



Alum Root, Harvest Lily,  
Ox-Eye Daisy, Pink Seaweed,  
Purple Magnolia, Sea Turtle

Harvest Lily, Moon Snail,  
Orange Honeysuckle,  
Poplar, Rainbow Kelp,  
Viburnum

Chickweed, Forsythia, Mussel,  
Pearly Everlasting, Plantain,  
Poison Hemlock,  
Red Huckleberry, Staghorn Algae,  
Twin Flower, Weigela

Anemone, Arbutus,  
Blue Lupin, Chiton,  
Pearly Everlasting,  
Plantain, Pipsissewa,  
Twin Flower, Weigela

Arbutus, Bluebell,  
Death Camas, Fairy Bell,  
Grape Hyacinth,  
Indian Pipe, Polyanthus,  
Purple Crocus,  
Sand Dollar, Sea Horse,  
Vanilla Leaf

Camellia,  
Grass Widow,  
Polyanthus,  
Starfish,  
Vanilla Leaf

**督脈**  
Toku Myaku  
Douglas Aster,  
Sea Horse, Whale

Bluebell, Blue Camas,  
Candystick, Coral,  
Death Camas,  
Douglas Aster, Easter Lily,  
Fuchsia, Ox-Eye Daisy,  
Pipsissewa, Snowberry,  
Snowdrop, Surfgrass

Blue Camas, Brown  
Kelp, Candystick, Easter  
Lily, Fuchsia, Salmon  
Berry, Snowberry,  
Snowdrop, Sponge,  
Yellow Pond Lily

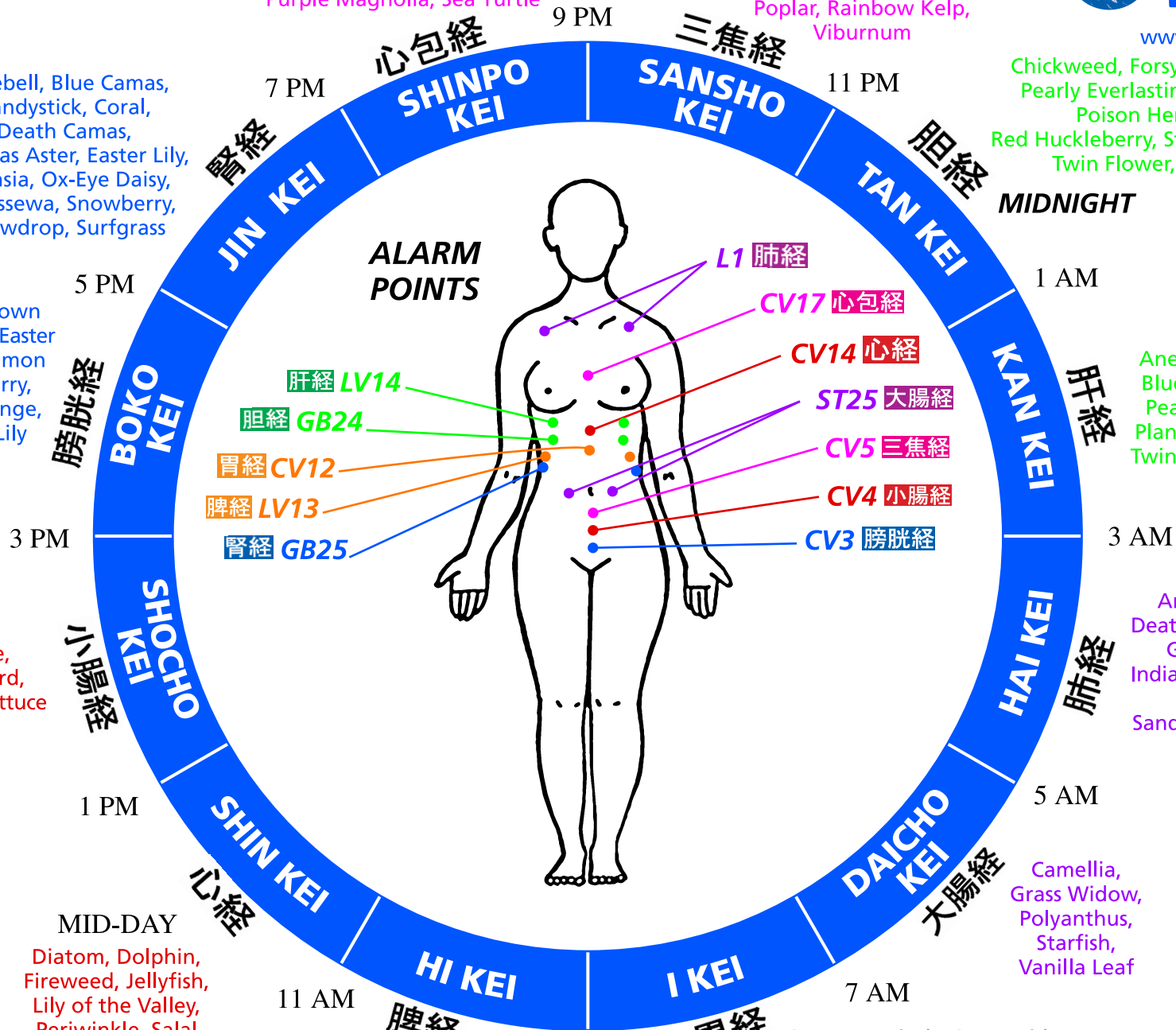
Barnacle,  
Goatsbeard,  
Salal, Sea Lettuce

**任脈**  
Nin Myaku  
Indian Pipe, Whale

**心經**  
Diatom, Dolphin,  
Fireweed, Jellyfish,  
Lily of the Valley,  
Periwinkle, Salal

**脾經**  
Dolphin, Goatsbeard, Pipsissewa,  
Sea Turtle, Silver Birch, Viburnum,  
Urchin, Wallflower

**胃經**  
Grape Hyacinth, Grass Widow,  
Hermit Crab, Narcissus,  
Red Huckleberry, Sea Lettuce, Sea Palm,  
Sponge, Wallflower, Windflower



**ALARM POINTS**

L1 肺經

CV17 心包經

CV14 心經

ST25 大腸經

CV5 三焦經

CV4 小腸經

CV3 膀胱經

肝經 LV14

胆經 GB24

胃經 CV12

脾經 LV13

腎經 GB25

腎經 7 PM  
心包經 9 PM  
三焦經 11 PM  
胆經 MIDNIGHT  
肝經 1 AM  
膀胱經 3 AM  
肺經 5 AM  
大腸經 7 AM  
胃經 9 AM  
脾經 11 AM  
心經 11 AM  
膀胱經 3 PM  
小腸經 5 PM  
三焦經 5 PM  
大腸經 3 AM  
膀胱經 5 AM  
胃經 7 AM  
脾經 9 AM  
心經 11 AM  
膀胱經 3 PM  
小腸經 5 PM  
三焦經 5 PM  
大腸經 3 AM  
膀胱經 5 AM  
胃經 7 AM  
脾經 9 AM  
心經 11 AM