YOUR BODY’S CLOCK

SYMPTOMS OF UNBALANCED BODY:

5:00-7:00AM – LARGE INTESTINE - Physical level: constipation, diarrhea, abdominal pain, sore throat, tooth ache, runny nose, nose bleeds, finger numbness, tinnitus, deafness. Emotional & mental level: guilt, defensiveness, feeling stuck, difficulties in letting go of situations/ places/ people. Avoid caffeine. Drink a large glass of warm water with lemon.

7:00-9:00AM – STOMACH - Physical level: no appetite in the morning, stomach pain, fluid retention & swelling, vomiting, nose bleeding, sore throat, bleeding gums, facial paralysis, lack of appetite, constant hunger, constipation. Emotional & mental level: despair, disgust, problems with healthy eating habits. Eat breakfast with protein.

9:00-11:00AM – SPLEEN - Physical level: sweet craving, tiredness, bloating, sluggishness, poor appetite, lack of thirst, vomiting, diarrhea, weakness, anemia, yellow skin/ eyes, allergies, problems with spleen/ pancreas. Emotional & mental level: difficulties concentrating, jealousy, worry, low self esteem, disappointments. Spleen is associated with mental powers and supports metabolism. Work and be active.
11:00AM-1:00PM – HEART - **Physical level:** heart problems, abnormal heartbeat, thirst, bitter taste in mouth, yellow skin/ eyes, red complexion, incoherent speech. **Emotional & mental level:** frightfully sad, restlessness, lack of passion/ inspiration/ joy, uncontrollable crying/ laughter, mental confusion, poor memory/ concentration, bipolar disorder. Enjoy conversations, be social, don’t overwork your heart. Be of service, reach out to others.

1:00-3:00PM – SMALL INTESTINE - **Physical level:** energy crash, pain in the lower abdomen, stiff neck, hearing problems, yellow eyes, sore throat, swollen chin/ face, facial paralysis, pain in shoulder/ arm/ elbow. **Emotional & mental level:** insecure, gullible, vulnerable, feeling of abandonment. Solve problems and get organized. Don’t reach for caffeine and sugar, eat healthy.

3:00-5:00PM – BLADDER - **Physical level:** headaches, pain in the neck/ back/ along the back of the leg, problem with bladder, eye problems, night blindness, color blindness, red/ swelling/ itching eyes, facial paralysis. **Emotional & mental level:** timidity, irritation. Drink tea! To detox your body, drink a lot of water between 3-5pm.

5:00-7:00PM – KIDNEYS - **Physical level:** tired, poor circulation, cold limbs, incontinence, night time urination, night sweats, dry throat, asthma, constipation, diarrhea, poor appetite, dizziness, tinnitus, lowering of the libido, weak back/ knees. **Emotional & mental level:** anxious, fear, terror, poor memory, insomnia, stressed out. Eat dinner and restore your energy, Meditate, restore. Blood pressure usually peaks at this time.

7:00-9:00PM – PERICARDIUM - **Physical level:** heart & chest pain, abnormal heartbeat, red face, armpit swelling, elbow spasm. **Emotional & mental level:** mental & emotional problems, unresponsive, inability to express emotions, depleted, hurt, extreme joy, mania. Pericardium is responsible for circulation and associated with brain and reproductive organs. Best time to flirt, get pregnant, soak feet, massage arch of both feet, body temp rises.

9:00-11:00PM – THYROID & ADRENALS - **Physical level:** stiff neck, water retention, urinary difficulties, incontinence, problems with ears/ eyes/ chest/ throat, tinnitus, abdominal swelling, swelling of cheek, diseases of the thyroid and adrenal glands, pain in the shoulder/ arm. **Emotional & mental level:** confusion, hopelessness, paranoia. Relax and chill out, Don’t think too deeply, relax and read, avoid eating after 9 pm.

11:00PM-1:00AM – GALLBLADDER - **Physical level:** migraine, headaches, dizziness, nausea, frequent sighing, bitterness in the mouth, gall bladder problems, yellow skin/ eyes, ear diseases, pain in jaw/ outer corner of the eyes, hip problems. **Emotional & mental level:** resentment, bitterness, indecisiveness, mental illness. Sleep and regenerate. If you have pains, nausea, etc. you need to do a gallbladder cleanse.

1:00-3:00AM – LIVER - **Physical level:** blurred vision, low back pain, PMS, pain in the lower abdomen, hernia, diarrhea, constipation, nausea, red face/ eyes, vomiting, breast tenderness, painful/ irregular menstruation, liver problems. **Emotional & mental level:** rage, irritability, frustration, depression. If you wake during these hours it’s because the liver is overwhelmed by the detoxing process. Cleanse liver and clean up your diet: no alcohol, drugs, sugars, etc.

3:00-5:00AM – LUNGS - **Physical level:** Cough, respiratory problems, shortness of breath, asthma, sore throat, catching colds easily, stuffy/ runny nose, sweating, pale, weak voice, shoulder/ back pain. **Emotional & mental level:** grief, sadness.