

JEMI Quick Reference Table:

Meridians and their associated physical issues

Stomach	Kidney, continued
Acid indigestion; reflux	Low libido
Allergies	Prostrate
Bags under the eyes	Swollen ankles
Bloating and gas	Tooth / gum issues
Digestion issues	
Hunger	Circulation-Sex
Lip and mouth sores	Hormones
Neck pain	Impotence
Nervous Tension	Prostrate issues
Ovary issues	Sacrum issues
Sinusitis	Sexual issues
Sore throat	Sore breasts, nipples, or buttocks
Stomach aches	
Stomach ulcers	Triple Warmer
Tender Breasts	Adrenal exhaustion or burn-out
Weight Problems	Allergies
	Asthma
Spleen	Diabetes
Allergies	Fever
Anemia	Hives
Anything to do with blood	Hormonal issues
Carpal Tunnel Syndrome	Hypoglycemia
Cysts	Menopause
Diabetes	Mood swings
Edema (swelling)	PMS
Fertility / pregnancy issues	Temperate issues (too hot; too cold)
Hypoglycemia	Weight issues
Immunodeficiency issues	
Infections	Liver
Lymph nodes	Blurry vision
Varicose veins	Candida
Weakness (general feelings of)	Eye infections / diseases
Weight Issues	Fungal diseases
	Hepatitis
Heart	Hypertension
Angina	Jaundice
Arteries	Low sperm count
Bleeding gums	Menopause
Blood pressure (high or low)	PMS
Chest pains	Toenail problems (thick; yellow)
Circulation issues	Toxicity
Dizziness	
Eczema	Gall bladder
Heart issues	

Sleep issues	Arthritis
Swollen glands	Bitter taste in the mouth
	Blood pressure (high)
Small Intestine	Gallstones
Abdominal issues or pain	Hip pain or issues
Beer bellies	Jaw pain; TMJ
Knee pain	Leg pain (side of the legs)
Shoulder pain	Migraine headaches
Tinnitus / ear problems	'One-sided' issues, including headaches
Weakness in legs	Shingles
	Teeth grinding
Bladder	
Ankle pain / weakness	Lung
Arthritis	Bronchitis
Baldness	Chest infections
Back pain (general)	Colds
Calf pain	Coughs
Elbow issues	Flu
Fallen arches / flat feet	Pleurisy
Headaches (at the front of the head)	Pneumonia
Joint pain	Respiratory issues
Nervous system issues	Shortness of breath
Osteoporosis	Skin issues
Sciatica	Tuberculosis
Scoliosis	
	Large Intestine
Kidney	Colic pain
Acne	Colonic issues
Bone weakness / issues	Constipation; Haemorrhoids
Back pain (lower back)	Diarrhea
Ear issues; earaches	Herpes
Edema	Hip problems
Eyesight	Mineral deficiency
Infertility / impotence	Nose issues
	Toothache