



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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LIVER Meridian-Organ Correspondence Chart

| Organ / Meridian | Primary Correspondence | Secondary Correspondence |
|---|--|--|
| Liver / (Yin) | Beardall: Absolute Yin | Paired Meridian: Gall Bladder (Lesser Yin) |
| Associated Glands | | Pancreas (CChakra) |
| Associated Body Parts | Fingernails, Biliary Tract, Muscles, Tendons, Eyes | Tooth Number 6, 11, 22, 27 |
| Element | Wood | |
| Time of Day | 1AM - 3AM | |
| Season | Spring | |
| Emotion | Anger, Inability to Appropriately Express Anger | Planning, Anxiety, Controlling, Frustration, Substance Abuse, Rage |
| Sense Organ | Eyes | |
| Color | Green | |
| Taste | Sour | Vinegar, Olives, Pickles, Lemon/Lime, Fermented Foods, Sauerkraut, Kimchi |
| Sound | Shouting | |
| Smell (odor) | Rancid | |
| AK Muscle | Pectoralis Major (Sternal), Rhomboid Major | Rhomboid Minor |
| CK Acupoint (and related) | Spleen 43, Stomach 36 | Liver 8 |
| Functions | Metabolize and Detoxify Food, Beverages, Medicines, and Herbs | Metabolize Hormones and Many Biological Body Chemicals |
| Dysfunctions | Bloating, Gas, Constipation, Diarrhea, Stiffness, Arthritis | Skin Problems, Hormonal Imbalance, Migraines, Eye Problems, Sinus Problems, Fibromyalgia |
| Chakra | Navel, Solar Plexus (Manipura), Chakra Sound "o" as in top | Yellow, Personal Power, Peace, Self-Acceptance (Bach: Uncertainty), Musical Note E |
| Spinal Level | Thoracic 8 (T8) | Lovett Relationship - Thoracic 3 (T3) |
| Essential Oils | Achillea, Cardamom, Citrus Hystrix, Frankincense, Geranium, Idaho Tansey, Ledum, Sage, Thyme | Forgiveness, Gratitude, Harmony, Peace and Calming, Present Time, Purification, Tranquil, Transformation |