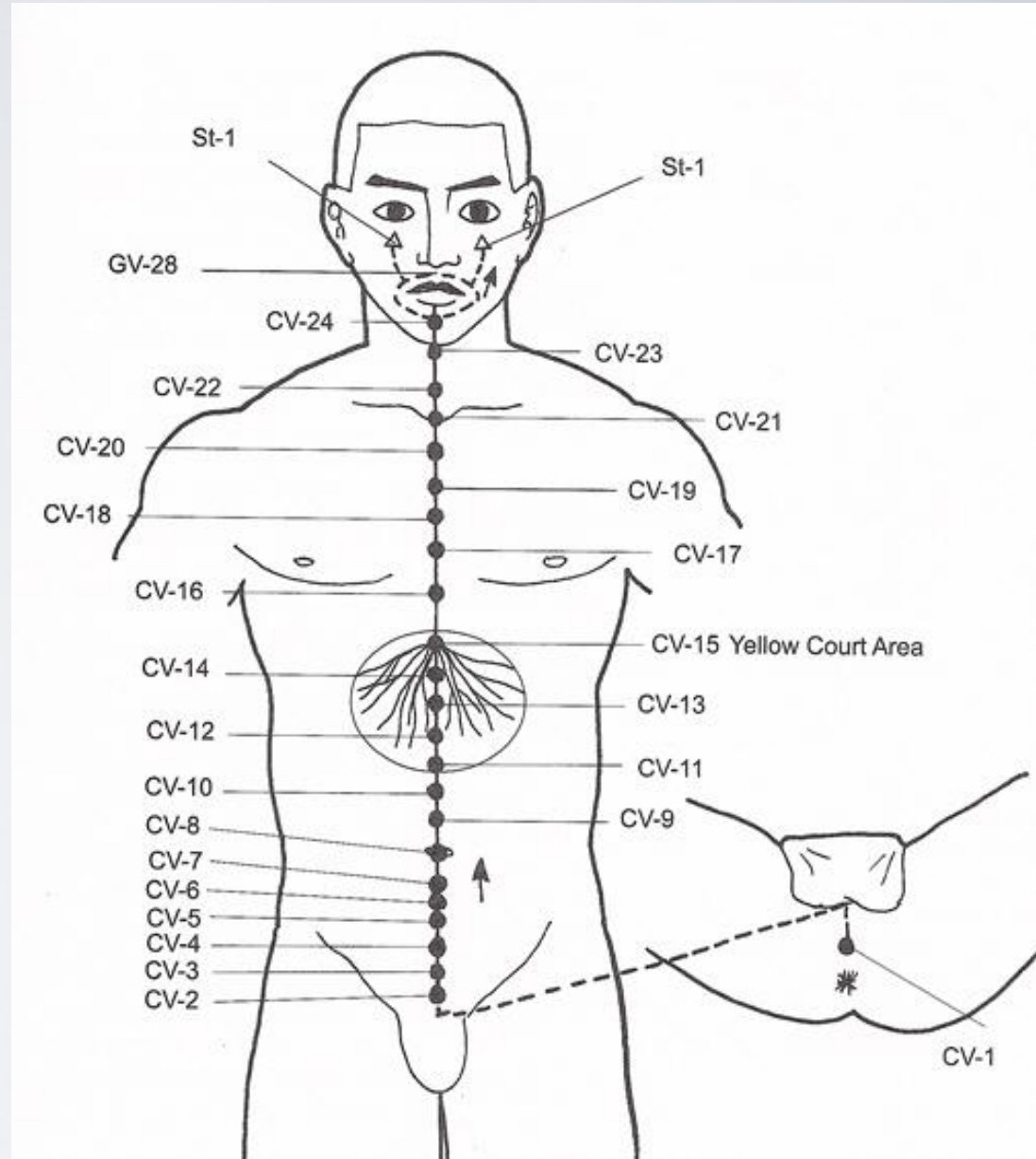


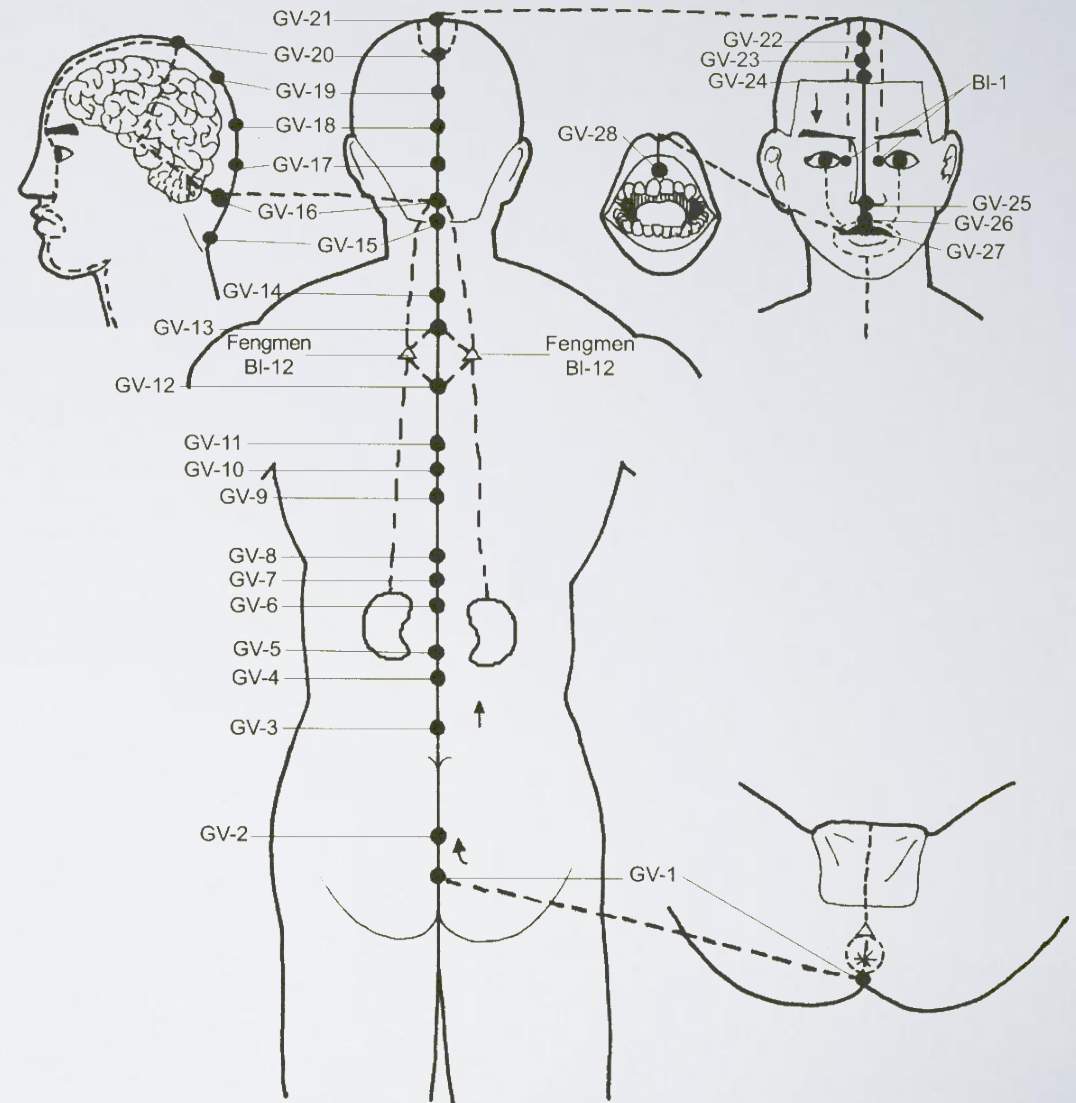
The Conception Vessel (Ren Mai)

Yin or Yang	Yin
Dominant period	Anytime
Function	Regulates the six yin meridians (Lung, Spleen, Heart, Kidney, Pericardium and Liver). Associated with the liver, kidneys, and uterus.



The Governing Vessel (Du Mai)

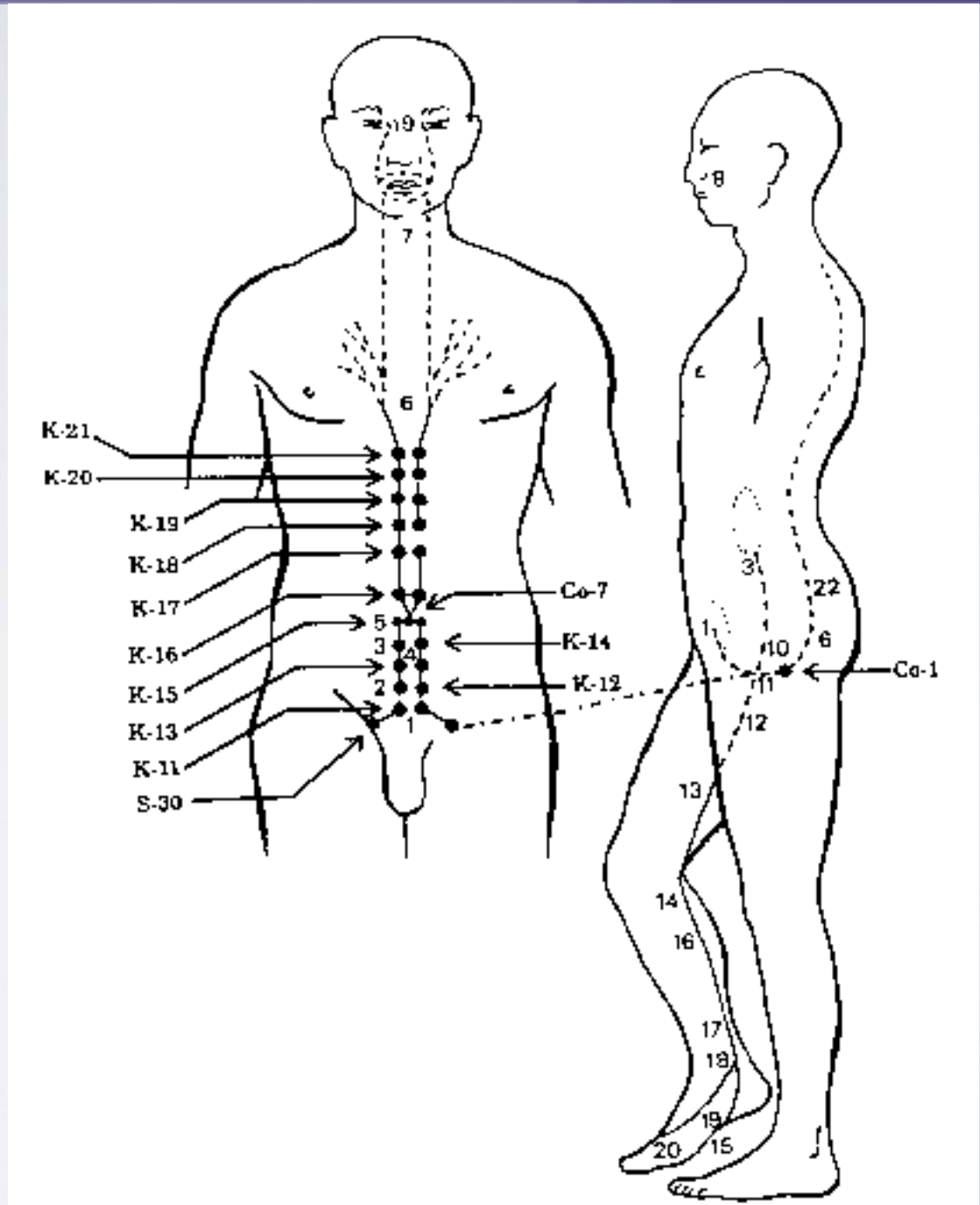
Yin or Yang	Yang
Dominant period	Anytime
Function	Regulates the six yang meridians (Large Intestine, Stomach, Small Intestine, Bladder, Triple Warmer and Gallbladder). Associated with the physiology of the brain, spine, and reproductive organs.



The Governing Vessel (GV)

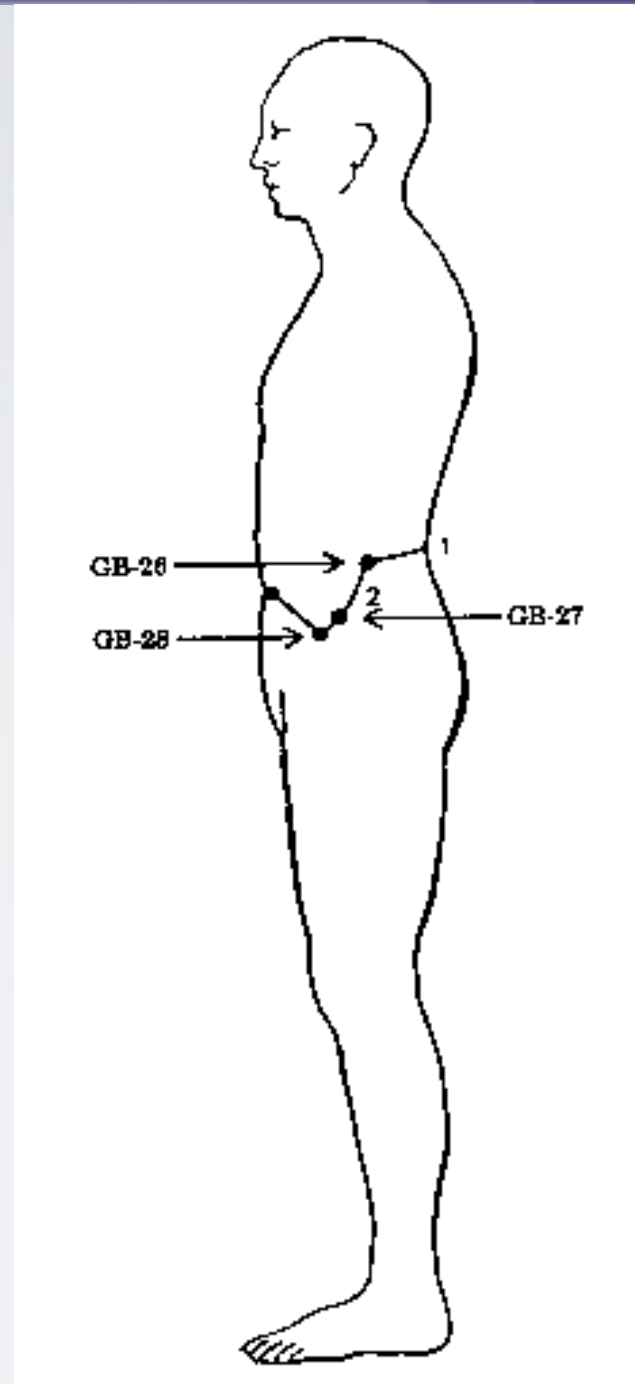
The Penetrating Vessel (Chong Mai)

Yin or Yang	Yin
Dominant period	anytime
Function	Regulates all 12 major meridians. Associated with menstruation & physiology of the reproductive organs.



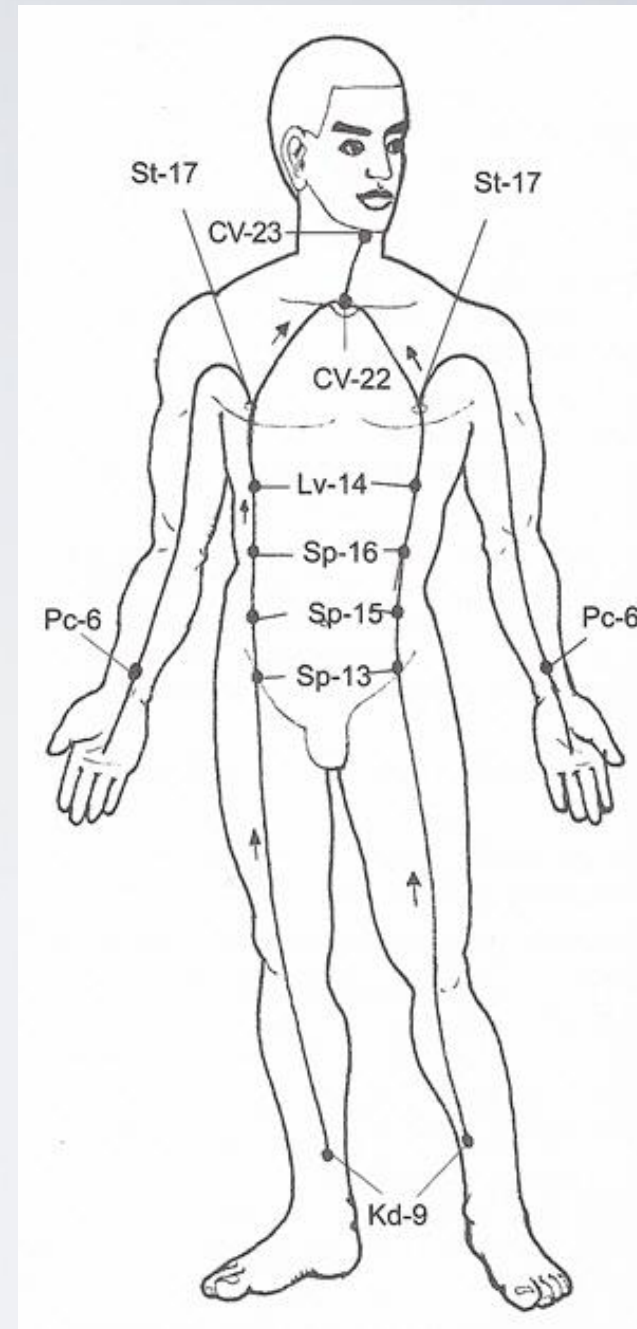
The Girdling Vessel (Dai Mai)

Yin or Yang	Yang
Dominant period	Anytime
Function	Regulates the flow of Qi in the meridians that run up and down the trunk. It is associated with the physiology of the lumbar region, abdomen, lower limbs, and the female reproductive system.



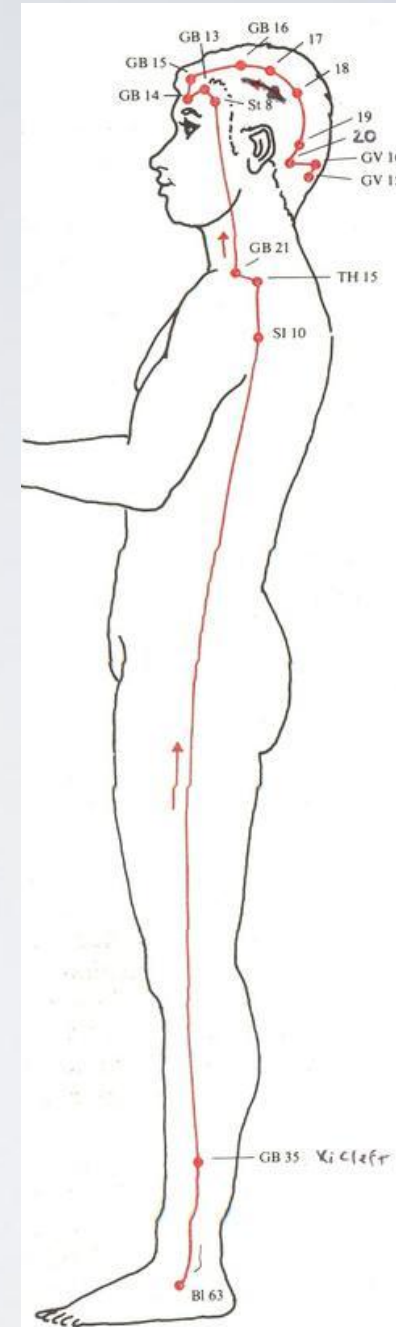
The Yin Linking Vessel (Yin Wei Mai)

Yin or Yang	Yin
Dominant period	Anytime
Function	Regulates the flow of Qi in the 6 Yin Meridians (Lung, Spleen, Heart, Kidney, Pericardium and Liver). Controls the “nourishing” energy of the body and interior regions.



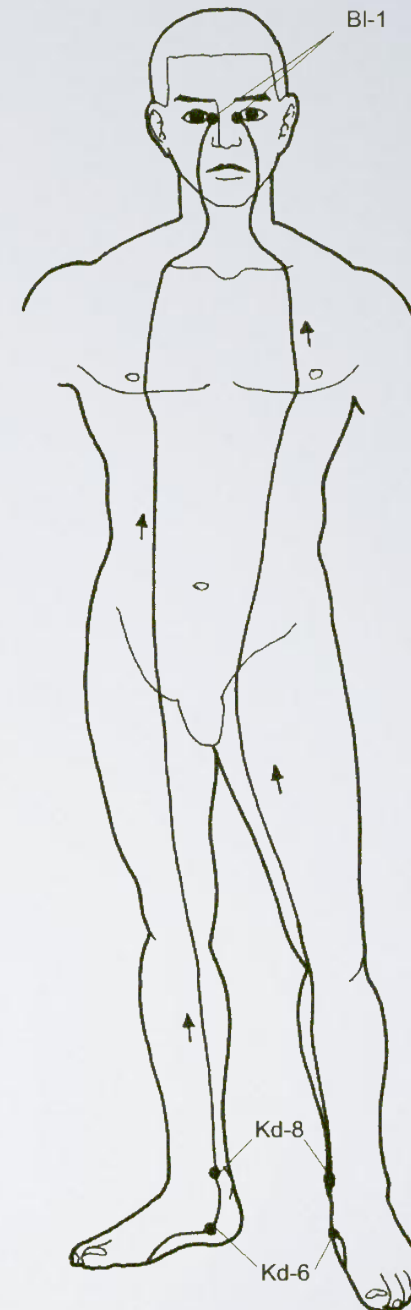
The Yang Linking Vessel (Yang Wei Mai)

Yin or Yang	Yang
Dominant period	Anytime
Function	Regulates the flow of Qi in the 6 Yang Meridians (Large Intestine, Stomach, Small Intestine, Bladder, Triple Warmer and Gallbladder). Controls the “defensive” energy of the body and resistance to pathogens. Regulates the exterior regions.



The Yin Heel Vessel (Yin Qiao Mai)

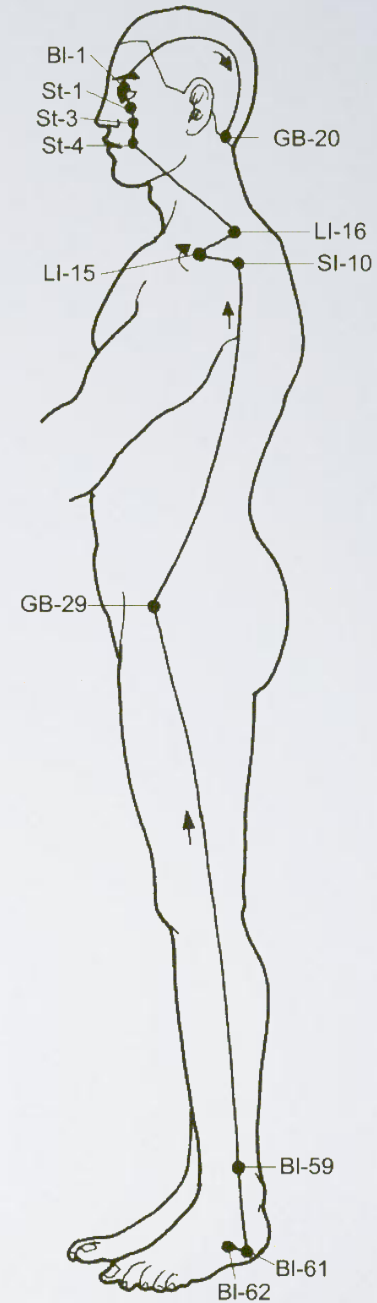
Yin or Yang	Yin
Dominant period	Anytime
Function	Acts as a bridge linking yin and yang energies. Control physiologic functions involving the ascent of fluids and the descent of Qi. Associated with the physiology of the eye, lower leg muscles, lower abdomen and genitals.



The Yin Heel Vessels

The Yang Heel Vessel (Yang Qiao Mai)

Yin or Yang	Yang
Dominant period	Anytime
Function	Acts as a bridge linking yin and yang energies. Control physiologic functions involving the ascent of fluids and the descent of Qi. Associated with the physiology of the eye, lower leg muscles and lumbar region.



Side View of the Left Yang Heel Vessel