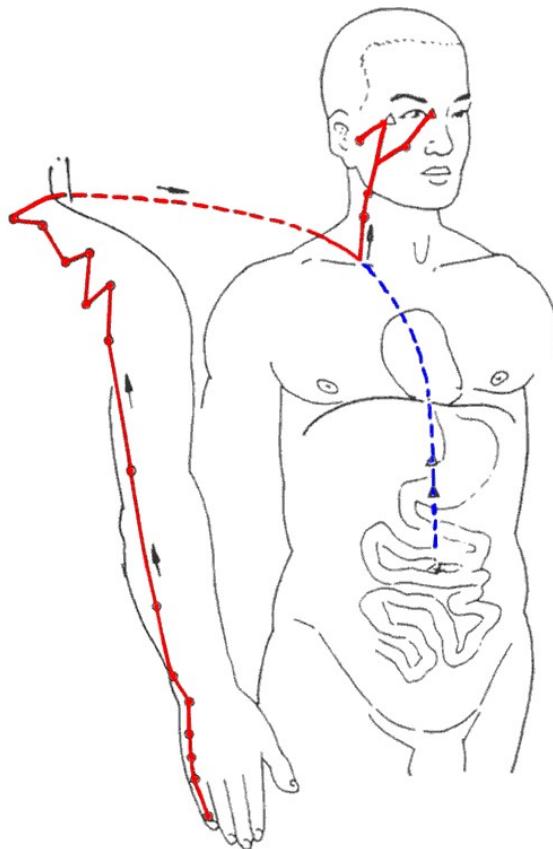




## TCM BODY CLOCK VI

By Chunchieh Bruce Sun, CAc, MSOM, Dipl OM



### 6. Small Intestine Meridian (1 PM to 3 PM)

The Small Intestine Meridian starts from the tip of the little finger and crosses the palm and wrist. It runs upwards along the posterior side of the forearm until it reaches the back of the shoulder where it ends at the uppermost part of the back (the bottom of the neck). At this position, it first branches off and moves internally through the heart and stomach to reach the small intestine. The second branch travels externally across the neck and cheek until it reaches the outer corner of the eye and then enters the ear. A short branch in the cheek moves upward to the inner corner of the eye where it connects with the Bladder Meridian.

The small intestine separates clear and turbid fluids and moves them to the bladder and large intestine. Signs of imbalance include feelings of bloating, gas and a feeling of fullness when not eating. Other symptoms along its pathway include a swollen chin, stiff neck, sore throat, hearing problems, yellow eyes, and pain along the shoulder, shoulder blades, upper arms, elbows and forearms.

The small intestine meridian is particularly sensitive to cold. Eating frequently cold and raw foods can actually lead to problems in the small intestine such as pain around the navel, watery diarrhea or loose stools, frequent urination and loud gurgling sounds in the abdomen.

In TCM, the Small Intestine influences one's mental clarity, judgment, and powers of discernment. The ability to distinguish relevant issues with clarity before making a decision is attributed to the Small Intestine. Massage along the Small Intestine meridian pathway especially along the arm portions can balance this meridian's Qi or energy flow.

©February2022, 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.