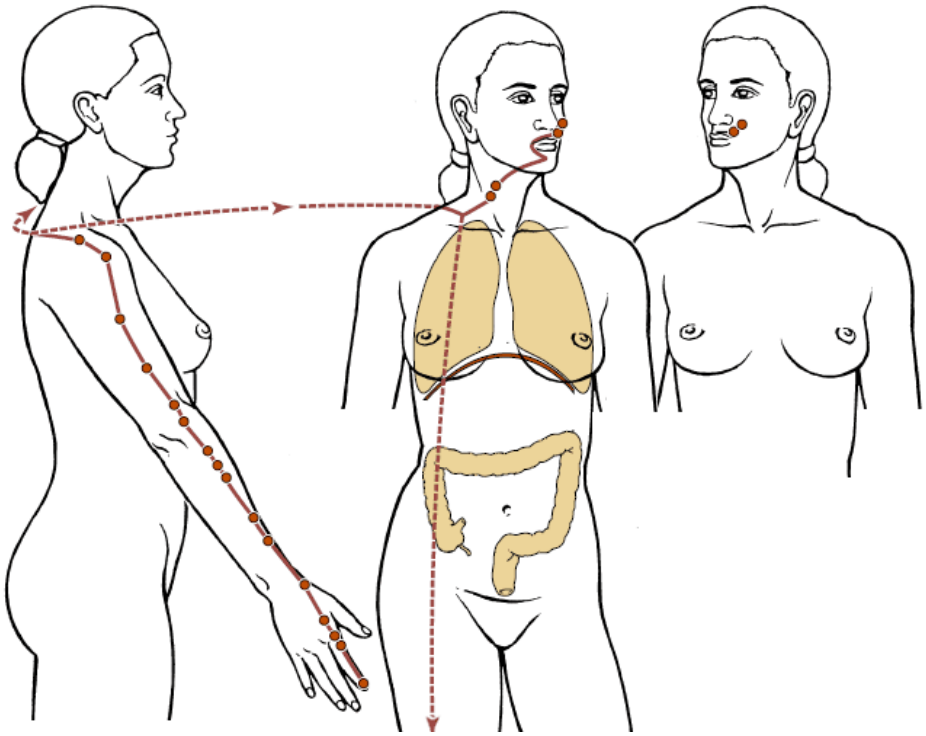
the Colon primary channel

Shou Yang Ming Da Chang Jing

手陽明大腸經



Begins at the radial side of the tip of the index finger, runs proximally along the radial side of the index finger and passes through the space between the first and second metacarpal bones at **Co4**,

reaches the depression between the tendons of extensor pollicis longus and brevis (anatomical snuff-box) where **Co5** is, continues along the lateral aspect of the forearm to the lateral aspect of the elbow at **Co11**;

rises along the lateral aspect of the upper arm to the shoulder joint at **Co15**, crosses behind the shoulder to the depression between the scapular spine and the lateral extremity of the clavicle (**Co16**),

after intercepting **SI12** (in the centre of the suprascapular fossa) continues to **Du14** where it meets with the other five yang channels of the hand and foot, from **Du14** it enters the supraclavicular fossa in the region of **St12**, then an

internal branch

connects with the Lung before descending through the diaphragm to join with the Large Intestine, (**According to LingShu1 a branch descends to ST37)**

another branch

ascends from the supraclavicular fossa along the lateral aspect of the neck, passes through the cheek, and enters the lower gums.

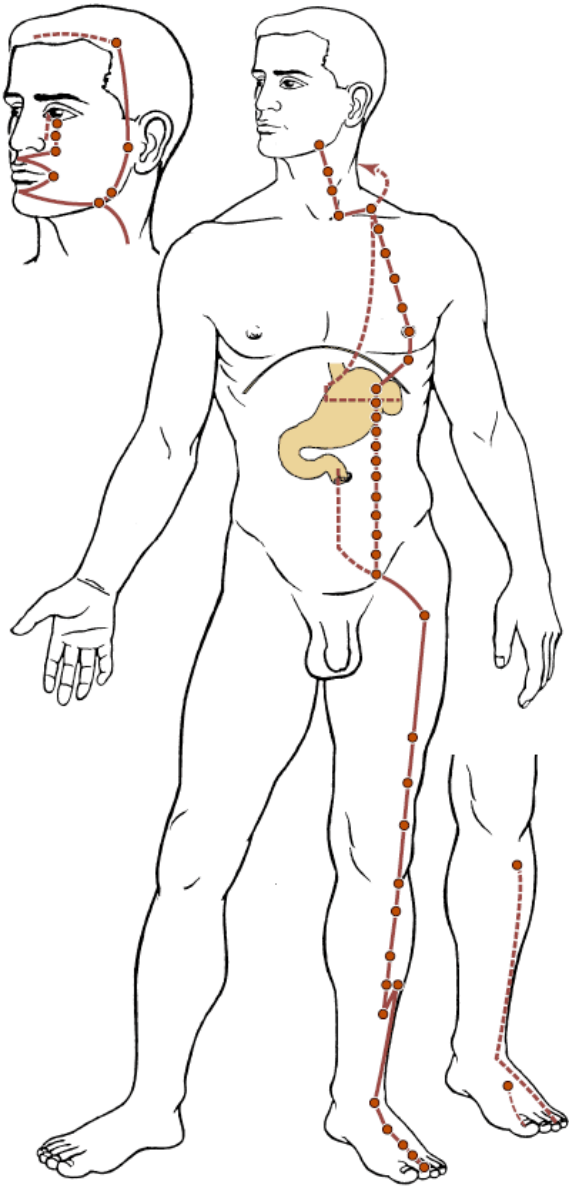
from the gums the channel passes through **REN24, ST4**, curves around the upper lip and crosses to the opposite side of the body at **DU26**, at the philtrum,

finally it terminates either side of the nose at **Co20**, where the Colon channel joins with the St channel.

the Stomach primary channel

Zu Yang Ming Wei Jing

足陽明胃經



Begins at the lateral side of the nose at **Co20** and ascends to the inner canthus where intercept the Foot Tai Yang Bladder channel at **BL1**, descends laterally along the infra-orbital ridge to **Stl**, descends to enter the upper gum and curves to meet with **Du28** & **Du26**, circles around the lips and meets the Conception vessel at **REN24** in the mento-labial groove,

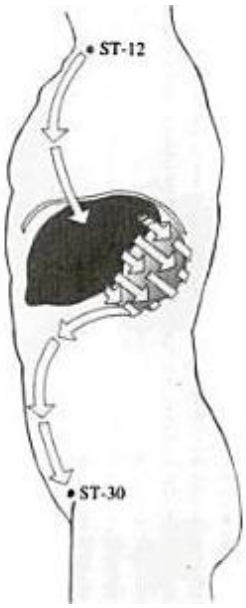
runs laterally across the cheeks to **St5** and **St6** at the angle of the mandible, ascends anterior to the ear from **St7** to **GB3**,

ascends within the hairline of the temple to **St8**, passing through **GB6**, **GB5** and **GB4**, follows the hairline to meet the Governing channel at **Du24**.

A branch separates at **St5** and descends along the anterior border of the SCM muscle in the throat region to enter the supraclavicular fossa at **St12**, from where

a branch travels posteriorly to the upper back **Du14**,

an other branch descends through the diaphragm, linking with **REN13** and **REN12** to enter the Stomach, then it spirally wraps around the Sp and from the pyloric orifice of the St, descends within the abdomen emerging at **St30**.



a further branch from St12 descends along the mamillary line, 4 cun lateral to the midline as far as **St18**, then passes 2 cun lateral to the midline and descends alongside the umbilicus to **St30** in the inguinal region.

From **St30** the channel travels laterally to **St31** on the antero-lateral aspect of the thigh, descends along the lateral margin of the femur to the patella and alongside the lateral margin of the tibia to the dorsum of the foot, terminating at the lateral side of the tip of the second toe at **St45**.

A further branch separates from the main channel at **St36**, three cun below the knee, and terminates at the lateral aspect of the middle toe.

A further branch separates on the dorsum of the foot at **St42** and terminates at the medial side of the tip of the big toe at **SP1** where it links with the Spleen channel.