

# What Is the Meridian System?



Meridian system is the body energy system. It is an invisible energy pathway that was found over 5,000 years ago by ancient Chinese doctors. The meridians conduct life-force energy or Qi (pronounced “Chee”) in and around all the parts of the body. Blockage or interference in these meridians can result in energy imbalance that contributes to negative health conditions. The primary goal of acupuncture is to unblock the stagnation of meridians and rebalance overall system.