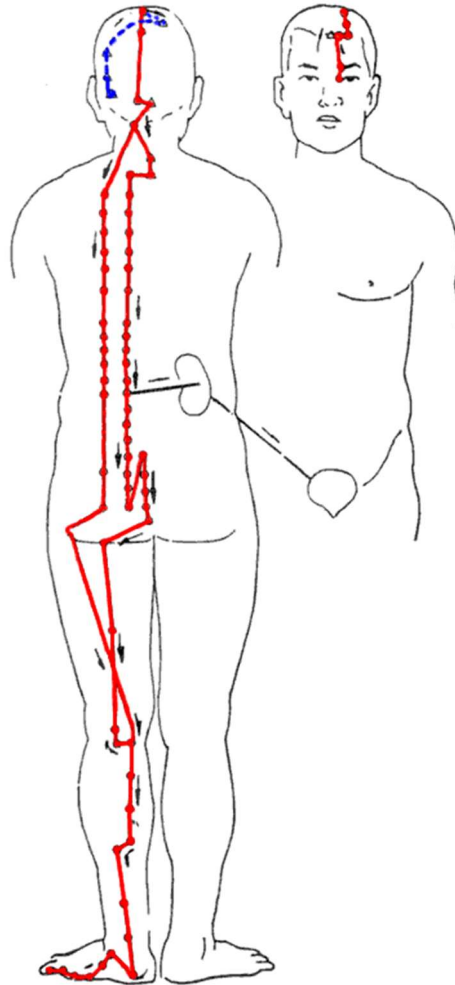




TCM BODY CLOCK VII

By Chunchieh Bruce Sun, CAc, MSOM, Dipl OM



6. Urinary Bladder Meridian (3 PM to 5 PM)

The Urinary Bladder Meridian is the longest meridian of the body. It originates at the inner side of the eye and goes across the forehead to reach the top of the head where it branches into the brain. The main channel then goes across the back of the head and divides into two branches. One branch crosses the center of the base of the neck and extends downwards parallel to the spine. Once in the lumbar region (bottom of the spine), it branches out to reach the urinary bladder. The other branch crosses the back of the shoulder and runs downward on the outside, which is adjacent and parallel to the inner branch. It continues down until it reaches the buttocks where two branches run across the back of the thigh along different pathways that join at the back of the knee. The joint meridian then continues along the back of the lower leg, circles behind the outer ankle, runs along the outside of the foot and

terminates on the lateral side of the tip of the fifth toe, where it connects with the Kidney Meridian.

Disharmony of the Urinary Bladder Meridian can lead to problems of TCM bladder dysfunction. It is often related to symptoms caused by external influences. Therefore, its disharmony can cause symptoms such as difficult urination, incontinence, painful eyes, runny nose, nose bleeding and nasal congestion. Pain in the head, neck, back, groin and buttock areas indicate disharmony in the Bladder Meridian pathway. A lot of people feel a decrease in energy level at this time of the day if they are dehydrated. Drinking hot or warm water with lemon during this time could be beneficial.

When the meridian itself is out of balance, there may be negative emotions such as jealousy, suspicion and inability to let go of grudges. The back and leg stretch exercise is helpful to maintain the Qi flow of the Urinary Bladder meridian.

©March2022, 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.