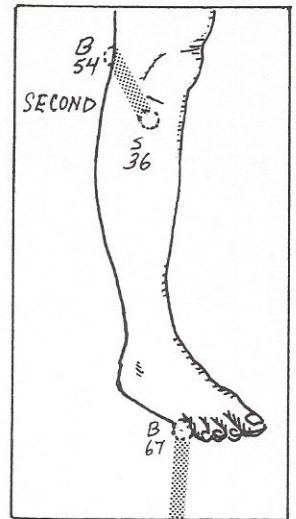
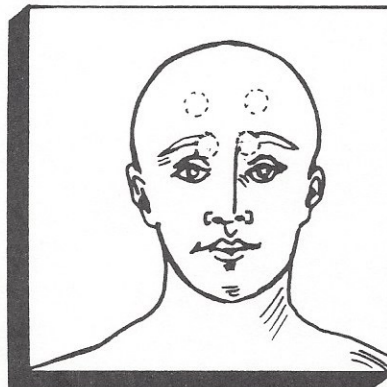
Continue using LIGHT GRAY.

3. Fill in the NEURO-VASCULAR HOLDING POINTS on the head above the inner eyebrow corner, and also on the frontal eminence.
4. Color the BLADDER MERIDIAN TITLE, the WEDGE, and the BLADDER MERIDIAN, which runs from the corner of the eye, over the head, down the back, down the back of the legs and out the little toe.
5. Color the ACUPRESSURE HOLDING POINTS for both strengthening and weakening.

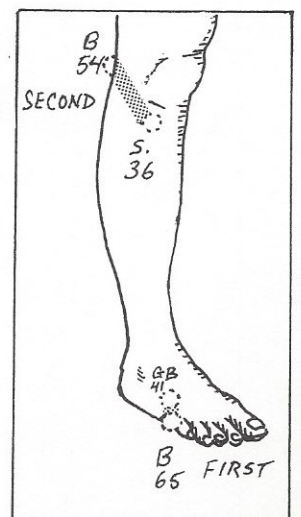
NOTE: Remember that the acupressure holding points and the neuro-vascular holding points are drawn in BROKEN LINES to indicate that they are worked with LIGHT PRESSURE.

6. Circle the ORIGIN and INSERTION of the PERONEUS.

NEURO- VASCULAR HOLDING POINTS



TO WEAKEN



PERONEUS

Using LIGHT GRAY:

*Color the PERONEUS TITLE, and the PERONEUS MUSCLE on the side of the leg.

1. Color the word TEST, the DIRECTIONAL ARROW, and the FOOT of the client in the test box.
2. Color the FRONT NEURO-LYMPHATIC POINTS next to the navel and along the top edge of the pubic bone.

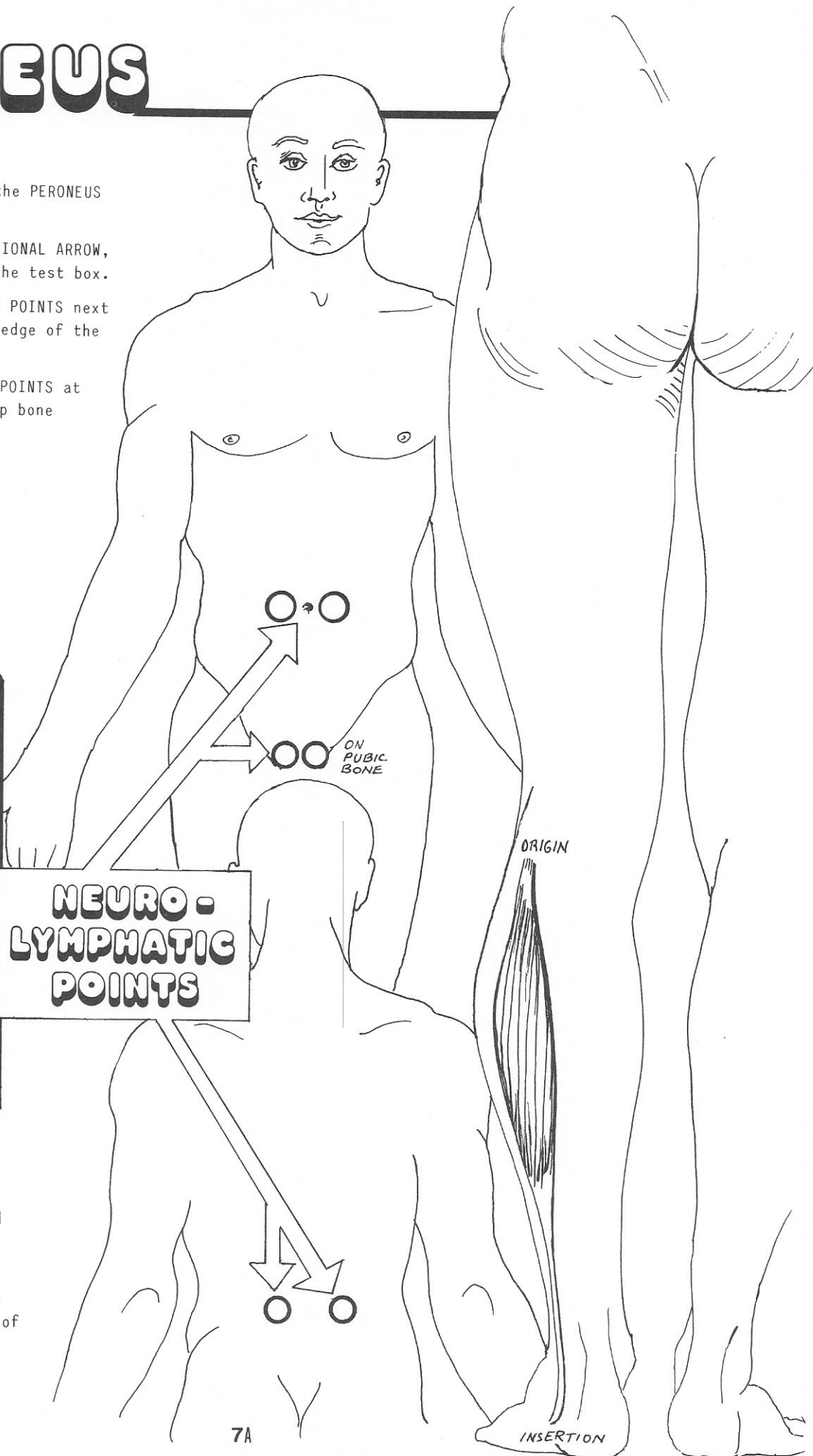
Color the BACK NEURO-LYMPHATIC POINTS at the 5th lumbar level, on the hip bone knobs.



TEST

Lying down face up, TOES out laterally with little toe flexed headwards.

Hold the heel and pressure is against lateral side of the foot behind toes towards the midline of the body and down.

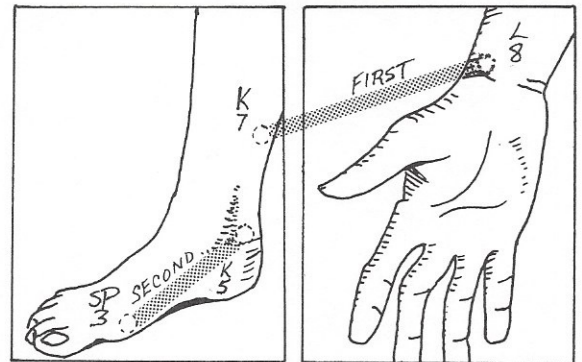


KIDNEY MERIDIAN

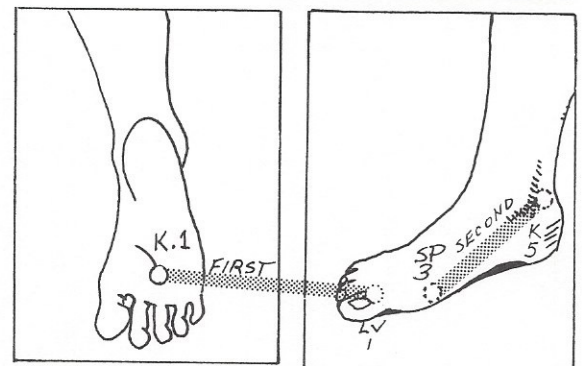
Continue using BLACK.

3. Color the NEURO-VASCULAR HOLDING POINT on the occipital protuberance, the bump on the back of the skull.
 4. Color the KIDNEY MERIDIAN TITLE, the WEDGE, and the KIDNEY MERIDIAN, which runs from the ball of the foot, up the inside of the leg to the collar bone.
 5. Fill in the ACUPRESSURE HOLDING POINTS for both strengthening and weakening.
- NOTE: Remember the acupressure holding points and the neuro-vascular holding points are drawn in BROKEN LINES to indicate that they are worked with LIGHT PRESSURE.
6. Circle the ORIGIN and INSERTION of the PSOAS.

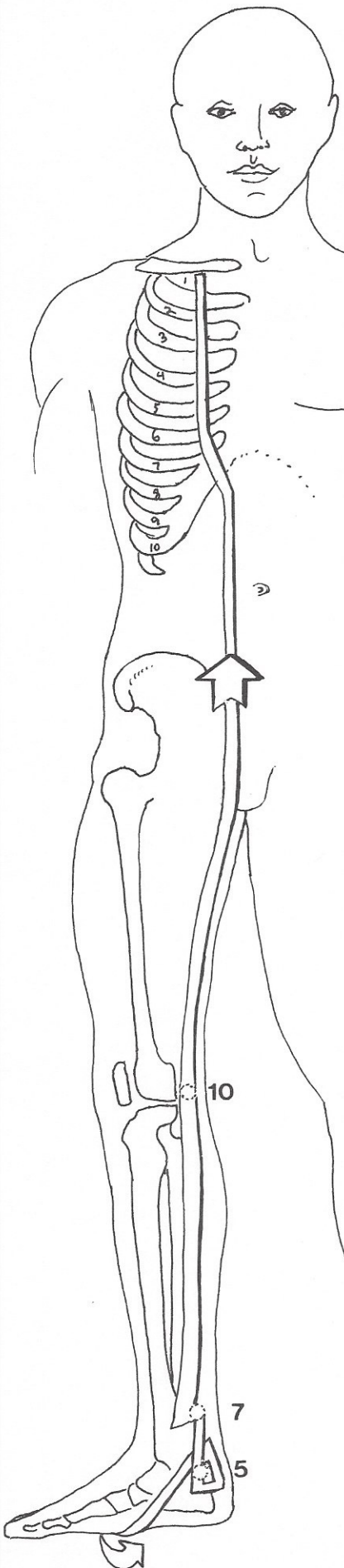
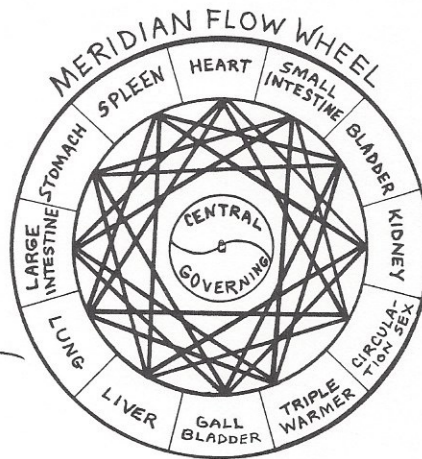
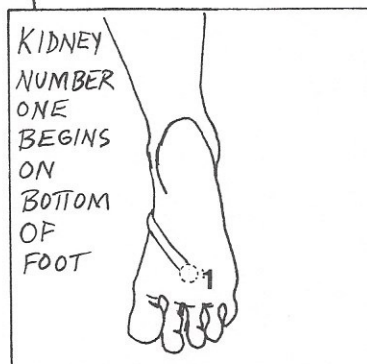
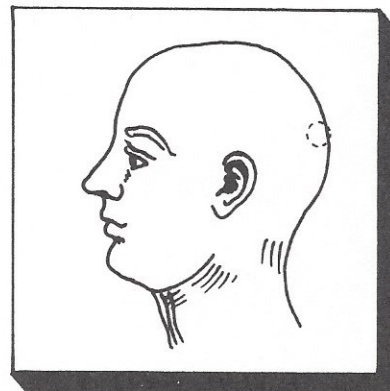
ACUPRESSURE HOLDING POINTS TO STRENGTHEN



TO WEAKEN



NEURO-VASCULAR HOLDING POINTS



PSOAS

Using BLACK:

*Color the PSOAS TITLE, and the PSOAS MUSCLE on the front of the body.

1. Color the word TEST, the DIRECTIONAL ARROW, and the LEG of the client in the test box.
2. Color the FRONT NEURO-LYMPHATIC POINTS which are one inch to the sides and one inch up from the navel.

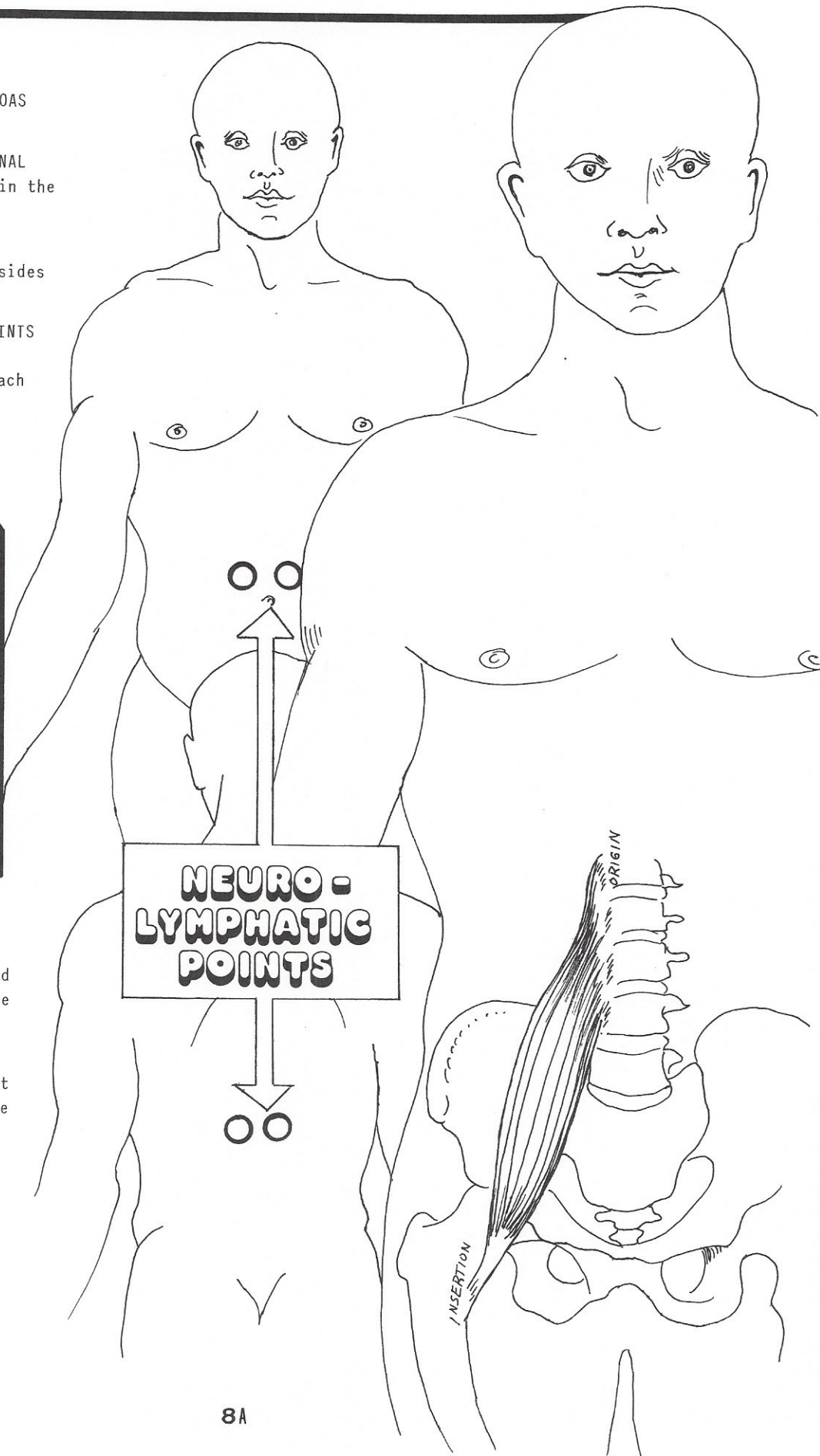
Color the BACK NEURO-LYMPHATIC POINTS between thoracic vertebrae 12 and lumbar vertebrae 1, one inch to each side of the spine.



TEST

Lying face up with the LEG raised 45 degrees up and slightly to the side, with foot pointing out.

Pressure is against the inside of the ankle, pushing the leg out and down. Stabilize the opposite hip.

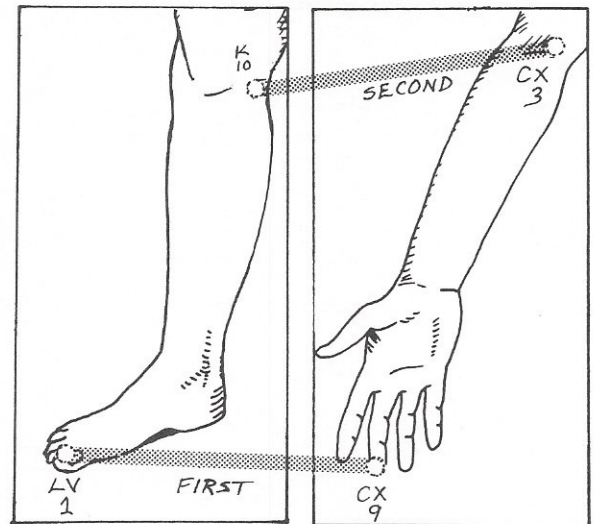


CIRCULATION-SEX MERIDIAN

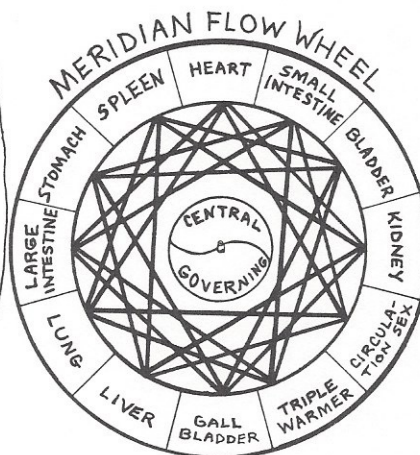
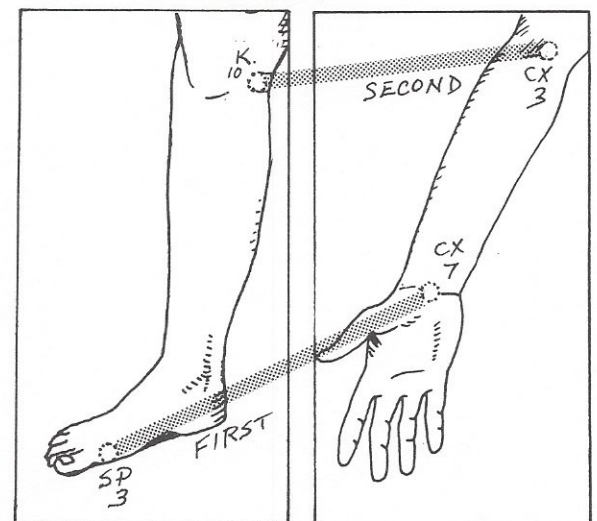
Continue coloring with BLUE.

3. Color the NEURO-VASCULAR HOLDING POINTS on the parietal eminence, the ridge between the ear and the top of the head.
4. Color the CIRCULATION SEX MERIDIAN TITLE, the WEDGE, and the CIRCULATION SEX MERIDIAN, which runs from the nipple, down the inside of the arm, and out the middle finger.
5. Fill in the ACUPRESSURE HOLDING POINTS for both strengthening and weakening.
6. Circle the ORIGIN and INSERTION of the GLUTEUS MEDIUS.

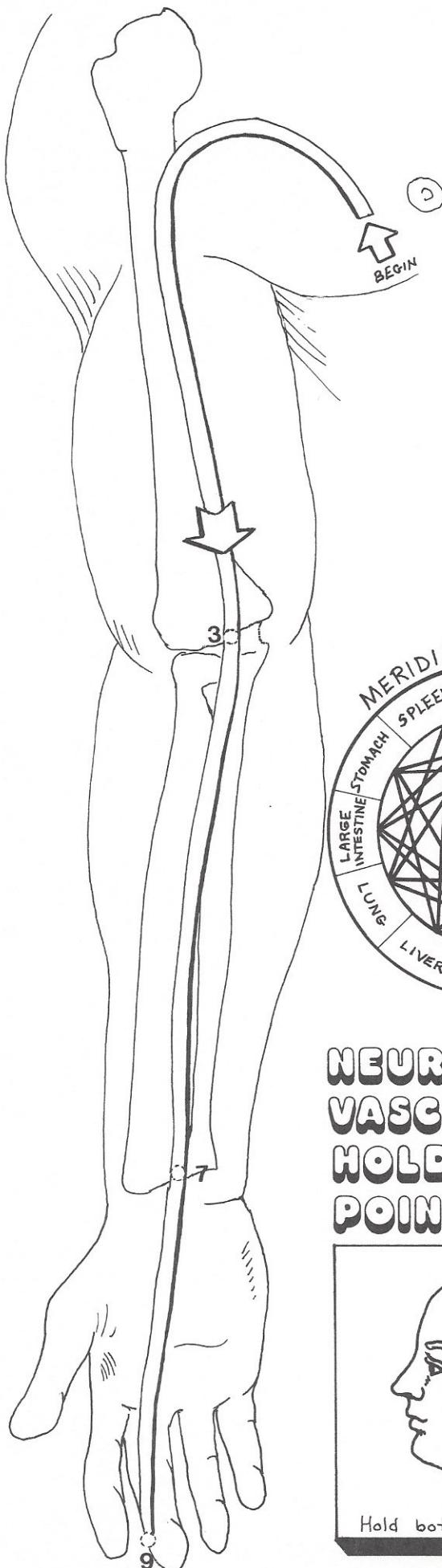
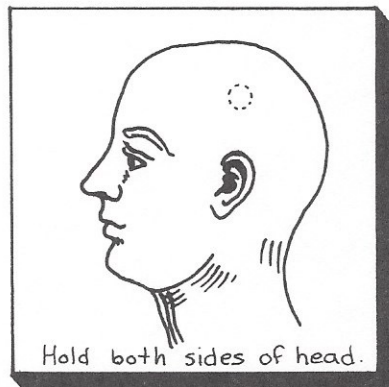
ACUPRESSURE HOLDING POINTS TO STRENGTHEN



TO WEAKEN



NEURO- VASCULAR HOLDING POINTS



GLUTEUS MEDIUS

Using BLUE:

*Color the GLUTEUS MEDIUS TITLE, and the GLUTEUS MEDIUS MUSCLE on the back of the body.

1. Color the word TEST, the DIRECTIONAL ARROW, and the LEG of the client in the test box.
2. Color the FRONT NEURO-LYMPHATIC POINTS on the upper pubic bone.

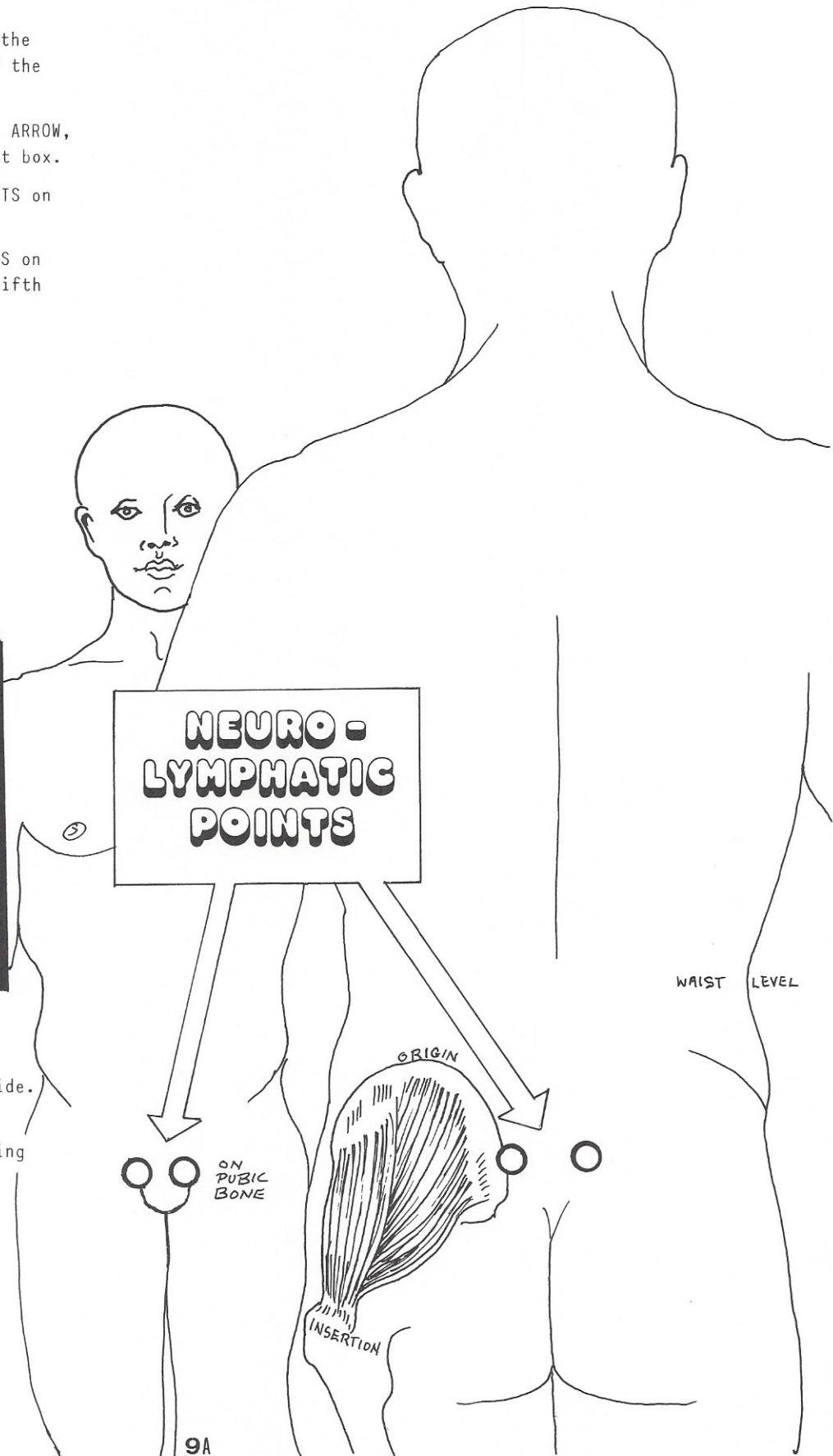
Color the BACK NEURO-LYMPHATIC POINTS on the lower back at the level of the fifth lumbar vertebrae.

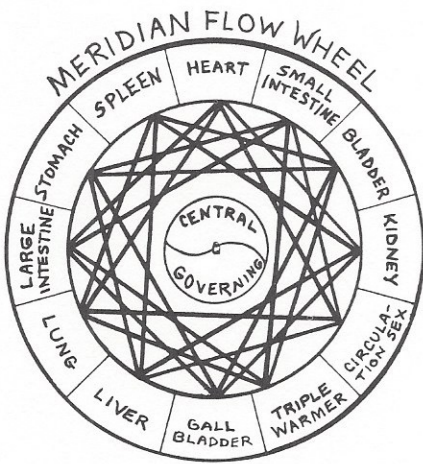


TEST

Lying face up with LEG out to the side. Stabilize the other ankle.

Pressure is against the ankle to bring it towards the midline of the body.





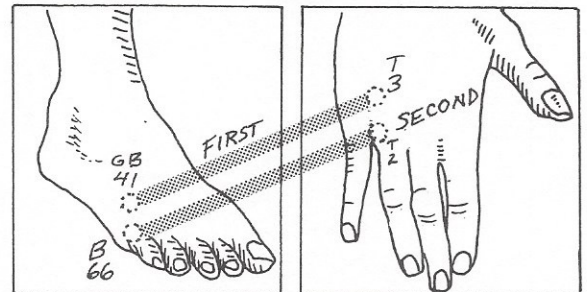
TRIPLE-WARMER MERIDIAN

Continue coloring with BLUE-GREEN.

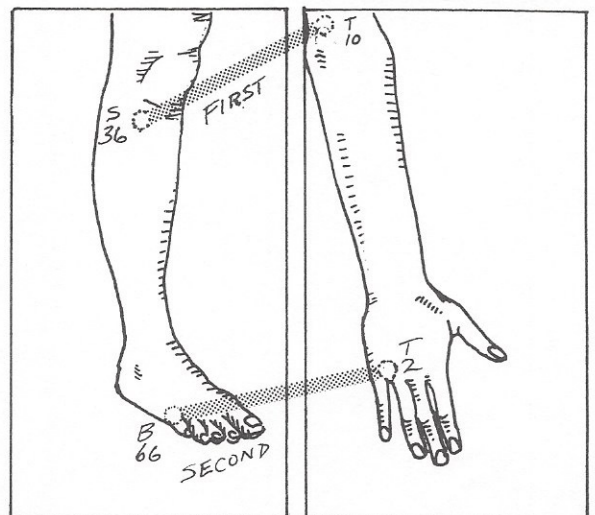
3. Color the NEURO-VASCULAR HOLDING POINTS on the temple at the hairline, and the triangle of dots in the depression just above the breastbone.
4. Color the TRIPLE WARMER MERIDIAN TITLE, the WEDGE, and the TRIPLE WARMER MERIDIAN, which runs from the ring finger, up the front of the arm, around the ear to the eye.
5. Fill in the ACUPRESSURE HOLDING POINTS for both strengthening and weakening.
6. Circle the ORIGIN and INSERTION of the TERES MINOR.

ACUPRESSURE HOLDING POINTS

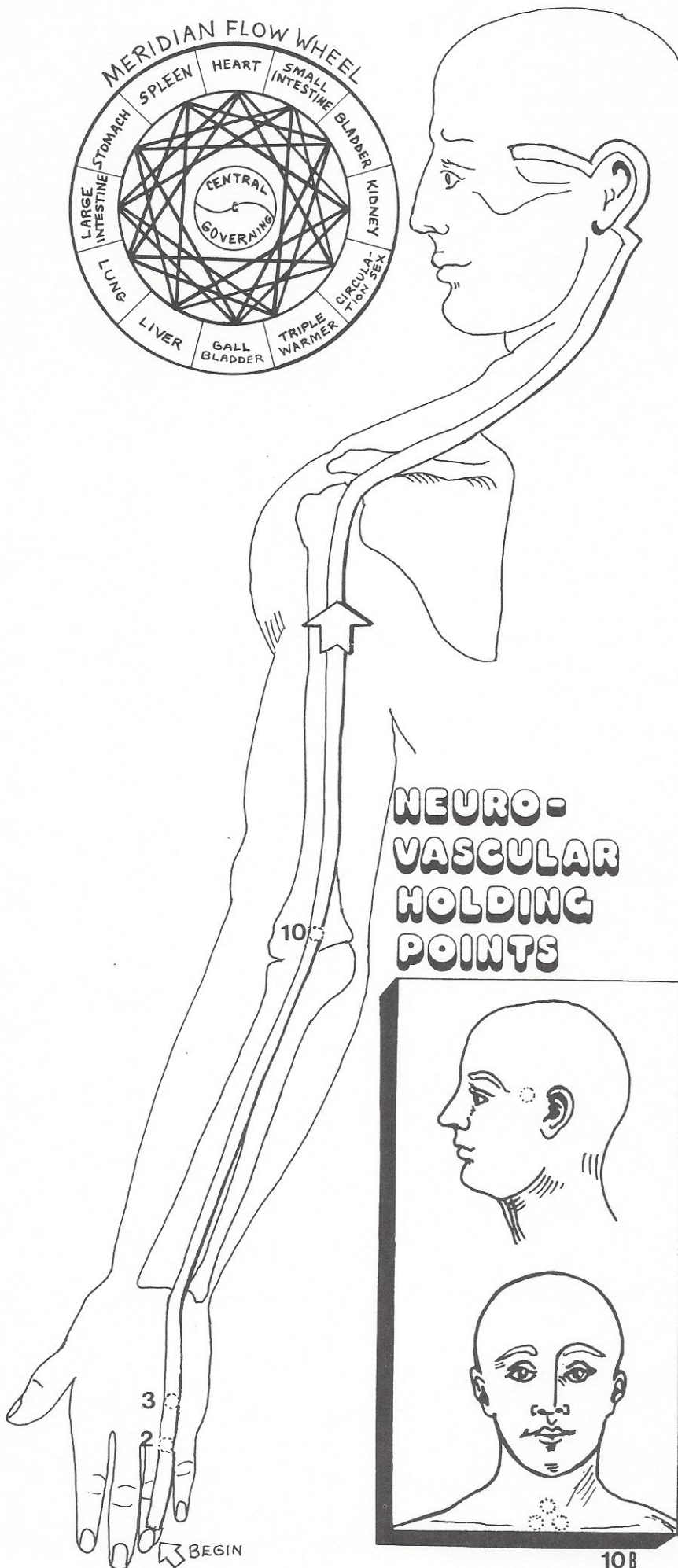
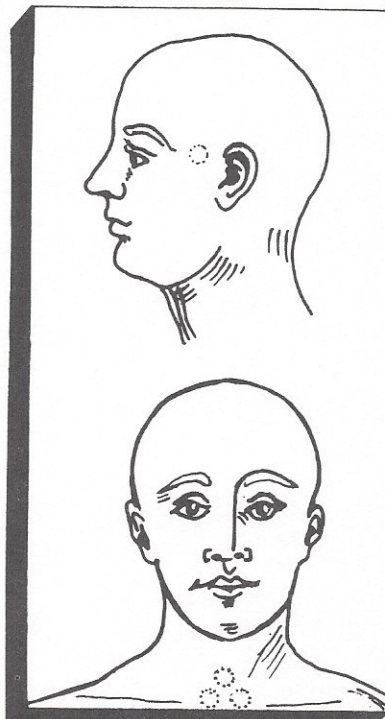
TO STRENGTHEN



TO WEAKEN



NEURO-VASCULAR HOLDING POINTS



TERES MINOR

Using BLUE-GREEN:

*Color the TERES MINOR TITLE, and the TERES MINOR MUSCLE on the back of the body.

1. Color the word TEST, the DIRECTIONAL ARROW, and the ARM of the client in the test box.
2. Color the FRONT NEURO-LYMPHATIC POINTS between ribs 2 and 3, near the breastbone.

Color the BACK NEURO-LYMPHATIC POINTS between thoracic vertebrae 2 and 3, one inch to either side of the spine.

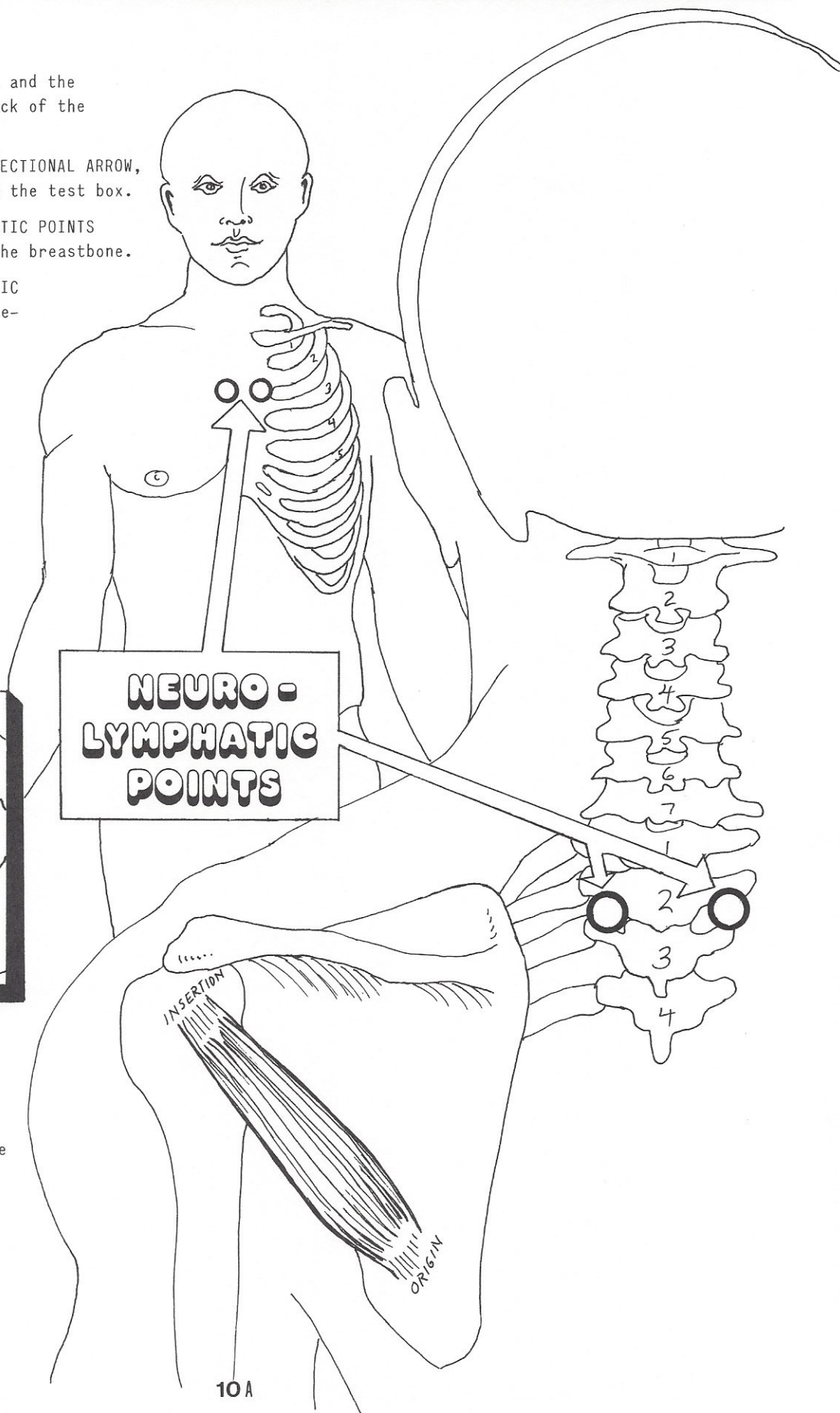
NOTE: The neuro-lymphatic points are drawn with a SOLID LINE to indicate that they are worked with FIRM PRESSURE.



TEST

ARM at side with elbow bent at 90 degrees, thumb towards shoulder. Stabilize the elbow.

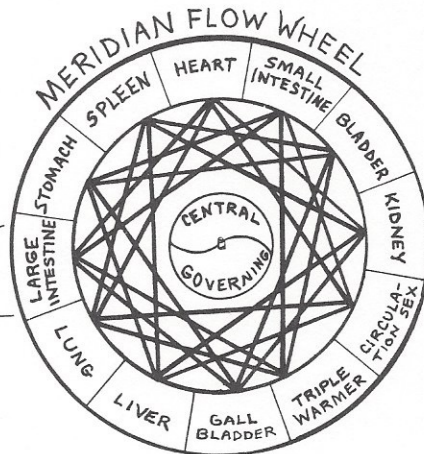
Pressure is against the wrist to push the forearm across the chest.



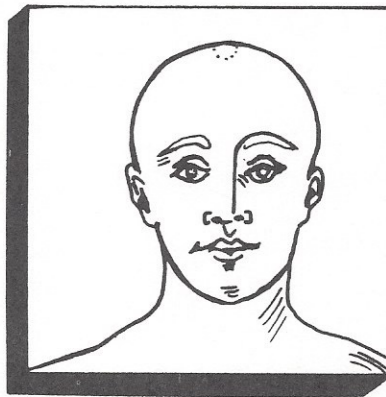
GALL BLADDER MERIDIAN

Continue coloring with LIGHT GREEN.

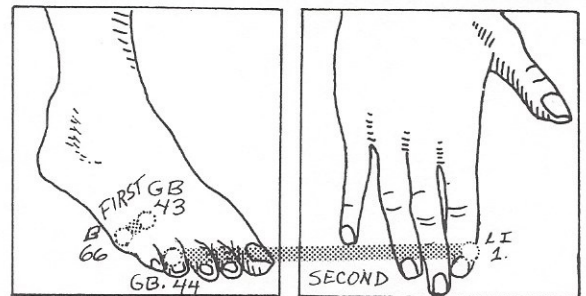
3. Fill in the NEURO-VASCULAR HOLDING POINT on the anterior fontanel, the baby's soft spot.
 4. Color the GALL BLADDER MERIDIAN TITLE, the WEDGE, and the GALL BLADDER MERIDIAN, which runs from the eye, sweeps over the side of the head twice, down the side of the body and leg, and out the 4th toe.
 5. Fill in the ACUPRESSURE HOLDING POINTS for both strengthening and weakening.
- NOTE: Remember the acupressure holding points and the neuro-vascular holding points are drawn in BROKEN LINES to indicate that they are worked with LIGHT PRESSURE.
6. Circle the ORIGIN and INSERTION of the ANTERIOR DELTOID.



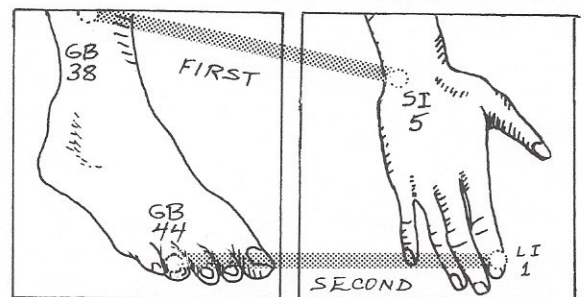
NEURO-VASCULAR HOLDING POINTS



ACUPRESSURE HOLDING POINTS TO STRENGTHEN



TO WEAKEN



ANTERIOR DELTOID

Using LIGHT GREEN:

*Color the ANTERIOR DELTOID TITLE, and the ANTERIOR DELTOID MUSCLE on the front of the body.

1. Next color the word TEST, the DIRECTIONAL ARROW, and the ARM of the client in the test box.
2. Color the FRONT NEURO-LYMPHATIC POINTS between ribs 3-4 and 4-5, next to the sternum.

Color the BACK NEURO-LYMPHATIC POINTS between thoracic vertebrae 3-4 and 4-5, one inch to each side of the spine.

Color the extra NEURO-LYMPHATIC POINT on the meridian figure, it is at the point where the middle finger reaches on the side of the leg.

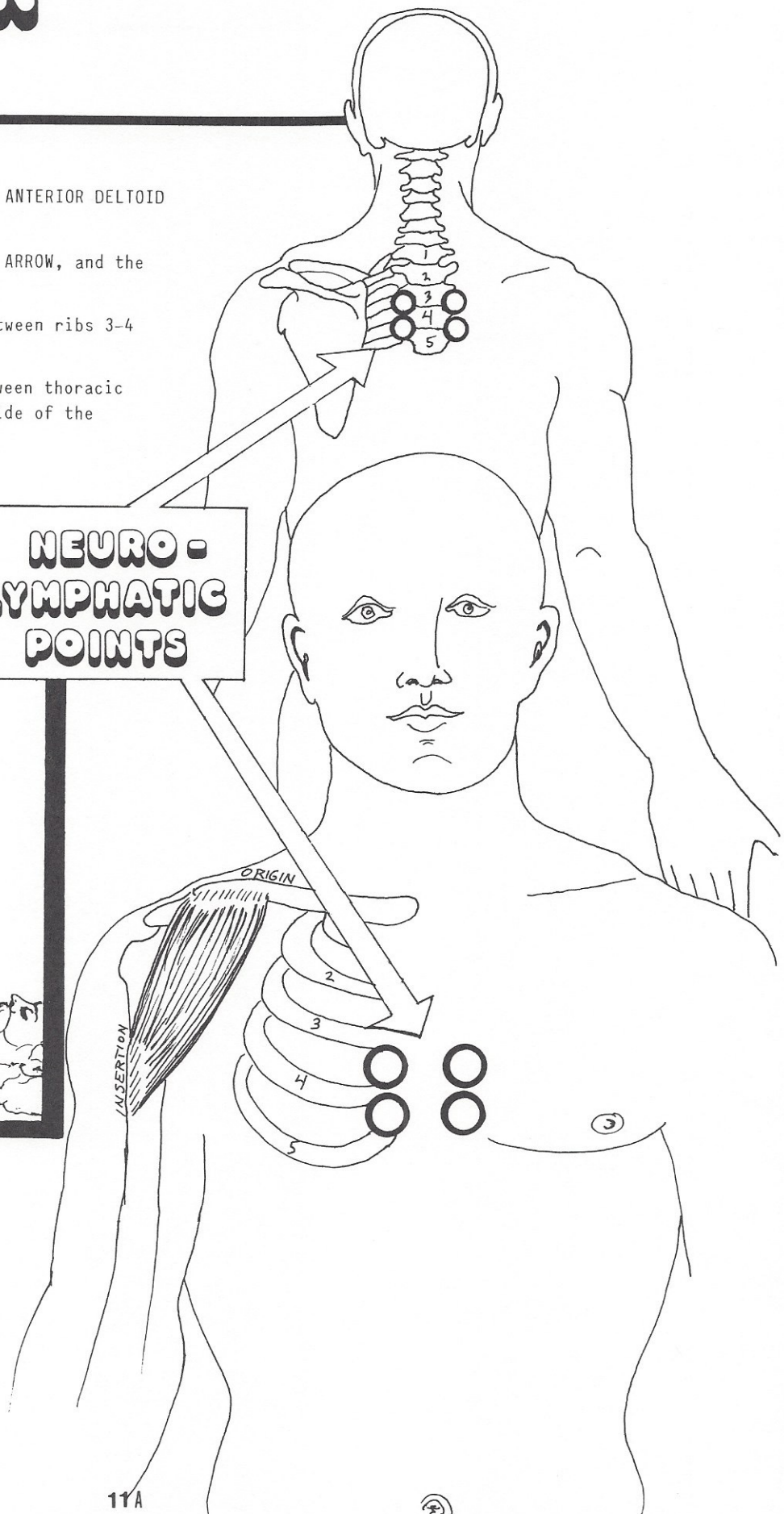
**NEURO -
LYMPHATIC
POINTS**



TEST

Lie face up with the ARM straight, at about 45 degrees from the table, palm down.

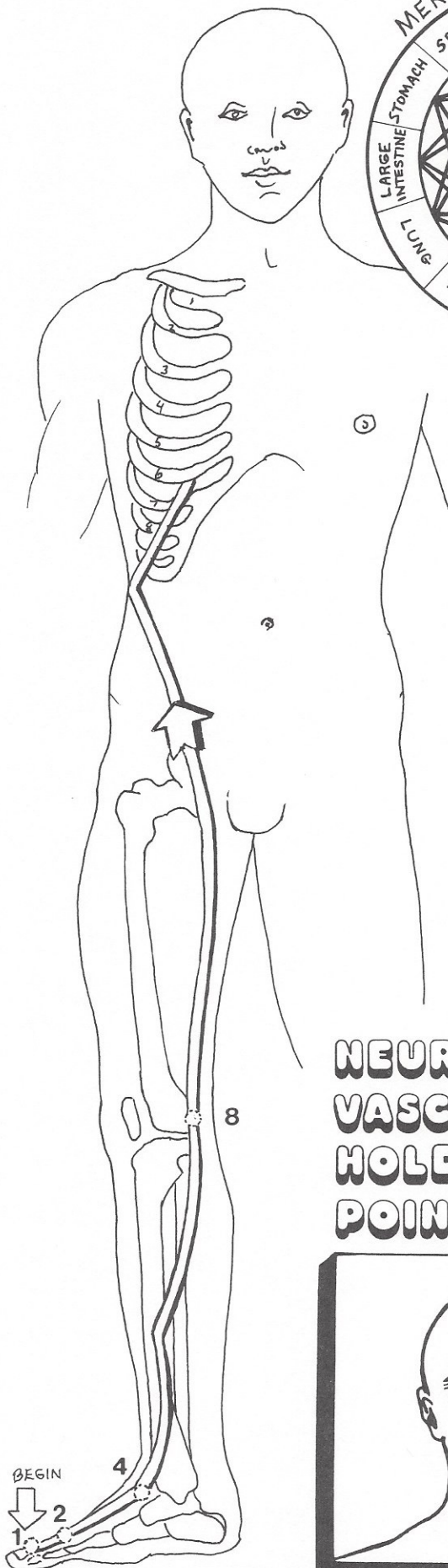
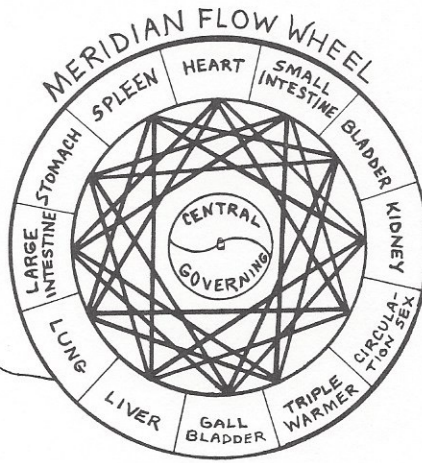
Pressure is against the forearm to push it towards the table.



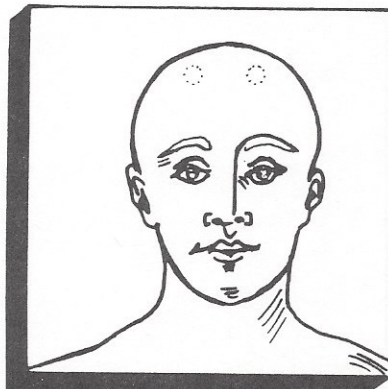
LIVER MERIDIAN

Continue using GREEN.

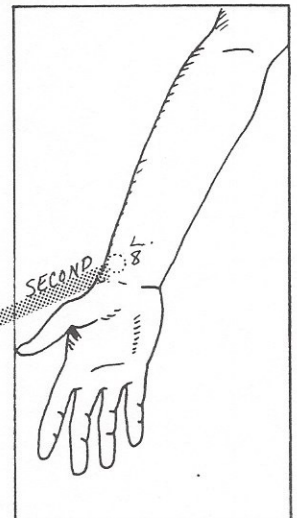
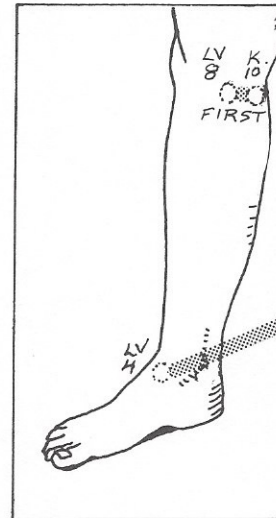
3. Fill in the NEURO-VASCULAR HOLDING POINTS, on the hair line about 1-1½ inches to each side of the center.
4. Color the LIVER MERIDIAN TITLE, the WEDGE, and the LIVER MERIDIAN, which runs from the big toe, up the inside of the leg, around the waist and to the rib cage.
5. Fill in the ACUPRESSURE HOLDING POINTS for both strengthening and weakening.
6. Circle the ORIGIN and INSERTION of the PECTORALIS MAJOR STERNAL.



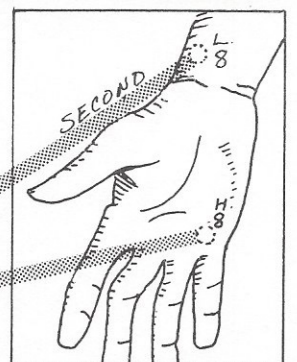
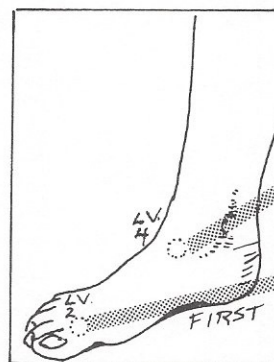
NEURO-VASCULAR HOLDING POINTS



ACUPRESSURE HOLDING POINTS TO STRENGTHEN



TO WEAKEN



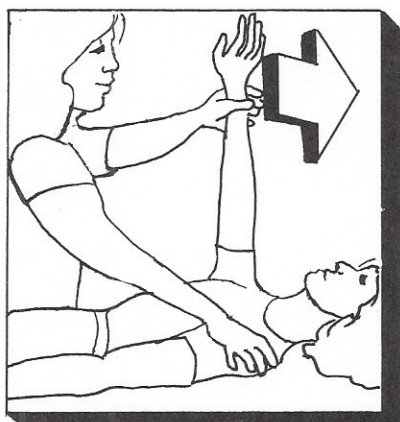
PECTORALIS MAJOR STERNAL

Using DARK GREEN:

*Color the PECTORALIS MAJOR STERNAL TITLE, and the PECTORALIS MAJOR STERNAL MUSCLE on the front of the body.

1. Color the word TEST, the DIRECTIONAL ARROW, and the ARM of the client in the test box.
2. Color the FRONT NEURO-LYMPHATIC AREA on the right side between ribs 5 and 6, from the nipple to the sternum.

Color the back NEURO-LYMPHATIC POINTS between thoracic vertebra 5 and 6, one inch to the right of the spine.

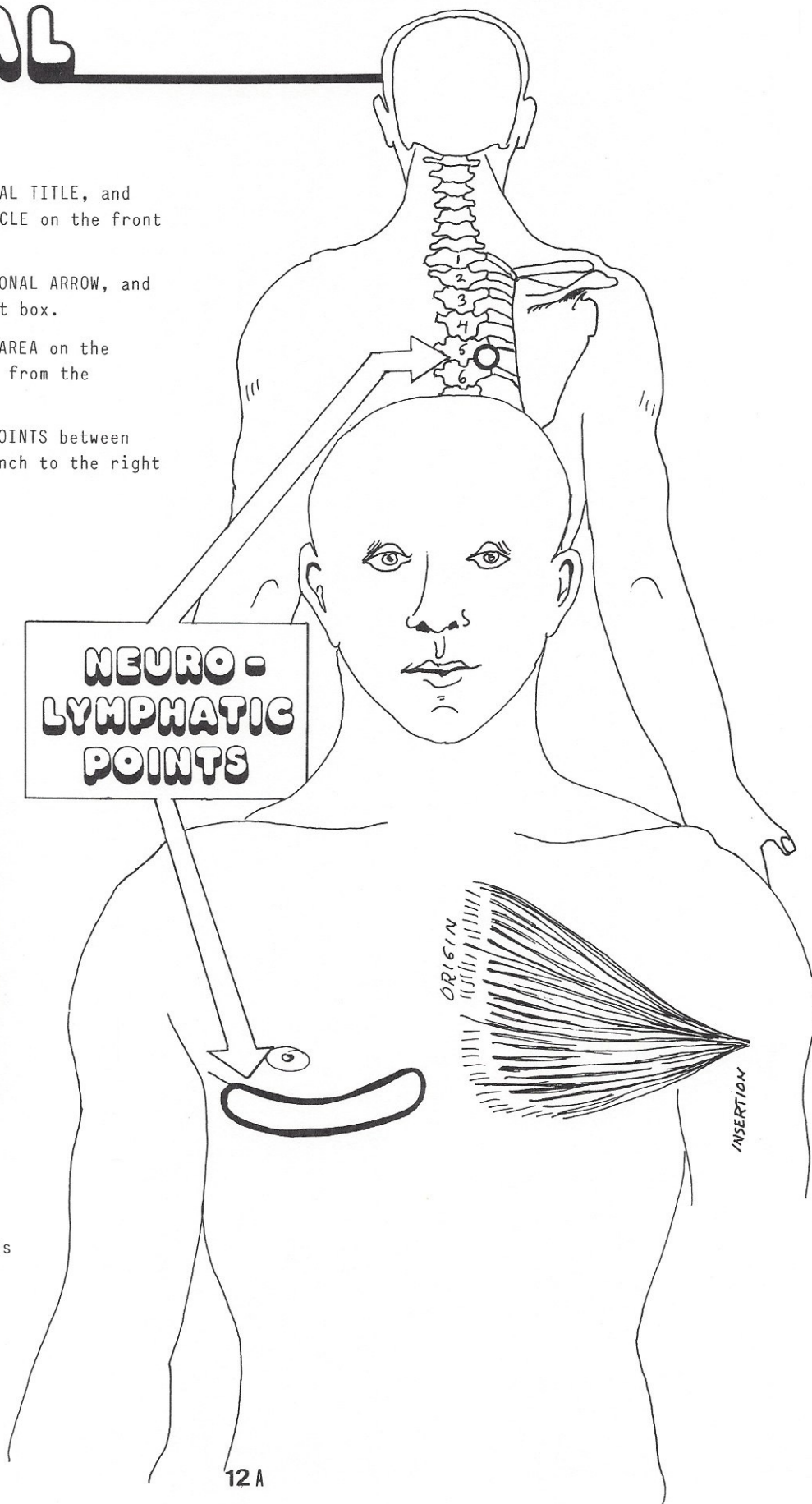


TEST

Face up with ARM 90 degrees to the table, slightly to the side with palm out, thumb towards feet.

Pressure is on the forearm towards the head and outwards.

**NEURO -
LYMPHATIC
POINTS**



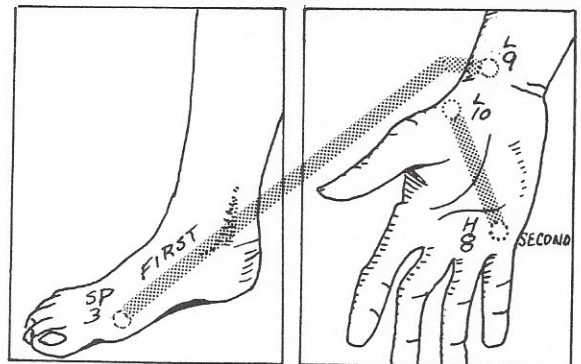
LUNG MERIDIAN

Continue coloring with ORANGE

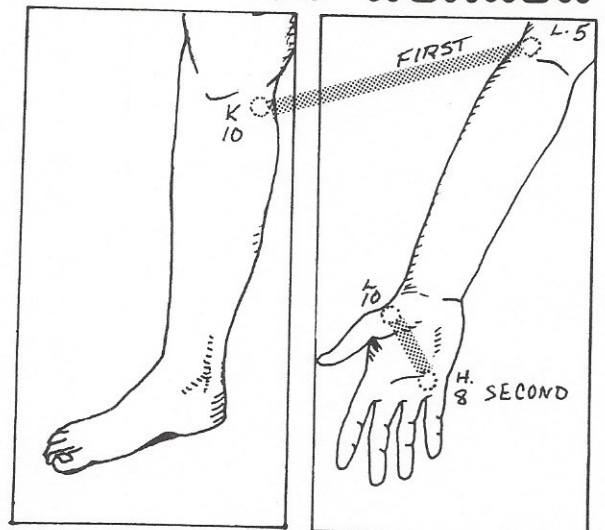
3. Color in the NEURO-VASCULAR HOLDING POINT on the anterior fontanel, the baby's soft spot.
4. Color the LUNG MERIDIAN TITLE, the WEDGE, and the LUNG MERIDIAN, which runs from the chest, down the outside of the front of the arm to the thumb.
5. Fill in the ACUPRESSURE HOLDING POINTS for both strengthening and weakening.
6. Circle the ORIGIN and INSERTION of the ANTERIOR SERRATUS MUSCLE.

*Fill in the LUNG WEDGE on the Meridian Flow Wheel.

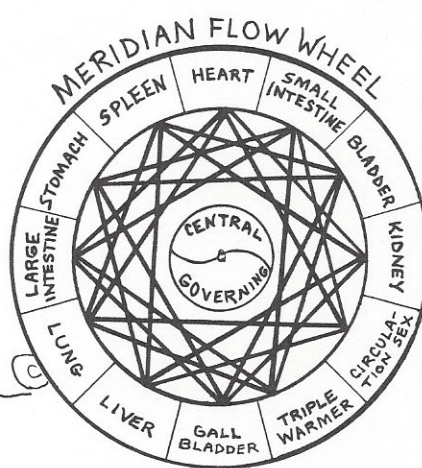
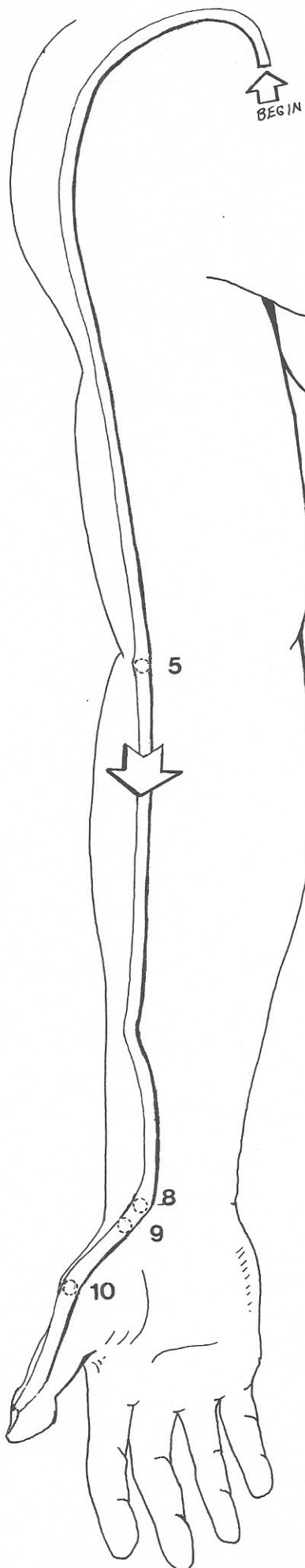
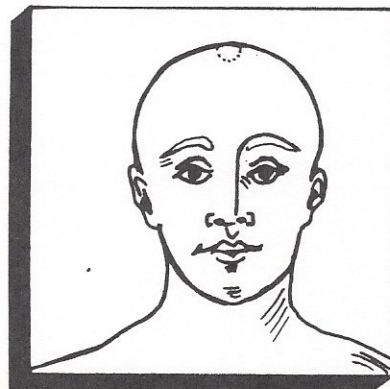
ACUPRESSURE HOLDING POINTS TO STRENGTHEN



TO WEAKEN



NEURO-VASCULAR HOLDING POINTS



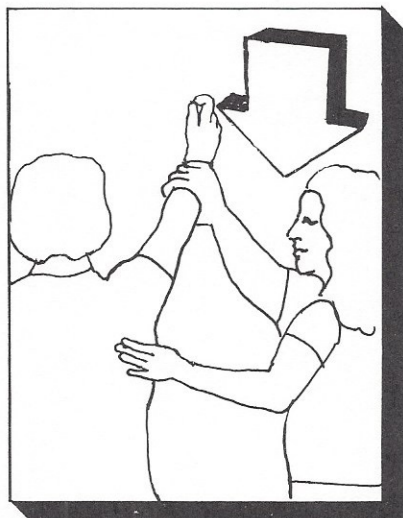
ANTERIOR SERRATUS

Using ORANGE:

*Color the ANTERIOR SERRATUS TITLE, and the ANTERIOR SERRATUS MUSCLE on the main figure.

1. Color the word TEST, the DIRECTIONAL ARROW, and the ARM of the client in the test box.
2. Color the FRONT NEURO-LYMPHATIC MASSAGE POINTS between ribs 3-4 and 4-5, next to the sternum.

Color the BACK NEURO-LYMPHATIC POINTS between thoracic vertebrae 3-4 and 4-5, one inch to each side of the spine.

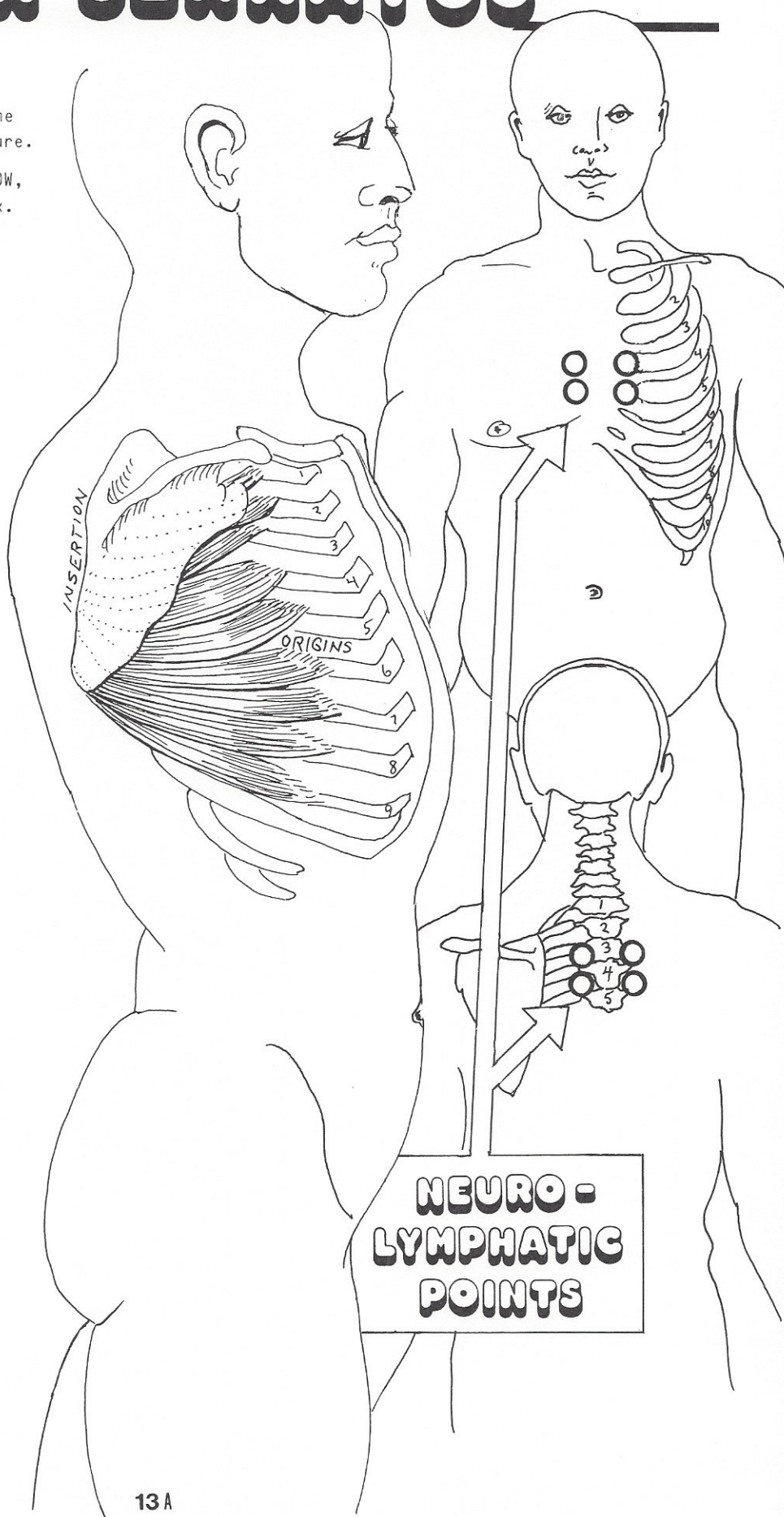


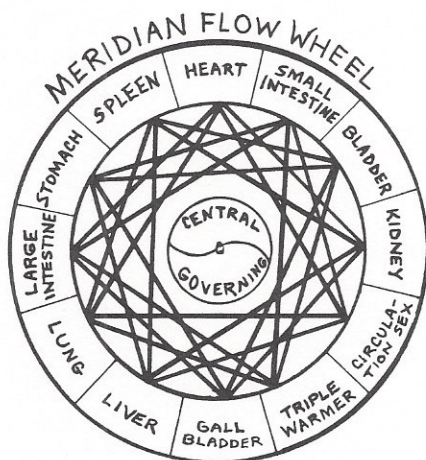
TEST

ARM held slightly above shoulder level, with thumb up.

Pressure is against the forearm to bring it down towards the floor.

Tester stabilizes the inferior tip of the shoulder blade.





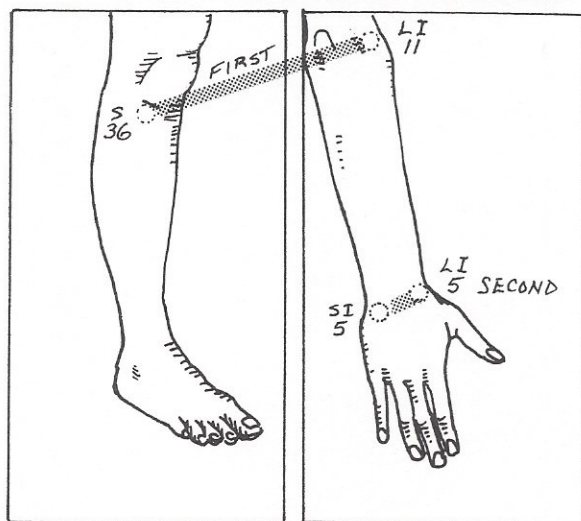
LARGE INTESTINE MERIDIAN

Continue using YELLOW.

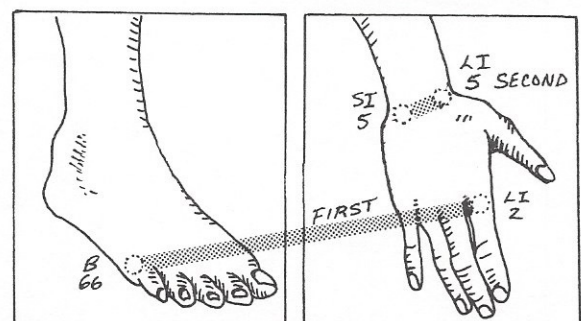
3. Color in the NEURO-VASCULAR HOLDING POINT on the parietal eminence, a ridge between the ear and the top of the head.
4. Color the LARGE INTESTINE MERIDIAN TITLE, the WEDGE, and the LARGE INTESTINE MERIDIAN, which runs from the index finger, up the outside of the back of the arm to the nose.
5. Fill in the ACUPRESSURE HOLDING POINTS for both strengthening and weakening.
6. Circle the ORIGIN and INSERTION of the FASCIA LATA MUSCLE.

ACUPRESSURE HOLDING POINTS

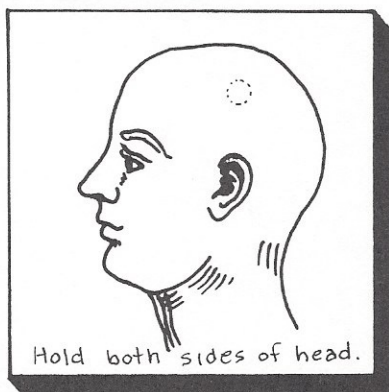
TO STRENGTHEN



TO WEAKEN



NEURO-VASCULAR HOLDING POINTS



FASCIA LATA

Using YELLOW:

*Color the FASCIA LATA TITLE, and the FACIA LATA MUSCLE and ILIO-TIBIAL TRACT which continues from the muscle down the leg to the knee.

1. Color the word TEST, the DIRECTIONAL ARROW, and the LEG of the client in the test box.
2. Color in the side NEURO-LYMPHATIC POINTS along the outside of the legs from the top of the thigh to one inch below the knee.

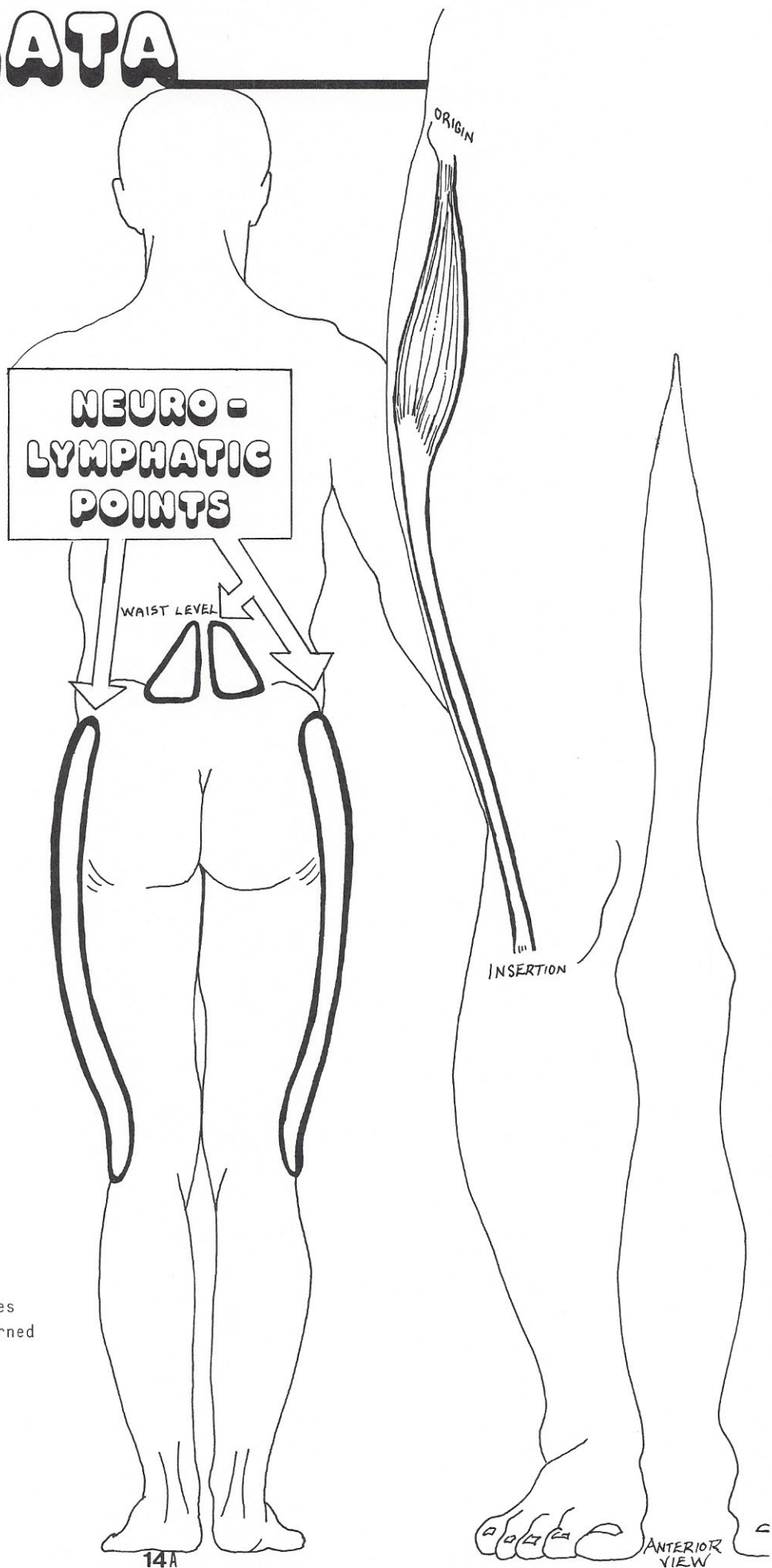
Color in the back triangular NEURO-LYMPHATIC POINTS from lumbar level 2 to lumbar 4.



TEST

Lying face up with LEG raised 45 degrees and slightly to the side, with foot turned in.

Pressure is against the outside of the ankle down and towards the midline.



ANTERIOR TEST MUSCLES

ANTERIOR DELTOID

SUBSCAPULARIS

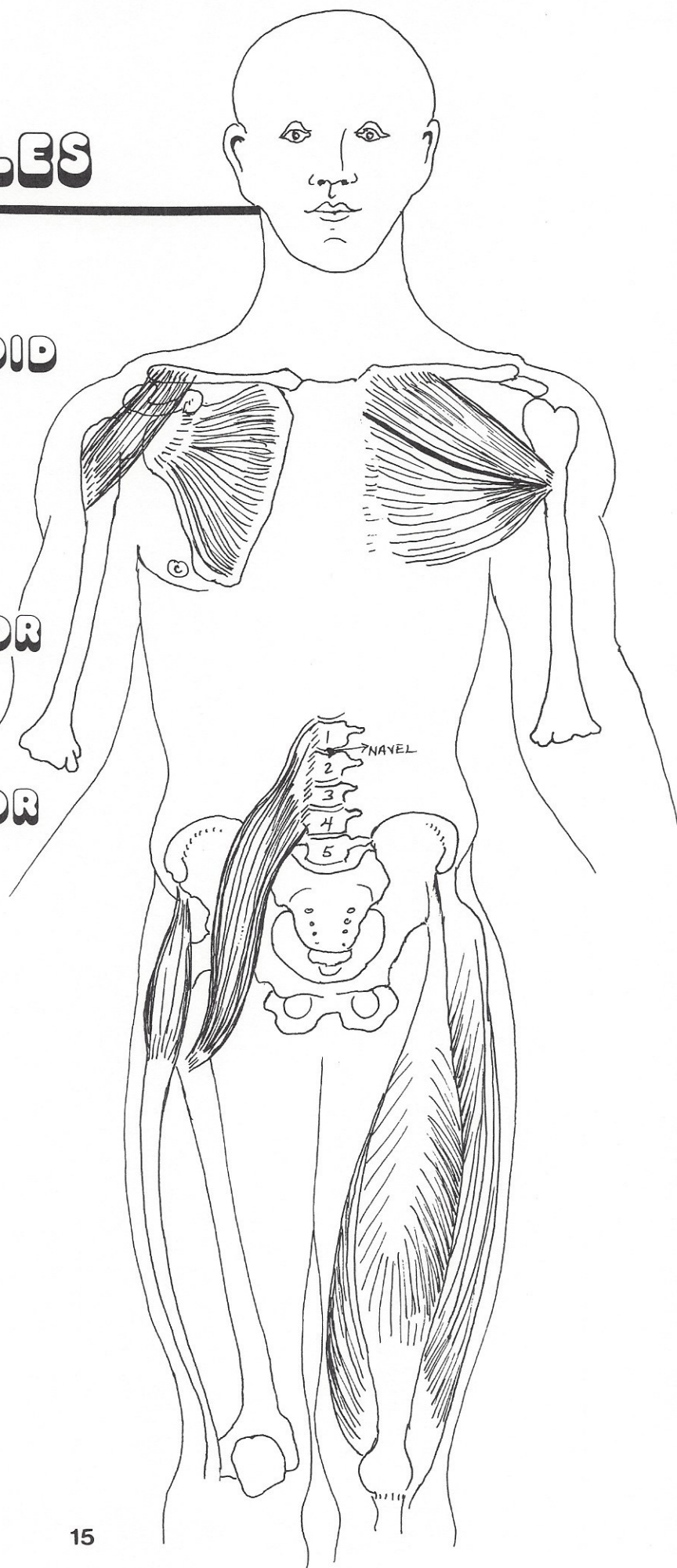
**PECTORALIS MAJOR
CLAVICULAR**

**PECTORALIS MAJOR
STERNAL**

PSOAS

FASCIA LATA

QUADRICEPS



POSTERIOR & SIDE TEST MUSCLES

SUPRASPINATUS

LATISSIMUS DORSI

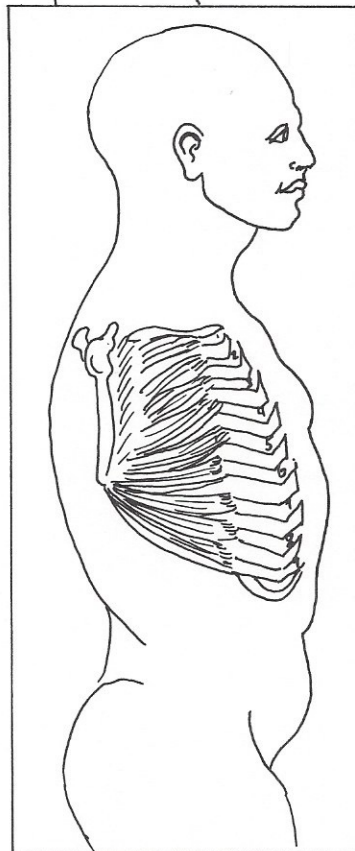
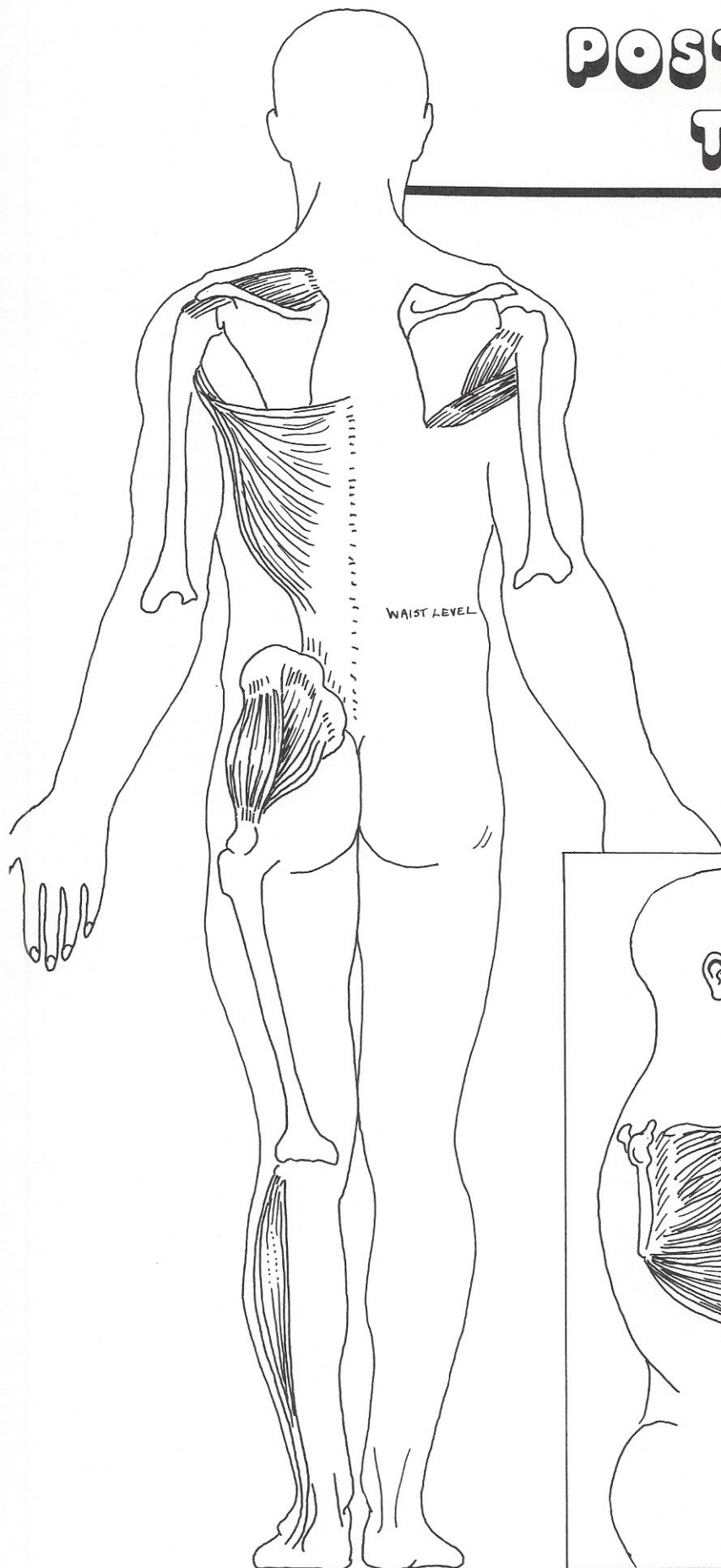
TERES MINOR

TERES MAJOR

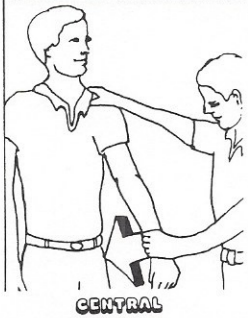
**GLUTEUS
MEDIUS**

PERONEUS

**ANTERIOR
SERRATUS**



1 **SUPRA-
SPINATUS**



CENTRAL

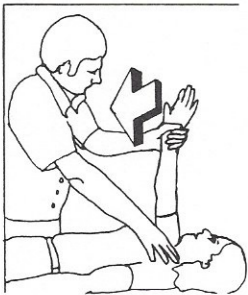
MUSCLE TESTS

2 **TERES
MAJOR**



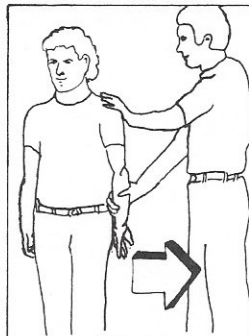
COVERING

3 **PEC MAJOR
CLAVICULAR**



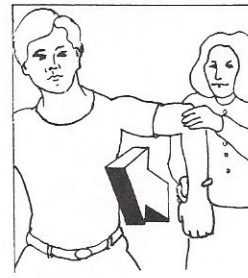
STOMACH

4 **LATISSIMUS
DORSI**



SPLEEN

5 **SUBSCAP-
ULARIS**



HEART

6 **QUADS**



SMALL INTESTINE

7 **PERONEUS**



BLADDER

8 **PSOAS**



KIDNEY

9 **GLUTEUS
MEDIUS**



CIRCULATION - SEX

10 **TERES
MINOR**



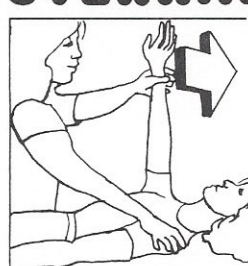
TRIPLE - WARMER

11 **ANTERIOR
DELTOID**



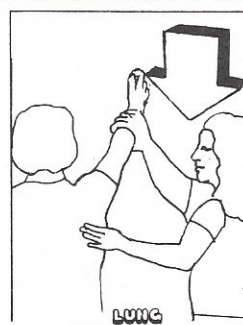
CALL BLADDER

12 **PEC MAJOR
STERNAL**



LIVER

13 **ANTERIOR
SERRATUS**



LUNG

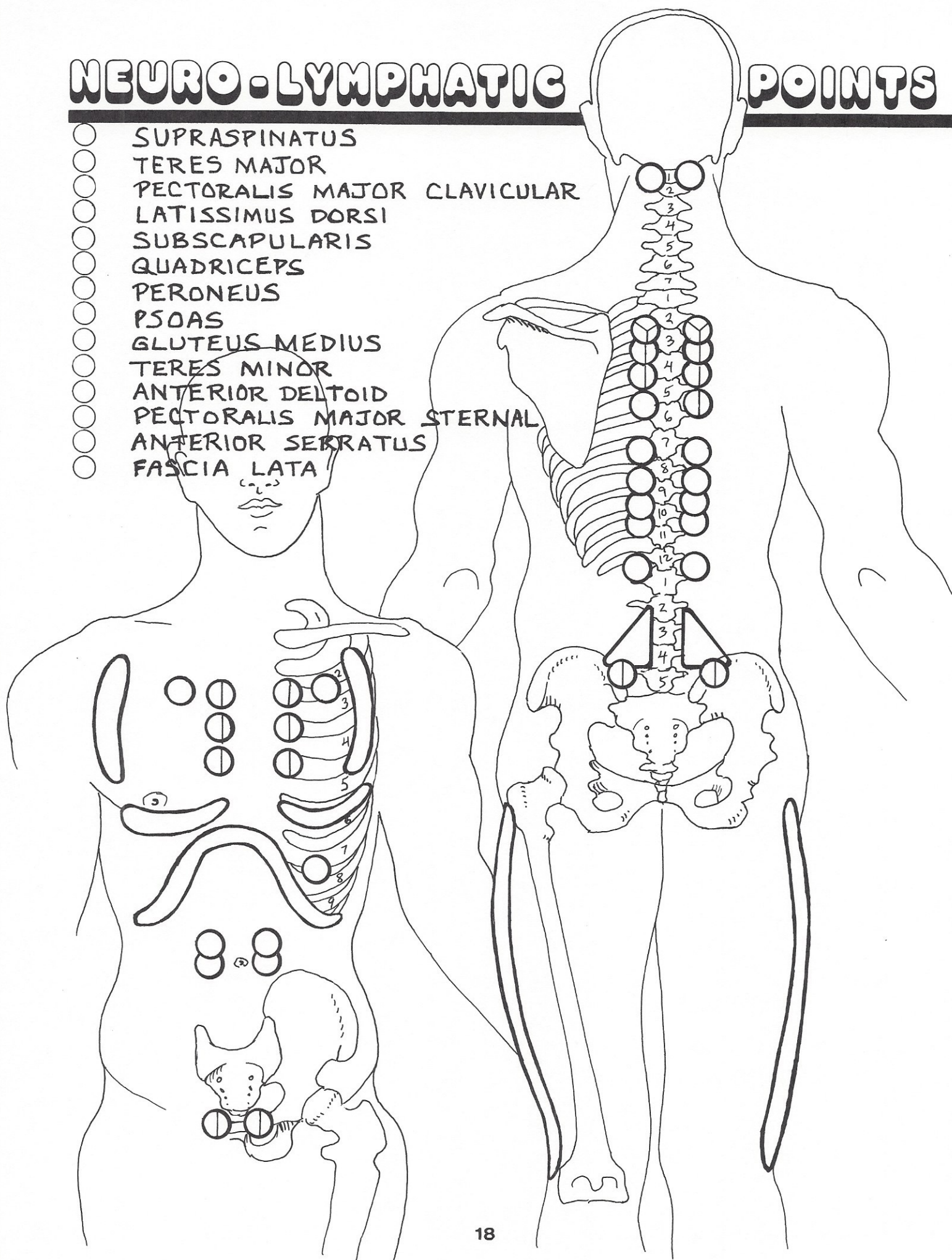
14 **FASCIA
LATA**



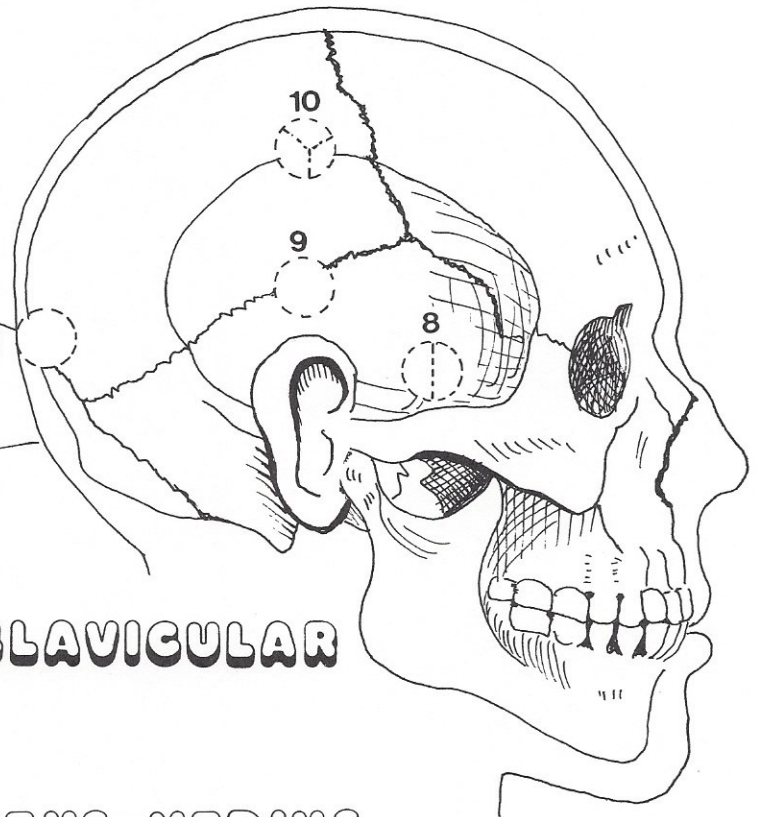
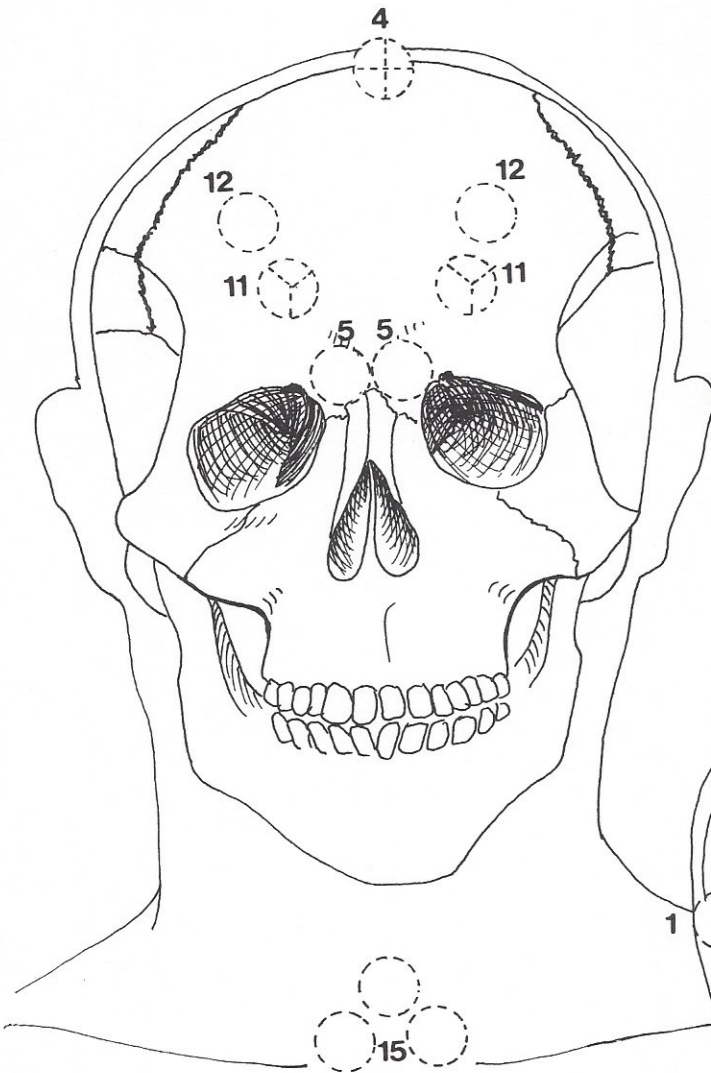
LARGE INTESTINE

NEURO-LYMPHATIC POINTS

○ SUPRASPINATUS
 ○ TERES MAJOR
 ○ PECTORALIS MAJOR CLAVICULAR
 ○ LATISSIMUS DORSI
 ○ SUBSCAPULARIS
 ○ QUADRICEPS
 ○ PERONEUS
 ○ PSOAS
 ○ GLUTEUS MEDIUS
 ○ TERES MINOR
 ○ ANTERIOR DELTOID
 ○ PECTORALIS MAJOR STERNAL
 ○ ANTERIOR SERRATUS
 ○ FASCIA LATA



NEURO- VASCULAR HOLDING POINTS



- | | | | |
|-------|------------------------------------|-------|---------------------------------|
| 11, 4 | SUPRASPINATUS | | |
| 8 | TERES MAJOR | | |
| 11 | PECTORALIS MAJOR CLAVICULAR | | |
| 9 | LATISSIMUS DORSI | | |
| 4 | SUBSCAPULARIS | | |
| 10 | QUADRICEPS | 10 | GLUTEUS MEDIUS |
| 11, 5 | PERONEUS | 8, 15 | TERES MINOR |
| 1 | PSOAS | 4 | ANTERIOR DELTOID |
| | | 12 | PECTORALIS MAJOR STERNAL |
| | | 4 | ANTERIOR SERRATUS |
| | | 10 | FASCIA LATA |

