



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

Susan L. Levy, D.C., DABCO, FACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

[facebook/YourBodyCanTalk](https://www.facebook.com/YourBodyCanTalk)

[YourBodyCanTalk2@Gmail.com](mailto:YourBodyCanTalk2@Gmail.com)

[www.YourBodyCanTalk.com](http://www.YourBodyCanTalk.com)

## KIDNEY Meridian-Organ Correspondence Chart

| Organ / Meridian                 | Primary Correspondence                                                                  | Secondary Correspondence                                                                                             |
|----------------------------------|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| Kidney / ( <a href="#">Yin</a> ) | Beardall: <a href="#">Lesser Yin</a>                                                    | Paired Meridian:<br>Bladder ( <a href="#">Greater Yang</a> )                                                         |
| Associated Glands                | Adrenals                                                                                | Adrenals (Chakra),<br>Entire Endocrine System                                                                        |
| Associated Body Parts            | Ureters                                                                                 | Bones, Teeth, Ears/hearing                                                                                           |
| Element                          | Water                                                                                   |                                                                                                                      |
| Time of Day                      | <a href="#">5PM - 7PM</a>                                                               |                                                                                                                      |
| Season                           | Winter                                                                                  |                                                                                                                      |
| Emotion                          | <a href="#">Fear</a>                                                                    | Phobias, Terror, Overwhelm,<br>Self-Isolation, Mistrust                                                              |
| Sense Organ                      | Ears                                                                                    | Sense of Hearing                                                                                                     |
| Color                            | <a href="#">Blue (or black)</a>                                                         |                                                                                                                      |
| Taste                            | <a href="#">Salty</a>                                                                   | Salt, Tamari, Miso,<br>Pickled Vegetables, Seaweed                                                                   |
| Sound                            | Groaning                                                                                | Moaning, Humming,<br>Yawning, Snoring                                                                                |
| Smell (odor)                     | Putrid                                                                                  |                                                                                                                      |
| AK Muscle                        | Psoas                                                                                   |                                                                                                                      |
| CK Acupoint (and related)        | GB37, LV4.2, GV2                                                                        |                                                                                                                      |
| Functions                        | Filter Urine, Eliminate Toxins,<br>Reabsorb Useful Liquid and Solutes                   | Fluid Balance,<br>Blood Pressure Regulation                                                                          |
| Dysfunctions                     | Edema,<br>High Blood Pressure                                                           | Dark Circles under Eyes,<br>Back Pain, Infertility                                                                   |
| Chakra                           | <a href="#">Spleen (Svadhishthana)</a> ,<br><a href="#">Chakra Sound "o" as in home</a> | Orange, Authority, Sensuality,<br>( <a href="#">Bach: loneliness</a> ), <a href="#">Musical Note D</a> ,<br>Pleasure |
| Spinal Level                     | Thoracic 11 (T11)<br>Adrenals-Thoracic 9 (T9)                                           | <a href="#">Lovett Relationship - Cervical 7 (C7)</a><br>Adrenals-Thoracic 2 (T2)                                    |
| Essential Oils                   | Helichrysum, Juniper, Fennell                                                           | Idaho Tansey, Lemongrass, Rosemary                                                                                   |