

## Energy (Meridian System) Body Clock

| Time               | Organ/<br>Gland            | Emotion                               | Commentary   |
|--------------------|----------------------------|---------------------------------------|--|
| 5-7<br>am          | Large<br>Intestine         | Guilt                                 | Drinking Water Triggers bowel movement making room for the new day's nutritional intake. Removes toxins from night's cleansing. LO   |
| 7-9<br>am          | Stomach                    | Disgust                               | Stomach energies are the highest, so eat the most important meal of the day here to optimize digestion/assimilation. LL  |
| 9-11<br>am         | Pancreas<br>Spleen         | Jealousy/Worry<br>Low Self Esteem     | The stomach passes its contents on. Enzymes from the pancreas continue the digestive process. Carbohydrate energy made available. LL   |
| 11 am<br>– 1<br>pm | Heart                      | Joy                                   | Food material enters the blood stream. The heart pumps nutrients throughout the system and takes its lipid requirements. Cayenne, calcium. 4C's  |
| 1-3<br>pm          | Small<br>Intestine         | Insecurity<br>Vulnerable<br>Gullible  | Foods requiring longer digestion times (proteins) complete their digestion/ assimilation. Look for pain or tightness* to determine whether LL or LO.   |
| 3-5<br>pm          | Bladder                    | Irritation                            | Metabolic wastes from morning's nutrition intake clear, making room for the kidneys filtration to come. Look for pain or tightness* to determine whether LL or LO.                               |
| 5-7<br>pm          | Kidney                     | Fear                                  | Filters blood (Decides what to keep, what to throw away), maintains proper chemical balance of blood based on nutritional intake of day. Blood to deliver useable nutrients to all tissues. 4C's |
| 7-9<br>pm          | Pericardium<br>Circulation | Unresponsive<br>Hurt<br>Extreme Joy   | Nutrients are carried to groups of cells (capillaries) and to each individual cell (lymphatics). LO  |
| 9-11<br>pm         | Triple<br>Warmer           | Hopelessness<br>Confusion<br>Paranoia | The endocrine system adjusts the homeostasis of the body based on electrolyte and enzyme replenishment. 4C's   |
| 11 pm<br>– 1<br>am | Gall Bladder               | Bitterness<br>Resentment              | Initial cleansing of all tissues, processes. Cholesterol enhances brain function. LO   |
| 1-3<br>am          | Liver                      | Anger<br>Frustration                  | Cleansing of blood. Processing wastes. LO  |
| 3-5<br>am          | Lungs                      | Grief                                 | Respiration. Oxygenation. Expulsion of waste gasses. 4C's  |

\* Pain or tightness in **neck** – left side would mean LL, right side would be LO.

Pain or tightness in **back** – left side would mean LO, right side would be LL.

Use Stickman to determine any other pain.