



The bladder meridian is most active between 3 and 5Pm, and the kidney between 5 and 713m.

Bladder: starting from the inside of the eye beside the nose, move up near the centre of the forehead, over the top of the head (6) and down beside the spine, going as far as you can reach. Below the waist, slant out slightly towards the hip and go down the back of the leg - halfway between the centre line and the outer edge - until you reach the outside of the little toe.



Kidney: starting from the sole of the foot (7) go up the inside of the legs and the front of the body a couple of finger-widths from the centre, branching out very slightly at the diaphragm, up to the top of the chest under the collarbones, close to the breast bone.