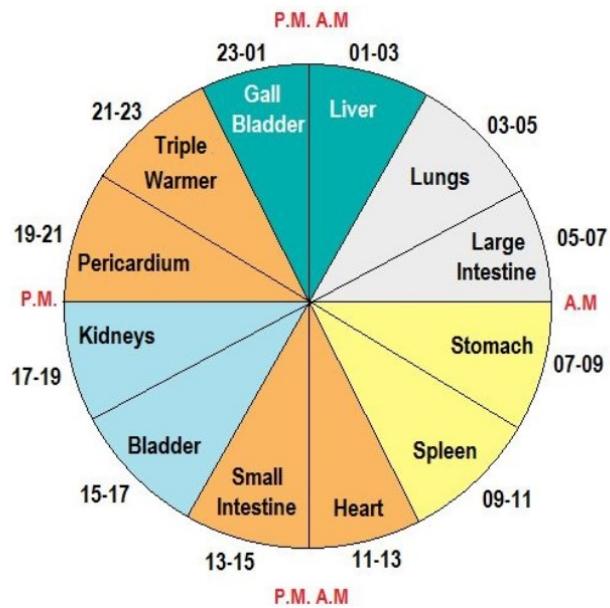




# TCM BODY CLOCK I & II

By Chunchieh Bruce Sun, CAc, MSOM, Dipl OM



According to Chinese medicine theory, our body consists of an energy network called the meridian system. There are twelve regular meridians that make up the main part of the meridian system. The twelve meridians have lateral and symmetrical distribution on the head, face, trunk and limbs and distribute symmetrically on both sides of the body and are paired with their corresponding internal organs/body tissues. They connect the whole body, supply Qi to all over the body and maintain the physical, mental and spiritual balance.

Qi is more prevalent in different meridians at different times. As the picture shows, for example, from 3 AM to 5 AM, meridian Qi mainly flows through the Lung Meridian and enters the Large Intestine Meridian at 5am-7am, and then the Stomach Meridian from 7am-9am. In this way, the meridian cycle is continuous as the Qi flows through the body starting from the abdominal area to arms, head, then down to toes and back to the abdominal area over and over.

## 1. Lung Meridian (3 AM to 5 AM)

The Lung Meridian originates from the abdominal area, then runs downwards connecting with the large intestines. It then goes upwards and passes through the diaphragm to connect with the lungs. It branches out from the armpit and runs down along the thumb side to the tip of the thumb.

When Lung Qi is weak, people might wake up constantly during 3 AM to 5 AM, sigh often and/or typically suffer from a cold, asthma, allergies, wheezing or coughing.

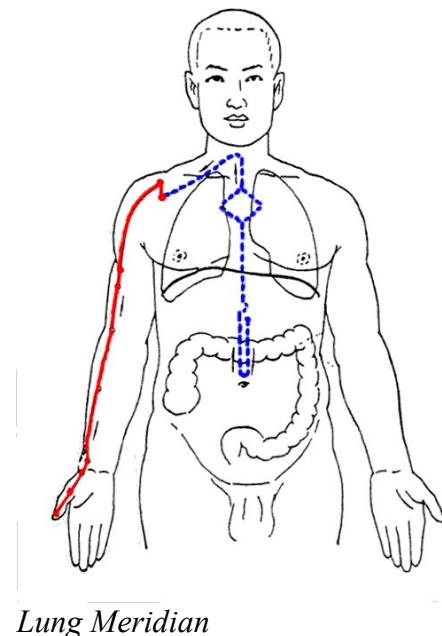
The Lung Meridian is more directly involved with grief. A normal and healthy expression of grief can be expressed as sobbing that originates in the depths of the lungs - deep breathes and the expulsion of air with the sob. However, when unresolved grief becomes chronic, it can create disharmony in the lungs and weaken the Lung Qi. This in turn can interfere with the lung's function of circulating Qi around the body.

The Lung Meridian maintenance methods could be done by:

1. letting one arm relax naturally and forward the palm
2. the other hand patting and/or rubbing from the position of the upper chest, shoulder, along the outer side of the arm, all the way to the tip of the thumb,

By doing so, it can help supplement Lung Qi and nourish the Lung Meridian.

Foods that are nourishing for lungs include sesame, honey, apple, papaya, almond and pear.

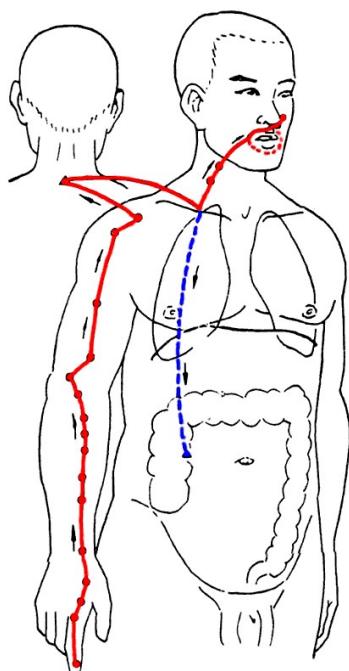


## 2. Large Intestines Meridian (5 AM to 7 AM)

The Large Intestine Meridian originates from the tip of the index finger and runs between the thumb and the index finger. It then goes along the line of the forearm to the upper arm and reaches to the top of the shoulder. From there, it has two branches. One goes down internally towards the lungs, diaphragm and connects the large intestines. The other goes externally upwards to the neck and cheek, and enters the lower teeth and gums. It then curves around the upper lip and crosses to the opposite side of the nose.

Disharmony of the Large Intestine Meridian is about letting go. This is the best time to have a bowel movement. If you feel emotionally stuck, you might be suffering from constant ingestion, dry stools, constipation or have skin rash.

Drinking plenty of warm water at this time keeps you from getting constipated, gaining weight, looking and feeling older and improves your overall health. Abdominal massage and rubbing along the meridian pathways are also recommended.



©October2021/April2021, Chunchieh Bruce Sun, CAc, MSOM, Dipl OM is offering acupuncture and Chinese medicine services to patients who are free of symptoms at Ommani. He's available 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 care concerns.