



## Your Emotions & Energy | Tooth Meridians *The 8 Secrets to Optimal Breast Health*

### What Are Meridians?

*The following information is adapted from the Traditional Chinese Medicine World Foundation  
(<https://www.tcmworld.org/>)*

The meridian system is a concept in traditional Chinese medicine. Meridians are paths through which the life-energy known as "qi" flows.

Meridians are channels that form a network in the body, through which energy flows. Blocked meridians contribute to pain or illness.

### Connecting Everything in Your Body

Picture a road map: a profusion of points woven into a web by lines of travel. Now imagine this system 3-D in your body: a vast network of invisible energy pathways connecting to each other and to every atom, cell, tendon, bone, organ, each centimeter of skin—everything in your body! They link the upper portion with the lower and the surface with the interior, so that nothing is truly separate.

Now add other dimensions to this 3-D interconnected body "map": your mind, your emotions, and spirit—everything conscious and unconscious within you. These amazing pathways are the meridians, and they form your body and all invisible aspects of your being into an intercommunicating whole.

### Meridian Pathways

There are twelve major meridians that run on each side of the body, one side mirroring the other. Each meridian corresponds to an internal organ. And each organ, with its own physiological and invisible energy functions, is not only dependent on the other organ systems but also on the greater meridian network.

## **Meridians Carry Energy, Blood, and Information**

Energy and blood flow continuously through the meridians, yet they also transmit information to and among your organs.

Instantaneously they send signals to raise or lower your body temperature, signs that your body needs to release water, signals to regulate emotion, among countless others. Your body is constantly communicating with itself through innumerable messages flowing through your meridians. These life-giving energy pathways help coordinate the work of the organs and keep your body balanced by regulating its functions.

### **Free Flow of Qi**

As long as Qi flows freely through your meridians and your organs work in harmony, your body can remain healthy. This means that when your body's meridian system functions well, you are well. Yet due to a number of causes—like excess stress—your body's meridians can become clogged or even blocked. This affects the function of the corresponding organ and ultimately the whole body-mind-spirit.

### **Receiving and Relaying Healing Stimulation**

Meridians are incredibly sensitive. They can carry the effects of stimulation in the form of healing energy throughout your entire being. By using food, herbs, Qigong, acupuncture, or acupressure, the flow of energy in the meridians can be stimulated, restoring balance and health.

### **What Are Tooth Meridians?**

Each tooth in the human mouth is related by a meridian to one or more organs in the body. When an organ or system becomes diseased or infected, the associated tooth most likely will express some type of symptom as well.

By referring to this tooth meridian chart, you can see the connections between your teeth and your organs, nervous system, emotions, and more.

UPPER RIGHT  
MOUTH



TOOTH #	1	2	3	4	5	6	7	8
<b>ORGANS</b>	Heart, Terminal Ileum, Duodenum	Pancreas, Stomach, Esophagus		Lung, Large Intestine, Bronchi		Liver, Gallbladder, Biliary ducts		Kidney, Bladder, Ovary/ Testicle, Prostate/ Uterus, Rectum/Anus
<b>JOINTS</b>	Ulnar side of Shoulder, Hand, and Elbow, Plantar side of Foot, Toes, Sacro-iliac	Jaw, Anterior Hip, Anterior Knee, Medial Ankle		Radial side of Shoulder, Hand, and Elbow, Foot, Big Toe		Posterior Knee, Hip, Lateral Ankle		Posterior Knee, Sacro-coccygeal, Posterior ankle
<b>VERTEBRAE</b>	C-1,2,7 TH-1,5,6,7 S-1,2	C-1,2 TH-11,12 L-1		C-1,2,5,6,7 TH-2,3,4 L-4,5		C-1,2 TH-8,9,10		C-1,2 L-2,3 S-3,4,5 Coccyx
<b>ENDOCRINE</b>	Anterior Pituitary	Thyroid (3) Parathyroid (2)		Thymus (4) Posterior Pituitary (5)		Intermediate Pituitary, Hypothalamus		Pineal
<b>SYSTEMS</b>	Central Nervous, Limbic	Breast		Breast (4)				
<b>SENSORY</b>	Internal Ear, Tongue	Oropharynx, Tongue		Nose		Posterior Eye		Nose
<b>MUSCLES</b>	Trapezius	Abdominal (2) Latissimus (3)		Diaphragm (4) Pectoralis Maj, Clavicular Coracobrachialis Popliteus (5)		Deltoid, Anterior Serratus		Subscapularis (7) Neck-Flex and Ext (8)
<b>SINUS</b>		Maxillary		Ethmoid		Sphenoid		Frontal Sphenoid
<b>ELEMENT</b>	Fire	Earth		Metal		Wood		Water
<b>EMOTIONS</b>	Joy/ Sadness	Worry		Grief		Anger		Fear

UPPER LEFT  
MOUTH



Tooth #	9	10	11	12	13	14	15	16
<b>ORGANS</b>	Kidney, Bladder, Ovary/Testicle Prostate/ Uterus Rectum/Anus		Liver, Biliary Ducts	Lung, Large Intestine, Bronchi		Spleen, Stomach		Spleen, Stomach
<b>JOINTS</b>	Posterior Knee, Sacro-coccygeal, Posterior ankle		Posterior Knee, Hip, Lateral Ankle	Radial side of Shoulder, Hand, and Elbow, Foot, Big Toe		Jaw, Anterior Hip, Anterior Knee, Medial Ankle		Ulnar side of Shoulder, Hand, and Elbow, Plantar side of Foot, Toes, Sacro-iliac
<b>VERTEBRAE</b>	C-1,2 L-2,3 S-3,4,5 Coccyx		C-1,2 TH-8,9,10	C-1,2,5,6,7 TH-2,3,4 L-4,5		C-1,2 TH-11,12 L-1		C-1,2,7 TH-1,5,6,7 S-1,2
<b>ENDOCRINE</b>	Pineal		Intermediate Pituitary, Hypothalamus	Thymus (4) Post. Pituitary (5)		Thyroid (3) Parathyroid (2)		Anterior Pituitary
<b>SYSTEMS</b>				Breast (4)		Breast		Central Nervous, Limbic
<b>SENSORY</b>	Nose		Posterior Eye	Nose		Oropharynx, Tongue		Internal Ear, Tongue
<b>MUSCLES</b>	Subscapularis (7) Neck-Flex and Ext (8)		Deltoid, Anterior Serratus	Diaphragm (4) Pectoralis Maj, Clavicular Coracobrachialis, Popliteus (5)		Abdominal (2) Latissimus (3)		Trapezius
<b>SINUS</b>	Frontal Sphenoid		Sphenoid	Ethmoid		Maxillary		
<b>ELEMENT</b>	Water		Wood	Metal		Earth		Fire
<b>EMOTIONS</b>	Fear		Anger	Grief		Worry		Joy/Sadness

**LOWER LEFT MOUTH**



TOOTH #	24	23	22	21	20	19	18	17
<b>ORGANS</b>	Frontal Sphenoid		Sphenoid		Maxillary		Ethmoid	
<b>JOINTS</b>	Tensor Fasciae Latae (26) Piriformis (26) Gluteus Medius (25)		Gluteus Maximus		Pect. Maj Sternal (29) Quadratus Lumborum (28) Hamstring		Quadriceps (31) Gracilis (30) Sartorius (30)	Psoas
<b>VERTEBRAE</b>			Anterior Eye		Tongue		Nose	Middle Ext. Ear
<b>ENDOCRINE</b>					Lymph (20) Breast		Arteries (18) Veins (19)	Peripheral Nerves, Energy Exchange
<b>SYSTEMS</b>	Adrenals		Ovary/ Testicle		Ovary and Testicle (21)			
<b>SENSORY</b>	C-1,2 L-2,3 S-3,4,5 Coccyx		C-1,2 TH-8,9,10		C-1,2 TH-11,12 L-1		C-1,2,5,6,7 TH-2,3,4 L-4,5	C-1,2,7 TH-1,5,6,7 S-1,2
<b>MUSCLES</b>	Posterior Knee, Sacro-coccygeal, Posterior ankle		Posterior Knee, Hip, Lateral Ankle		Anterior Hip, Anterior Knee, Medial Ankle, Jaw		Radial side of Shoulder, Hand, and Elbow, Foot, Big Toe	Ulnar side of Shoulder, Hand, and Elbow, Plantar side of Foot, Toes, Sacro-Iliac
<b>SINUS</b>	Kidney, Bladder, Ovary/Testicle Prostate/ Uterus Rectum/Anus		Liver, Biliary Ducts		Esophagus, Stomach, Spleen		Lung, Large Intestine	Heart, Ileum, Jejunum
<b>ELEMENT</b>	Water		Wood		Earth		Metal	Fire
<b>EMOTIONS</b>	Fear		Anger		Worry		Grief	Joy/Sadness

**LOWER RIGHT MOUTH**



Tooth #	32	31 30	29 28	27	26 25
<b>SINUS</b>		Ethmoid	Maxillary	Sphenoid	Frontal Sphenoid
<b>MUSCLES</b>	Psoas	Quadriceps (31) Gracilis (30) Sartorius (30)	Pect. Maj Sternal (29) Quadratus Lumborum (28) Hamstring	Gluteus Maximus	Tensor Fasciae Latae (26) Piriformis (26) Gluteus Medius (25)
<b>SENSORY</b>	Middle Ext. Ear Tongue	Nose	Tongue	Anterior Eye	
<b>SYSTEMS</b>	Peripheral Nerves Energy Exchange	Arteries (31) veins (30)	Lymph (29) Breast		
<b>ENDOCRINE</b>			Ovary and Testicle (28)	Ovary Testicle	Adrenals
<b>VERTEBRAE</b>	C-1,2,7 TH-1,5,6,7 S-1,2	C-1,2,5,6,7 TH-2,3,4 L-4,5	C-1,2 TH-11,12 L-1	C-1,2 TH-8,9,10	C-1,2 L-2,3 S-3,4,5 Coccyx
<b>JOINTS</b>	Ulnar side of Shoulder, Hand, and Elbow Plantar side of Foot Toes Sacro-Iliac	Radial side of Shoulder, Hand, and Elbow Foot Big Toe	Anterior Hip Anterior Knee Medial Ankle Jaw	Posterior Knee Hip Lateral Ankle	Posterior Knee Sacro-coccygeal Posterior ankle
<b>ORGANS</b>	Heart Terminal Ilem Ileo-Cecal Area	Lung Large Intestine Ileo-Cecal Area	Esophagus Stomach Pancreas Pylorus Pyloric Antrum	Liver Gallbladder Biliary ducts	Kidney Bladder Ovary/Testicle Prostate/ Uterus Rectum/Anus
<b>ELEMENT</b>	Fire	Metal	Earth	Wood	Water
<b>EMOTIONS</b>	Joy/ Sadness	Grief	Worry	Anger	Fear

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