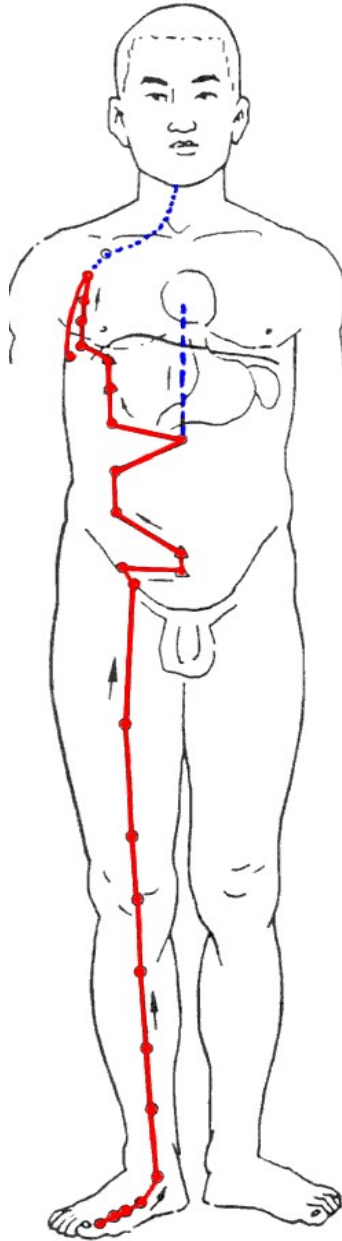




## TCM BODY CLOCK IV

By Chunchieh Bruce Sun, CAc, MSOM, Dipl OM



### 4. Spleen Meridian (9 AM to 11 AM)

The Spleen Meridian originates at the big toe and runs along the inside of the foot crossing the inner ankle. It then travels along the inner side of the lower leg and thigh. Once it enters the abdominal cavity, it internally connects with the spleen and continues upward to reach the

Heart Meridian. Externally, the Spleen Meridian continues moving toward the chest and branches out to reach the throat and the root of the tongue.

The TCM Spleen has a wide range of functions from digestion to muscle tone to sensuality. The Spleen manufactures Qi from our food. The Spleen's role is to transform and transfer nutrition. For this reason, the Spleen is called the source of postnatal energy (acquired Qi).

If the Spleen Meridian does not function properly, symptoms like abdominal distention, loose stools, diarrhea, epigastric pain, flatulence and a heavy sensation in the body occur. In addition, symptoms such as pain at the root of the tongue, swelling of the inner side of the lower limb may also indicate disharmony of the Spleen Meridian.

Nourishing the Spleen includes eating warm foods and lightly cooked vegetables, eating meals at regular times of the day, chewing food well, doing one thing at a time, and living more mindfully. Cold and raw food, dairy products, overeating, irregular mealtimes, chaotic schedules, worry, thinking too much, and multi-tasking weaken the Spleen Qi.

Patting and rubbing along the Spleen Meridian pathway benefits the Spleen functions and eases the issues related to imbalances of the Spleen Qi.



©December2021, 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.