

Muscle and Organ-Gland Associations

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In AK and Touch for Health every muscle is associated with a meridian, and, following traditional Chinese medicine, every organ and gland is also associated with a meridian. Thus we can hypothesize that every muscle is associated with an organ or gland, and vice versa. Furthermore this suggests that by balancing all the muscles in a body will balance all the organs and glands, and thereby bring the body to an improved state of health.

Direct knowledge of these associations, as revealed in the following table, can help to guide a therapist in their course of balancing with their client. The information in this table is derived from the "Touch for Health" book by John F. Thie, DC, and "A Muscle/Organ/Remedy Correlation" by Timothy D. Francis, MS, DC, DIBAK, DHM, published in the Spring, 2000, issue of the AK journal.

Meridian	Muscle	Organ-Gland
Central	Supraspinatus	Brain
Governing	Teres Major	Spine
Stomach	Pectoralis Major Clavicular	Stomach
	Levator Scapulae	Parathyroid
	Anterior Neck Flexors	Sinus
	Posterior Neck Extensors	Sinus
	Brachioradialis	
	Biceps	Stomach
Spleen	Latissimus Dorsi	Pancreas
	Middle Trapezius	Spleen
	Lower Trapezius	Spleen
	Triceps	Pancreas
Heart	Subscapularis	Heart
Small Intestine	Quadriceps	Small Intestine
	Abdominals	Small Intestine
Bladder	Peroneus	Bladder
	Sacrospinalis	Bladder
	Anterior Tibial	Bladder
	Posterior Tibial	Adrenal
Kidney	Psoas	Kidney
	Upper Trapezius	Eyes & Ears
	Iliacus	Kidney

<u>Meridian</u>	<u>Muscle</u>	<u>Organ-Gland</u>
Circulation-Sex	Gluteus Medius	Sex Organs
	Adductors	Sex Organs
	Piriformis	Sex Organs
	Gluteus Maximus	Sex Organs
Triple Warmer	Teres Minor	Thyroid
	Satorius	Adrenal
	Gracilis	Adrenal
	Soleus	Adrenal
	Gastrocnemius	Adrenal
	Infraspinatus	Thymus
Gall Bladder	Anterior Deltoid	
	Popliteus	Gall Bladder
Liver	Pectoralis Major Sternal	Liver
	Rhomboids	Liver
Lung	Anterior Serratus	Lungs
	Coracobrahialis	Lungs
	Deltoids	Lungs
	Diaphragm	
Large Intestine	Tensor Fascia Lata	Large Intestine
	Hamstrings	Rectum
	Quadratus Lumborum	Appendix