

The Alarm Points

| Meridian | Alarm Point | Position |
|------------------------|-------------------------|---|
| Stomach* St | Central 12 Cv12 | Halfway between the xiphoid process and umbilicus. |
| Spleen Sp | Liver 13 Li13 | Just anterior to tip of 11th (first 'floating') rib. |
| Heart* Ht | Central 14 Cv14 | The tip of the xiphoid process below sternum. |
| Small Intestine* SI | Central 4 Cv4 | About 1" above the top of the pubic bone |
| Bladder* Bl | Central 3 Cv3 | Just on the top of the pubic bone. |
| Kidney K | Gall Bladder 25 GB25 | Just anterior to the top of the 12th rib. |
| Circulation/Sex* Cx | Central 17 Cv17 | Level with the nipples. |
| Triple Warmer* TW | Central 5 Cv5 | About 1" up from central 4. |
| Gall Bladder GB | Gall Bladder 24 GB24 | Just below the joining of the 9th rib and costal border. |
| Liver Li | Liver 14 Li14 | Where a plumbline from the nipple crosses the rib cage's costal border. |
| Lung Lu | Lung 1 Lu1 | The beginning point of the Lung meridian. |
| Large Intestine LI | Stomach 25 St25 | On stomach meridian, level with umbilicus. |

* - Midline Alarm points rather than bilateral

