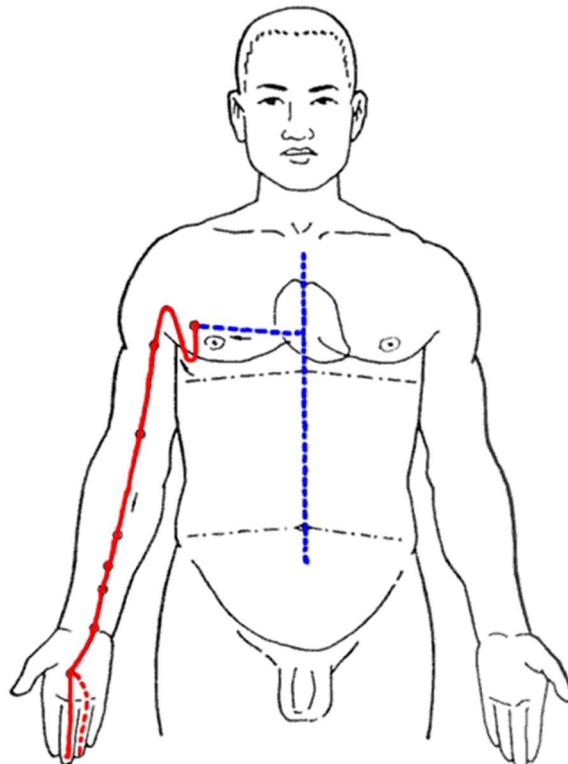




## TCM BODY CLOCK IX

By Chunchieh Bruce Sun, CAc, MSOM, Dipl OM



### 9. Pericardium Meridian (7 PM to 9 PM)

The Pericardium Meridian starts from the chest, leaves the pericardium (the lining surrounding the heart) and runs downwards through the diaphragm to connect with the triple warmer (upper, middle and lower warmer). A branch rising from the chest emerges from the lower chest region and travels upwards to the armpit. From the center medial aspect of the upper arm, it makes its way down between the lung and heart channels, until it reaches the elbow crease. It then runs down the forearm and enters the palm ending at the tip of the middle finger. Another short branch splits off from the palm to connect with the Triple Warmer Meridian at the end of the ring finger.

The Pericardium Meridian is the heart's protector. The pericardium provides the heart with physical protection, its energy also protects the heart from damage and disruption by excessive emotional energies generated by the other organs, such as anger from the liver, fear from the kidneys, or grief from the lungs. Extreme or long-lasting outbursts of the emotions can be the causes of disease. Without the pericardium to protect it, the heart would be subject to damage from the strong fluctuations in energy caused by emotional ups and

downs of the day.

Disharmony of the Pericardium Meridian includes heartache (precordial pain), chest discomfort, palpitations and an oppressed feeling in the chest. Pericardium Meridian disorders are related to mania. In addition, swelling of the axilla and spasms of the elbow and arm can indicate a problem in this meridian, since it passes through these areas.

Avoid fluctuating emotions, overeating dinner and intense activities at night. Gentle stretching or light reading at this time to ease the mind into a good night sleep. Massaging along the meridian around the forearm area can help ease the mind and improve flow along the Pericardium Meridian.

©May2022, Chunchieh Bruce Sun, CAc, MSOM, Dipl OM offers acupuncture and Chinese medicine services at The Ommani Center. He's available for appointments on Mondays and every other Thursday. 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.