

Day Master Treatment Worksheet				
Name:		Birth Date:		Adjusted Time:
Day Master:		Timeliness:		Value: Rank:
Spring-Wood:	Summer-Fire:	Transition-Earth:	Fall-Metal:	Winter-Water:
Mu:	Tonify:	Source:	He Sea:	Xi Cleft:
Shu:	Sedate:	Luo:	Other:	
Master Tung:				
Accessory Techniques	Herbal Medicine	Food Therapy	Lifestyle Guidance	Complementary Therapies

Elements and Organs Treatment Worksheet					
Element %	Wood	Fire	Earth	Metal	Water
Timeliness					
Yin Organ	Liver	Heart/PC	Spleen	Lung	Kidney
Yang Organ	GB	SI/San Jiao	Stomach	LI	UB
Excess Organs					
Deficient Organs					
Accessories Food/Herb Lifestyle					
5 Element Dynamics Control/Insult	Wood Earth	Fire Metal	Earth Water	Metal Wood	Water Fire
5 Element Dynamics Mother/Child					
Balance Organs w/in Element					

Reference Chart—Timeliness					
Season	Prosper Strong	Birth Strong	Death Weak	Jailed Weak	Retiring Weak
Spring (February 4- May 4)	Wood	Fire	Earth	Metal	Water
Summer (May 5- August 6)	Fire	Earth	Metal	Water	Wood
Fall (August 7 - November 6)	Metal	Water	Wood	Fire	Earth
Winter (November 7 - February 3)	Water	Wood	Fire	Earth	Metal

Reference Chart—5 Element Seasonal Points					
	Wood	Fire	Earth	Metal	Water
	Spring	Summer	Transitions	Fall	Winter
Dates	2/4-5/4	5/5-8/6	1/17-2/3, 4/17-5/4, 7/21-8/6, 10/20-11/6	8/7-11/6	11/7-2/3
Liver	1	2	3	4	8
GB	41	38	34	44	43
Heart	9	8	7	4	3
SI	3	5	8	1	2
Spleen	1	2	3	5	9
St	43	41	36	45	44
Lung	11	10	9	8	5
LI	3	5	11	1	2
Kidney	1	2	3	7	10
UB	65	60	40	67	66
PC	9	8	7	5	3
SJ	3	6	10	1	2

Reference Chart—Seasons Calendar	
Season	Element
Spring	Wood: February 4 - April 16
	Earth: April 17 - May 4
Summer	Fire: May 5 - July 20
	Earth: July 21 - August 6
Fall	Metal: August 7 - October 19
	Earth: October 20 - November 6
Winter	Water: November 7 - January 16
	Earth: January 17 - February 3

Reference Chart—Connecting Points								
	Yuan Source	Luo Connecting	Xi Cleft	Front Mu	Back Shu	Lower He Sea	Tonify	Sedate
Lu	Lu 9	Lu 7	Lu 6	Lu 1	UB 13	-----	Lu 9	Lu 5
LI	LI 4	LI 6	LI 7	St 25	UB 25	St 37	LI 11	LI 2
St	St 42	St 40	St 34	Ren 12	UB 21	St 36	St 41	St 45
Sp	Sp 3	Sp 4	Sp 8	Liv 13	UB 20	-----	Sp 2	Sp 5
Ht	Ht 7	Ht 5	Ht 6	Ren 14	UB 15	-----	Ht 9	Ht 7
SI	SI 4	SI 7	SI 6	Ren 4	UB 27	St 39	SI 3	SI 8
UB	UB 64	UB 58	UB 63	Ren 3	UB 28	UB 40	UB 67	UB 65
Ki	Ki 3	Ki 4	Ki 5	GB 25	UB 23	-----	Ki 7	Ki 1
PC	PC 7	PC 6	PC 4	Ren 17	UB 14	-----	PC 9	PC 7
SJ	SJ 4	SJ 5	SJ 7	Ren 5	UB 22	UB 39	SJ 3	SJ 10
GB	GB 40	GB 37	GB 36	GB 24	UB 19	GB 34	GB 43	GB 38
Liv	Liv 3	Liv 5	Liv 6	Liv 14	UB 18	-----	Liv 8	Liv 2

Reference Chart—Sedate Organ Excesses			
	Yin	Yang	Xi-Cleft
Wood	Liv 2	GB 38	Liver 6, GB 36
Fire	H/P 7	SI8,SJ10	Ht 6, P 4, SI 6, SJ 7
Earth	Sp 5	St 45	Sp 8, St 34
Metal	Lung 5	LI 2	Lung 6, LI 7
Water	Kid 1	UB 65	Kid. 5, UB 63

Reference Chart—Tonify Organ Deficiencies			
	Yin	Yang	Source
Wood	Liv 8	GB 43	Liver 3, GB 40
Fire	H/P 9	SI/SJ 3	Ht/P 7, SI/SJ 4
Earth	Sp 2	St 41	Sp 3, St 42
Metal	Lung 9	LI 11	Lung 9, LI 4
Water	Kid 7	UB 67	Kid. 3, UB 64

Reference Chart—4 Needle Sedation		
	Sedate Yin	Sedate Yang
Wood	- Liv 2, H 8 + Lung 8, Liv 4	- GB 38, SI 5 + LI 1, GB 44
Fire	- H/P 7, Sp 3 + Ki 10, H 3, P 3	-SI8,SJ10, St 36 +UB 66, SI 2, SJ 2
Earth	- Sp 5, Lung 8 + Liv 1, Sp 1	- St 45, LI 1 +GB 41, St 43
Metal	-Lung 5, Kid 10 + H 8, Lung 10	- LI 2, UB 66 + SI 5, LI 5
Water	- Kid 1, Liv 1 + Spleen 3, Kid 3	- UB 65, GB 41 + St 36, UB 40

Reference Chart—4 Needle Tonification		
	Tonify Yin	Tonify Yang
Wood	+ Liv 8, Kid 10 - Lung 8, Liv 4	+ GB 43, UB 66 - LI 1, GB 44
Fire	+ H/P 9, Liv 1 - Kid. 10, H 3, P 3	+SI/SJ 3, GB 41 -UB 66, SI 2, SJ 2
Earth	+ Sp 2, Heart 8 - Liv 1, Spleen 1	+ St 41, SI 5 - GB 41, St 43
Metal	+ Lung 9, Sp 3 -Heart 8, Lung 10	+ LI 11, St 36 - SI 5, LI 5
Water	+ Kid 7, Lung 8 - Spleen 3, Kid 3	+ UB 67, LI 1 - St 36, UB 40

Reference Chart—5 Element Dynamics Balancing Points					
Element %	Wood	Fire	Earth	Metal	Water
Treatment Points	Liver 3, Sp 1	H4/PC5, Lu10	Spleen 9, Kid 3	Lung 11, Liver 4	Kid 2, H/PC 3
	GB 34, St 43	SI/SJ 1, LI 5	St 44, UB 40	LI 3, GB 44	UB 60, SI/SJ 2

Reference Chart—Balancing Organs within Elements					
Element %	Wood	Fire	Earth	Metal	Water
Luo/Source (One organ is excess and the other is deficient)	Liver > GB -Liv 5 +GB 40	H/PC > SI/SJ -H5 P6 +SI/SJ 4	Spleen > St -Sp 4 +St 42	Lung > LI -Lung 7 +LI 4	Kidney > UB -Kid 4 +UB 64
	GB > Liver -GB 37 +Liv 3	SI/SJ > H/PC -SI7 SJ5 +H/P 7	St > Spleen -St 40 +Sp 3	LI > Lung -LI 6 +Lung 9	UB > Kidney -UB 58 +Kid 3

## Meridian Relationships

	Chinese Meridian Name Sharing	Biao Li - Interior and Exterior Pairs	Chinese Clock Opposites	Chinese Clock Neighbors - Different Element	Bie - Jing Branching Meridians
Hand Tai Yin-Lung	Foot Tai Yin-Spleen	Hand Yang Ming-LI	*Foot Tai Yang-UB	Foot Jue Yin-Liver	*Foot Tai Yang-UB
Foot Tai Yin-Spleen	Hand Tai Yin-Lung	Foot Yang Ming-St	Hand Shao Yang-SJ	Hand Shao Yin-Ht	Hand Tai Yang-SI
Hand Yang Ming-Large Intestine	*Foot Yang Ming-St	Hand Tai Yin-Lung	Foot Shao Yin-Kid	*Foot Yang Ming-St	Foot Jue Yin-Liver
Foot Yang Ming-Stomach	*Hand Yang Ming-LI	Foot Tai Yin-Spleen	*Hand Jue Yin-PC	*Hand Yang Ming-LI	*Hand Jue Yin-PC
Hand Shao Yin-Heart	Foot Shao Yin-Kid	Hand Tai Yang-SI	*Foot Shao Yang-GB	Foot Tai Yin-Spleen	*Foot Shao Yang-GB
Foot Shao Yin-Kidney	Hand Shao Yin-Ht	Foot Tai Yang-UB	Hand Yang Ming-LI	Hand Jue Yin-PC	Hand Shao Yang-SJ
Hand Tai Yang-Small Intestine	*Foot Tai Yang-UB	Hand Shao Yin-Ht	Foot Jue Yin-Liver	*Foot Tai Yang-UB	Foot Tai Yin-Spleen
Foot Tai Yang-Urinary Bladder	*Hand Tai Yang-SI	Foot Shao Yin-Kid	*Hand Tai Yin-Lung	*Hand Tai Yang-SI	*Hand Tai Yin-Lung
Hand Jue Yin-Pericardium	Foot Jue Yin-Liver	Hand Shao Yang-SJ	*Foot Yang Ming-St	Foot Shao Yin-Kid	*Foot Yang Ming-St
Foot Jue Yin-Liver	Hand Jue Yin-PC	Foot Shao Yang-GB	Hand Tai Yang-SI	Hand Tai Yin-Lung	Hand Yang Ming-LI
Hand Shao Yang-San Jiao	*Foot Shao Yang-GB	Hand Jue Yin-PC	Foot Tai Yin-Spleen	*Foot Shao Yang-GB	Foot Shao Yin-Kid
Foot Shao Yang-Gall Bladder	*Hand Shao Yang-SJ	Foot Jue Yin-Liver	*Hand Shao Yin-Ht	*Hand Shao Yang-SJ	*Hand Shao Yin-Ht
Ren Mai	Du Mai				
Du Mai	Ren Mai				
	*Same as Chinese Clock Neighbors		*Same as Bie - Jing Branching Meridians	*Same as Chinese Meridian Name Sharing	*Same as Chinese Clock Opposites

Seasonal Balance Method Points							
Meridian	Wood Gua #45	Wood Gua #54	Fire Gua #36	Earth Gua #72	Metal Gua #18	Water Gua #65	Water Gua #64
Liver	8, 5, 1	4, 3, 2	5, 3, 1	5, 4, 3	3, 2, 1	8, 5, 2	4, 2
GB	40, 41, 43	34, 38, 44	34, 40, 43	34, 43, 44	34, 38, 40	40, 41, 44	34, 38, 41, 44
Heart	3, 5, 8	4, 7, 9	5, 7, 8	7, 8, 9	4, 5, 7	3, 5, 9	4, 9
SI	5, 3, 1	8, 4, 2	8, 5, 1	8, 5, 4	8, 2, 1	5, 3, 2	8, 4, 3, 2
Spleen	5, 4, 3	9, 2, 1	9, 5, 4	9, 5, 1	9, 4, 2	5, 4, 3, 2, 1	9, 3, 2, 1
Stomach	36, 44, 45	41, 42, 43	43, 44, 45	42, 43, 44	41, 43, 45	36	41, 42
Lung	9, 10, 11	5, 7, 8	5, 10, 11	5, 8, 10	5, 7, 11	9	5, 7, 8, 9
LI	11, 5, 4	3, 2, 1	5, 4, 3	5, 3, 1	4, 3, 2	11, 5, 4, 2, 1	2, 1
Kidney	10, 7, 1	4, 3, 2	7, 3, 1	7, 4, 3	3, 2, 1	10, 7, 2	4, 2
UB	64, 65, 66	40, 60, 67	40, 64, 66	40, 66, 67	40, 60, 64	64, 65, 67	40, 60, 65, 67
PC	3, 6, 8	5, 7, 9	6, 7, 8	7, 8, 9	5, 6, 7	3, 6, 9	5, 9
SJ	6, 3, 1	10, 4, 2	10, 6, 1	10, 6, 4	10, 2, 1	6, 3, 2	10, 4, 3, 2