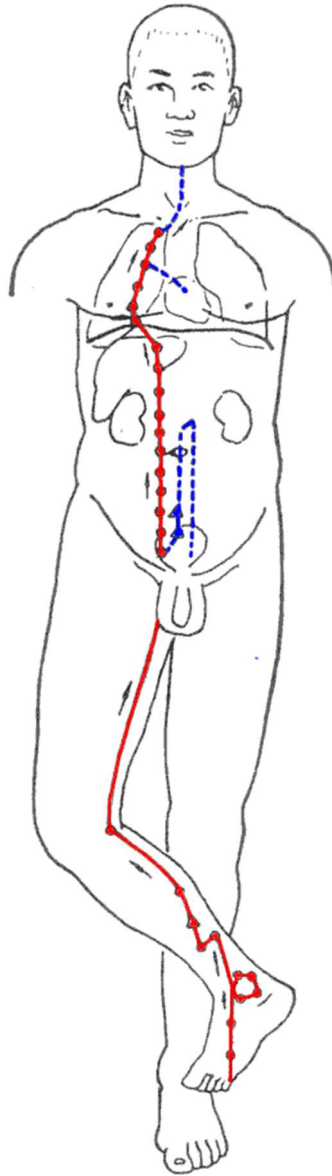




TCM BODY CLOCK VIII

By Chunchieh Bruce Sun, CAc, MSOM, Dipl OM



6. Kidney Meridian (5 PM to 7 PM)

The Kidney Meridian starts from the inferior side of the small toe. Crossing the middle of the sole and the arch of the foot, it circles behind the inner ankle and travels along the innermost side of the lower leg and thigh, until it enters the body near the base of the backbone. After connecting with the Kidney, it comes out at the pubic bone. Over the abdomen, it runs

externally upwards until it reaches the upper part of the chest (the inner side of the clavicle). A second branch emerges from the kidney and moves internally upwards and passes through the liver, diaphragm, lungs and throat, finally terminating at the root of the tongue. Another small branch divides from the lung to connect with the heart and the pericardium.

Kidneys are responsible for healthy reproductive functions, growth and development, defecation and urination. If there is an imbalance, one might suffer from chronic low back and knee pain, sexual difficulties, or premature graying of hair and related aging issues. Disharmony of the Kidney Meridian can also manifest as wheezing or coughing especially for elderly people because the kidneys work with the lungs to grasp the Qi. If there is insufficient nourishment and warming of the kidneys, symptoms like edema (swelling), constipation, or diarrhea can also occur. Pain in the groin and pharynx (throat), which are located along the meridian's pathway, can indicate a problem with the Kidney Meridian.

Keeping the feet, lower back and abdomen warm, is the one of the ways to tonify the Kidney meridian. Other ways include staying hydrated, doing foot soaks and massaging along the medial portion of the legs. Foods traditionally regarded as nourishing to the kidneys include black sesame seeds, seaweed, blackberries, raspberries, black beans, wild rice, walnuts, figs, and raisins.

©April2022, Chunchieh Bruce Sun, CAc, MSOM, Dipl OM offers acupuncture and Chinese medicine services at The Ommani Center. He's available for appointments on Mondays. Call our office at (262) 695-5311 to schedule an appointment. Bruce is always open to speaking with people in advance to discuss any care concerns.