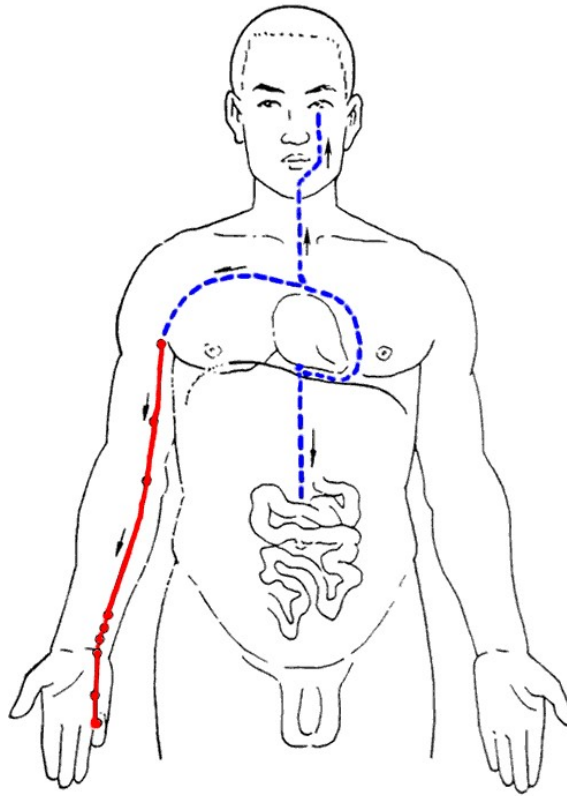




## TCM BODY CLOCK V

By Chunchieh Bruce Sun, CAc, MSOM, Dipl OM



### 5. Heart Meridian (11 AM to 1 PM)

The Heart Meridian begins at the heart, and divides into three branches. The first goes downwards towards the small intestine. The second runs upwards along the throat towards the eyes, and the third branch emerges around the armpit area and runs along the ulnar side of the arm, wrist and palm, and ends at the inside tip of the fifth finger where it connects with the Small Intestine Meridian.

The heart houses the spirit which keeps us calm. When the Heart Meridian Qi is in balance, we feel love and joy. The heart meridian is most active during midday hours, between 11 am and 1 pm. This is the best time to have lunch.

Disharmony of the Heart Meridian can lead to discomfort around the location of the heart, palpitations, a scattered and confused mind, and feelings of guilt and longing. Pain in the inner side of your forearm and heat in the palm of your hand may also indicate problems in this meridian.

Taking a nap after lunch for 10 to 15 minutes is great for nourishing the Heart Meridian Qi.

Avoid drinking alcohol between 11 am and 1 pm, when the Heart Meridian is most active. Foods such as beets, cherries, strawberries, kidney beans, dark leafy greens and red meats are good for nourishing the Heart Meridian.

Massaging along the ulnar side of the arm can ease the mind, improve your quality of sleep and relieve uncomfortable feelings around the chest resulting from imbalances in the Heart Meridian Qi.

©January2022, 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.