

Energy (Meridian System) Body Clock

Time	Organ/Gland	Emotion	Commentary	Spinal	Reference
5-7 am	Large Intestine	Guilt	Drinking Water Triggers bowel movement making room for the new day's nutritional intake. Removes toxins from night's cleansing.	L1	Metal White
7-9 am	Stomach	Disgust	Stomach energies are the highest, so eat the most important meal of the day here to optimize digestion/assimilation.	T6	Earth Yellow
9-11 am	Pancreas / Spleen	Jealousy/Worry Low Self Esteem	The stomach passes its contents on. Enzymes from the pancreas continue the digestive process. Carbohydrate energy made available.	T7	Earth=20 Yellow
11 am – 1 pm	Heart	Joy	Food material enters the blood stream. The heart pumps nutrients throughout the system and takes its lipid requirements.	T2	Fire Red
1-3 pm	Small Intestine	Insecurity Vulnerable/Gullible	Foods requiring longer digestion times (proteins) complete their digestion/assimilation.	T12	Fire Red
3-5 pm	Bladder	Irritation	Metabolic wastes from morning's nutrition intake clear, making room for the kidneys filtration to come.	L3	Water Blue
5-7 pm	Kidney	Fear	Filters blood (Decides what to keep, what to throw away), maintains proper chemical balance of blood based on nutritional intake of day. Blood to deliver useable nutrients to all tissues.	T10, T11	Water Blue
7-9 pm	Pericardium Circulation	Unresponsive Hurt/Extreme Joy	Nutrients are carried to groups of cells (capillaries) and to each individual cell (lymphatics).		Fire Red
9-11 pm	Triple Warmer	Hopelessness Confusion/Paranoia	The endocrine system adjusts the homeostasis of the body based on electrolyte and enzyme replenishment.		Fire=20 Red
	Pineal	Intuitive			
	Pituitary	Analytical		C1	
	Thyroid	Self-pity		C7	
	Thymus	Self-esteem			
	Pancreas	Sympathy		T7	
	Prostate/Uterus	Lack of Love		L3, L4	
	Testes/Ovaries	Inadequacy		L3	
11 pm - 1 am	Gall Bladder	Bitterness Resentment	Initial cleansing of all tissues, processes. Cholesterol enhances brain function.	T4	Wood=20 Green
1-3 am	Liver	Anger / Frustration	Cleansing of blood. Processing wastes.	T5	Wood Green
3-5 am	Lungs	Grief	Respiration. Oxygenation. Expulsion of waste gasses.	T3	Metal White