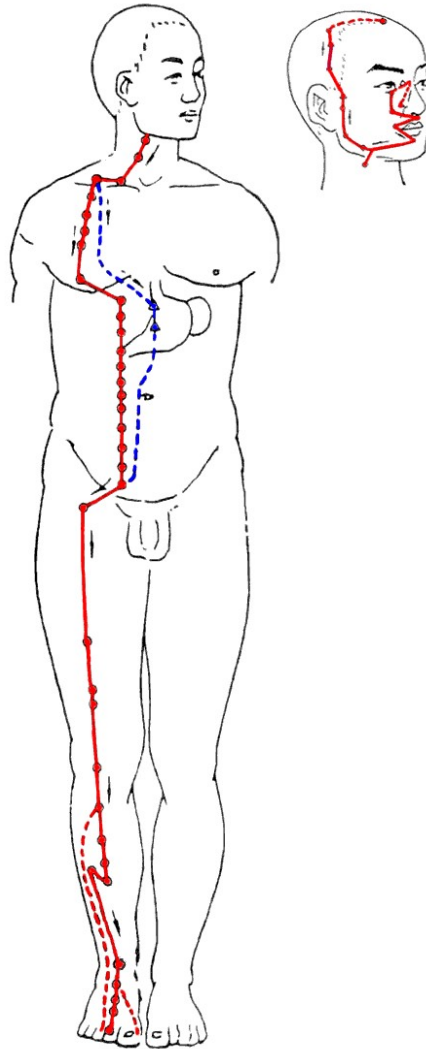




## TCM BODY CLOCK III

By Chunchieh Bruce Sun, CAc, MSOM, Dipl OM



### 3. Stomach Meridian (7 AM to 9 AM)

The Stomach Meridian originates from the end of the Large Intestine Meridian at the side of the nose, and passes through the inner corner of the eye to emerge from the lower edge of the eye. It goes downwards and enters the upper gum and curves around the lips and lower jaw. It then turns upwards, passing in front of the ear, until it reaches the corner of the forehead where it splits into an internal and external branch. The internal branch emerges from the lower jaw, running downwards until it reaches the stomach. The external branch crosses the neck, chest, abdomen and groin, then goes downward along the front of the thigh and the lower leg, until it reaches to the lateral side of the tip of the second toe. Another branch emerges from the top of the foot and ends at the big toe to connect with the Spleen Meridian.

The stomach helps break down and digest food. The morning is the best time to eat a healthy and hearty breakfast for long-lasting energy throughout the day. Chewing your food for longer with a positive mood also improves the stomach's ability to digest your food.

Symptoms of the imbalance of the Stomach Meridian can include acid reflux, nausea and vomiting, a stomachache, bad breath and excess hunger. Other related symptoms can include Bell's palsy, a sore throat, nosebleeds, or pain in the chest or knee.

Starting the day with a warm healthy breakfast of rice, grains, yams, potatoes or oatmeal can strengthen the Stomach Meridian Qi. Patting and rubbing the legs along this meridian pathway can also benefit the stomach's function. Overeating, on-going skipping meals or eating in a rush weakens the stomach's ability to function optimally.

©November2021, 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.