

## The 312 Meridian Healing Protocol

Dr Zhu Zongxiang was born in 1923. He was a teacher of physiology in Beijing when in 1973 Premier Zhou Enlai appealed to TCM experts to explain the meridian system underpinning acupuncture. The existence of meridians had been doubted by Western medicine.

Zhu joined the acupuncture meridian research group of the Institute of Biophysics of the Chinese Academy of Sciences. In the 1980s this group was able to provide evidence for the existence of meridians, by demonstrating that meridians had the lowest electrical impedance and that patient heard a sound when acupoints were tapped. Despite this, the existence of meridians continues to be controversial even within China. When funding for Dr Zhu's research was stopped, he established the Beijing Yanhuang Meridian Centre and developed the simple, meridian based, 3-1-2 exercise method (published in 1990) and made it freely accessible to all. He was concerned that western medicine was outside the means of the poor in China and believed that his 3-1-2 method was sufficient for the prevention and treatment of many diseases. Dr Zhu himself is an endearing picture of health in:

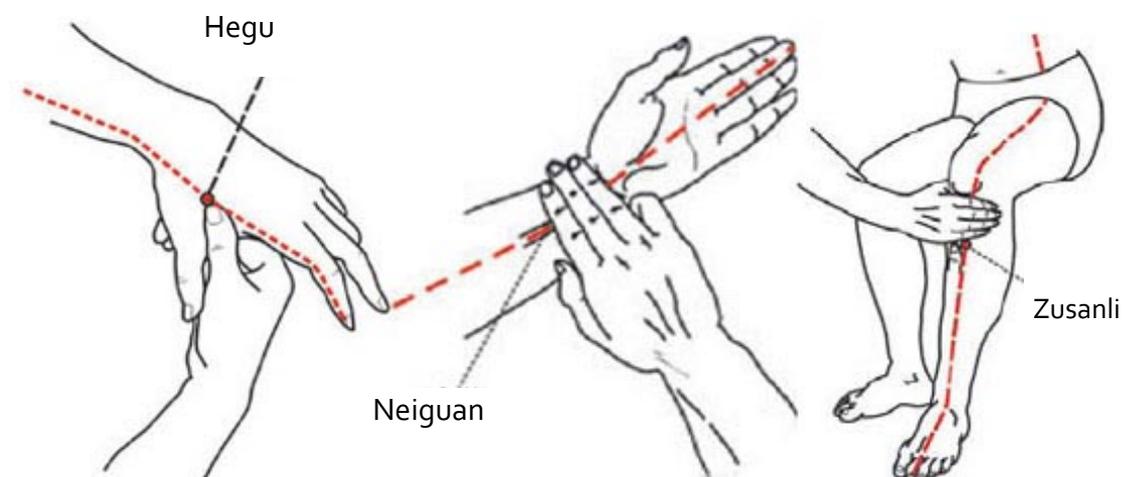
<https://www.youtube.com/watch?v=mJ7mxg-N8Sw>

Dr Zhu believed that the 312 exercise energises all the meridians in the body promoting health. He claims that the daily practice of the 312 method for 25 mins can keep people young and energetic and that some people with chronic diseases have experienced major improvements in health after 4 weeks of practice. A brief description is offered here for those who have no access to the internet. It is well worth exploring.

### What does 312 stand for?

It refers to the 3 acupoints which need to be stimulated daily, the deep abdominal breathing meditation, and use of the two legs in a semi-squatting exercise. All these methods are demonstrated in: <https://www.youtube.com/watch?v=MCqjfh5zWKA>

The 3 refers to the **three most useful acupuncture points**, namely: Hegu on the hand Neiguan on the wrist and Zusanli on the knee (see figure). These activate the Large Intestine, the Pericardium and the Stomach Meridians and are said to enhance the circulation of "Blood" and "Qi" around the whole body. **These points are massaged for 30 counts twice a day.**



Source: <http://www.china.org.cn/english/health/210918.htm> © China Daily (2007).

**HEGU** (Joining Valley) – Large Intestine 4 (LI4) – used for diseases of the head, the digestive tract, the upper limbs, muscle spasms, malignant sores, for all types of chronic pain any where in the body and for the immune system.

**WARNING:** This point is not used during pregnancy since it induces labour.

**NEIGUAN** (Inner Pass) – Pericardium 6 (PC 6)– Neiguan is for the chest, heart and lung. Opens and relaxes the chest. For insomnia, mental conditions and memory. For nausea, carpal tunnel syndrome and epigastric pain.

**ZUSANLI** (Leg Three Miles) – stomach 36 (ST36) – is regarded as the point of longevity - It is known as one of the most important points to tonify Qi and Blood and all the internal organs and promote general wellness. It is one of the points where the qi of the meridian collects and goes deep into the body. It is used for digestive disorders (especially of the abdomen) and all issues relating to the spleen and stomach and also other diseases such as : fever, headache, toothache, mental disorders, asthma & wheezing, hypertension, cardiac vascular diseases, arthritis, jaundice, palpitation, urological diseases and diabetes I and II etc.

A recent study reported in 2014 has found that electroacupuncture of ST36 stimulates the sciatic nerve, which sends messages via the brain to the vagus nerve, which in turn triggers the adrenal glands to produce dopamine, a neurotransmitter with anti-inflammatory effects. They now believe that ST36 can modulate immune responses. <http://www.scientificamerican.com/article/can-acupuncture-curb-killer-immune-reactions/>

### **1 refers to abdominal breathing meditation done for 5 mins twice a day**

This is a form of qigong/yoga breathing exercise. Dr Zhu believed that this energises the meridians in the abdominal area which are closely linked to chronic diseases. Lie or sit down with the whole body relaxed and focus your mind at the "Dantian" the point at 5 cm below the navel; at the sacral chakra. Breathe in and inflate the abdomen. Hold for 5 seconds and then exhale, with the abdomen relaxing to the normal position. Keep the chest muscles still to force the abdomen to expand.

### **2 refers to the semi-squatting exercise involving both legs 5 to 10 times a day.**

Dr Zhu explained that this activates all the 20 meridians (including the extra meridians). Like squatting, this is actually quite difficult to do initially but the body will learn to balance. Be careful that you do not fall backwards and hold on to something until the muscles and balance adapt. Squatting is quite common amongst Asians.

Dr Zhu proposed the 312 method for stimulating the Meridians since they can be fitted into the daily routine. For example, the squatting exercise can be done at any time; the acupressure on the three points can be done when a passenger, relaxing with friends or watching TV and the deep breathing can be done on waking and retiring to bed. It is worth trying for four weeks at least to see if it makes any difference.