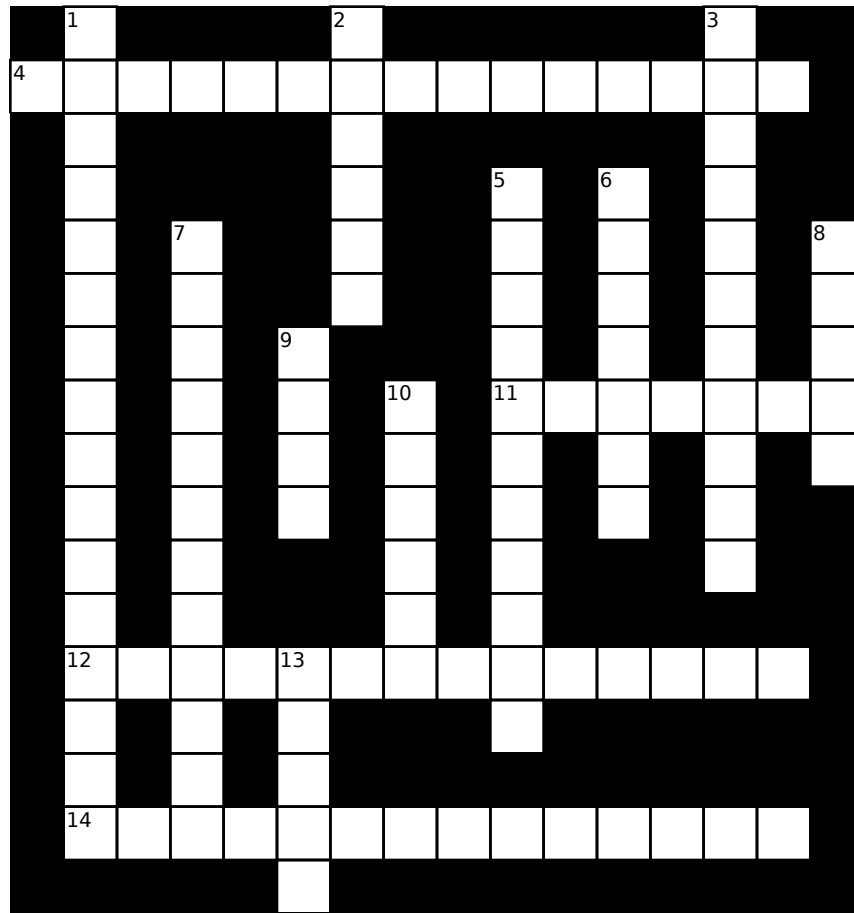


# 14 Asian Meridians

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## Across

- 4 Starts at the Tip of tailbone, up midline of back and over the heart to the upper lip.
- 11 Starts at inside corner of eye, finishes in little toe.
- 12 Starts in little finger, finishes in front of ear.
- 14 Starts in index finger, finishes at side of nostril.

## Down

- 1 Starts at the Perineum and up front of midline to bottom of lip and chin.
- 2 Starts on sole of foot, finishes at top of chest.
- 3 Starts beside nipple, finishes in middle finger.
- 5 Starts at outside corner of eye, finishes in fourth toe.
- 6 Starts under eye, finishes in second toe.
- 7 Starts in fourth finger, finishes by outside corner of eyebrow.
- 8 Starts under armpit, finishes in little finger.
- 9 Starts on chest in front of shoulder, finishes in thumb.
- 10 Starts in big toe, finishes at side of chest.
- 13 Starts in big toe, finishes on front of chest or below nipple.