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SENSORY ORGANS	inner ear	tongue/taste	nose/olfactory sense	eye	nose/olfactory sense/frontal sinus	nose/olfactory sense/frontal sinus	eye	nose/olfactory sense	tongue/taste	inner ear		
JOINTS	shoulder elbow	jaw	shoulder elbow	rear knee	hip	sacrum-coccyx	hip	shoulder elbow	jaw	shoulder elbow		
	hand ulnar foot plantar toes	anterior knee	hand radial foot big toe	foot	foot	foot	hip	hand radial foot big toe	anterior knee	hand ulnar foot plantar toes		
SPINAL CORD SEGMENTS	Th 1 C8 Th 7 Th 6 Th 5 S3 S2 S1	Th 12 Th 11 L1	C7 C6 C5 Th 4 Th 3 Th 2 L5 L4	Th 8 Th 9 Th 10	L3 L2 S4 S5 Co	L3 L2 S4 S5 Co	Th 8 Th 9 Th 10	C7 C6 C5 Th 4 Th 3 Th 2 L5 L4	Th 12 Th 11 L1	Th 1 C8 Th 7 Th 6 Th 5 S3 S2 S1		
VERTEBRAE	B1 C7 B6 B5 S2 S1	B12 B11 L1	C7 C6 C5 B4 B3 L5 L4	B9 B10	L3 L2 Co S5 S4 S3	L3 L2 Co S5 S4 S3	B9 B10	C7 C6 C5 B4 B3 L5 L4	B12 B11 L1	B1 C7 B6 B5 S2 S1		
ORGANS	right heart	pancreas	lung	right liver	right kidney	left kidney	left liver	lung	spleen	left heart		
YIN	11-13 h	9-11 h	3-5 h	1-3 h	17-19 h	17-19 h	1-3 h	3-5 h	9-11 h	11-13 h		
	duodenum allergies	right stomach	colon	gall-bladder	right bladder urogenital region	left bladder urogenital region	left bile ducts	colon	left stomach	jejunum ileum allergies		
YANG	13-15 h	7-9 h	5-7 h	23-1 h	15-17 h	15-17 h	23-1 h	5-7 h	7-9 h	13-15 h		
ENDOCRINE GLANDS	anterior pituitary	parathyroid	thyroid	thymus	posterior pituitary	epiphysis	epiphysis	posterior pituitary	thymus	thyroid	parathyroid	posterior pituitary
OTHER	CNS psyche	right mammary gland				back pain headache	back pain headache			left mammary gland		CNS psyche
OTHER	energy balance			right mammary gland				left mammary gland				energy balance
ENDOCRINE GLANDS VASCULAR SYSTEM	peripheral nerves	arteries	veins	lymphatic vessels	gonads	adrenal gland	adrenal gland	gonads	lymphatic vessels	veins	arteries	peripheral nerves
YANG	11-13 h	3-5 h		9-11 h	1-3 h	17-19 h	17-19 h	1-3 h	9-11 h	3-5 h		11-13 h
YIN	13-15 h	5-7 h		7-9 h	23-1 h	15-17 h	15-17 h	23-1 h	7-9 h	5-7 h		13-15 h
	right heart cardiovascular system	right lung		pancreas	right liver	right kidney	left kidney	left liver	spleen	left lung		left heart cardiovascular system
ORGANS	right ileum allergies	right colon ileosacral area	right stomach pylorus	gall-bladder	right bladder urogenital area	left bladder urogenital area	left bile ducts	left stomach	left colon	jejunum ileum allergies		
VERTEBRAE	C7 B1 B5 B6 S1 S2 hip	C7 C6 C5 B4 B3 L5 L4	B12 B11 L1	B9 B10	L3 L2 Co S5 S4 S3	L3 L2 Co S5 S4 S3	B9 B10	B12 B11 L1	C7 C6 C5 B4 B3 L5 L4	C7 B1 B5 B6 S1 S2 hip		
SPINAL CORD SEGMENTS	Th 1 C8 Th 7 Th 6 Th 5 S3 S2 S1	C7 C6 C5 Th 4 Th 3 Th 2 L5 L4	Th 12 Th 11 L1	Th 8 Th 9 Th 10	L3 L2 Co S5 S4	L3 L2 Co S5 S4	Th 8 Th 9 Th 10	Th 12 Th 11 L1	C7 C6 C5 Th 4 Th 3 Th 2 L5 L4	Th 1 C8 Th 7 Th 6 Th 5 S3 S2 S1		
JOINTS	shoulder - elbow	anterior knee	posterior knee	posterior knee	posterior knee	posterior knee	hip	anterior knee	shoulder - elbow			
	hand ulnar foot plantar toes	hand radial foot big toe	jaw	hip	sacrum-coccyx foot	sacrum-coccyx foot	hip	jaw	hand radial foot big toe	hand ulnar foot plantar toes		
SENSORY ORGANS	ear/retina	ethmoidal cells/nose/olfactory sense	sinus maxillaris/tongue/sense of taste	eye/visual sense	frontal sinus/nose/olfactory sense	frontal sinus/nose/olfactory sense	eye/visual sense	sinus maxillaris/tongue/sense of taste	ethmoidal cells/nose/olfactory sense	ear/retina		