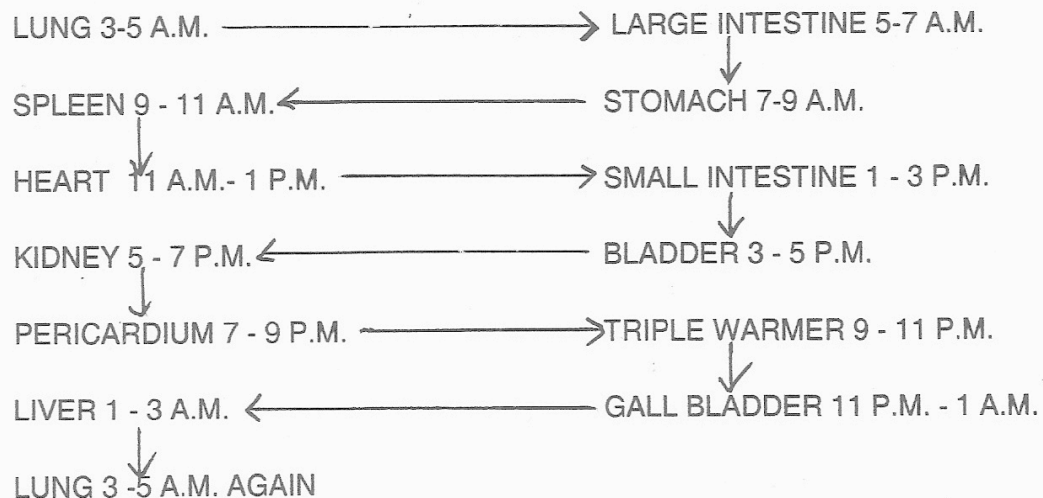


## THE CHINESE CLOCK

This is the first thing my acupuncture teacher taught us. She said, "You can get rid of symptoms easily. But for someone to really be well, they must learn to use the entire Universe wisely.

In the most ancient classic of Chinese medicine, the Yellow Emperor's advisor tells him that the primary cause of illness is the loss of rhythm and balance in one's lifestyle.

The circulation of energy through the organs of the body according to the Chinese clock is one of the most important guidelines to restoration of health and the regeneration of vitality. Allowing life's rhythms to be guided by this circulation is one of the first, most important steps in recovery.



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**Life style recommendations based on the cycle of energy  
ciculating through the organs:**

3-5 a.m. Lungs	Best time for breathing exercises
5-7 a.m. Large Intestine	Optimum time for morning bowel movement
7-9 a.m. Stomach	Optimum time to eat breakfast
9-11 a.m. Splëen	Digestion time
11-1 p.m. Heart	Optimum time for lunch
1-3 p.m. Small Intestine	Digestion time
3-5 p.m. Bladder	Often the time of greatest fatigue and exhaustion. Rest if possible. If you are undertaking a major healing program, do not overwork at this time of day.
5-7 p.m. Kidney	Optimum time for the evening meal. Don't eat late. If you do, your Liver will still be helping with digestion, and it can't store and clean the Blood as well during Liver time. If you wake up feeling sluggish, your Liver is not being able to perform its night-time functions adequately.
7-9 p.m. Pericardium	Begin to slow down, wind down. Shift from yang daily activity to yin relaxation. Prepare for sleep.
9-11 p.m. Triple Warmer	Best time to go to sleep, preparing to be sound asleep during Liver time.
11p.m.-1 a.m. Gall Bladder	Entering deeper sleep, in order for the body to best renew itself.
1-3 a.m. Liver	Be sound asleep so the Liver can store and clean the Blood.