

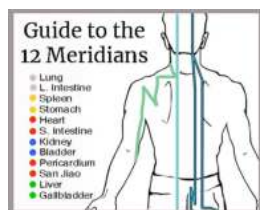
A Simple Guide To 12 Hours Meridian Health That Will Transform Your Well-being

Have you ever heard about the concept of 12 hours meridian health? If not, you are in for a treat! This simple guide will introduce you to the amazing benefits and practices associated with meridians and how they can positively impact your overall well-being.

What are Meridians?

Meridians are energy channels that run throughout our bodies. According to traditional Chinese medicine (TCM), there are 12 main meridians that connect to specific organs and systems. These meridians create a network of energy flow, allowing for the proper functioning of our physical and mental states.

Each meridian has a two-hour time frame during which it is the most active. This means that, within a 24-hour period, each meridian has its peak moment where its energy is more concentrated.



A Simple Guide to 12 Hours Meridian Health: Chinese Secrets of A Longer and Healthier Life Learn Important Acupuncture Points and Wisdoms of living according to Time of a day

by Wendy Gorton (Kindle Edition)

★★★★★ 5 out of 5

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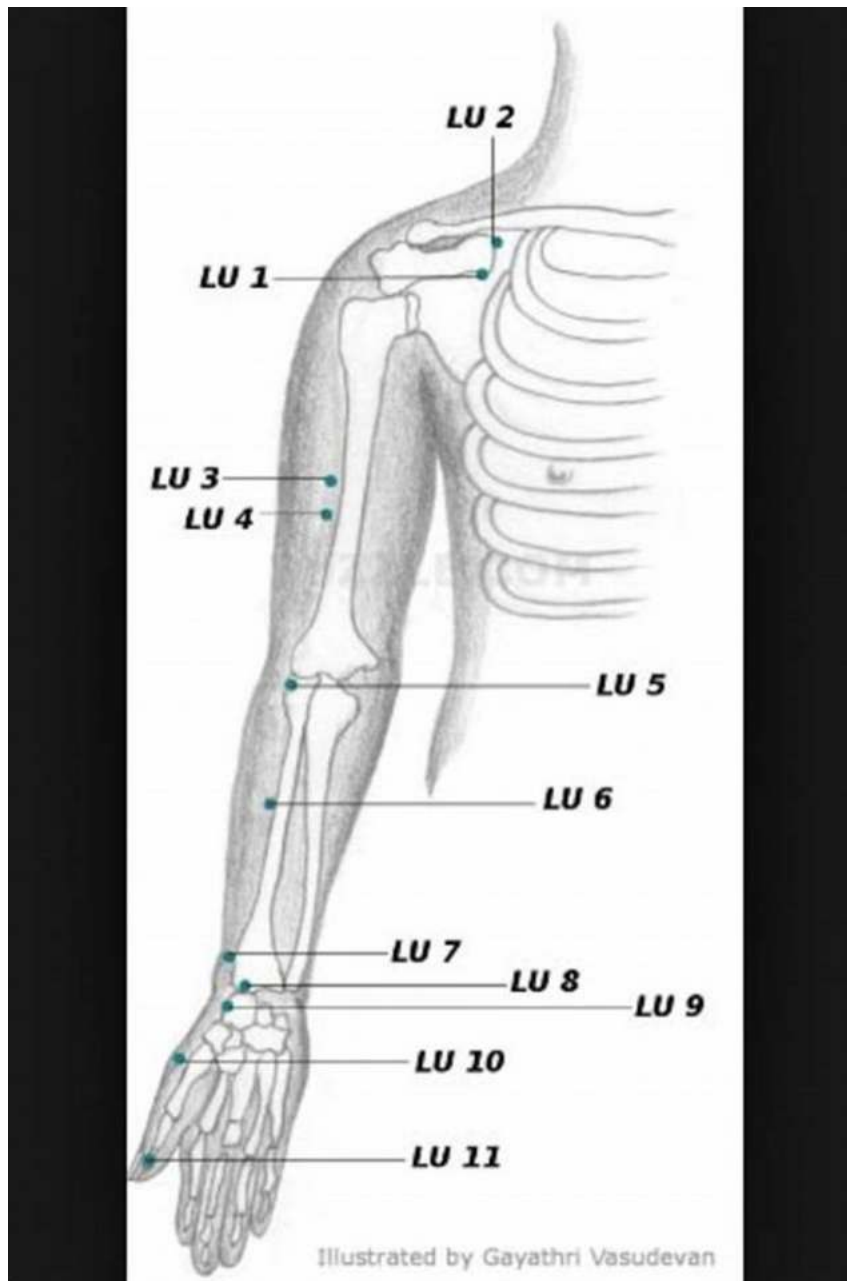
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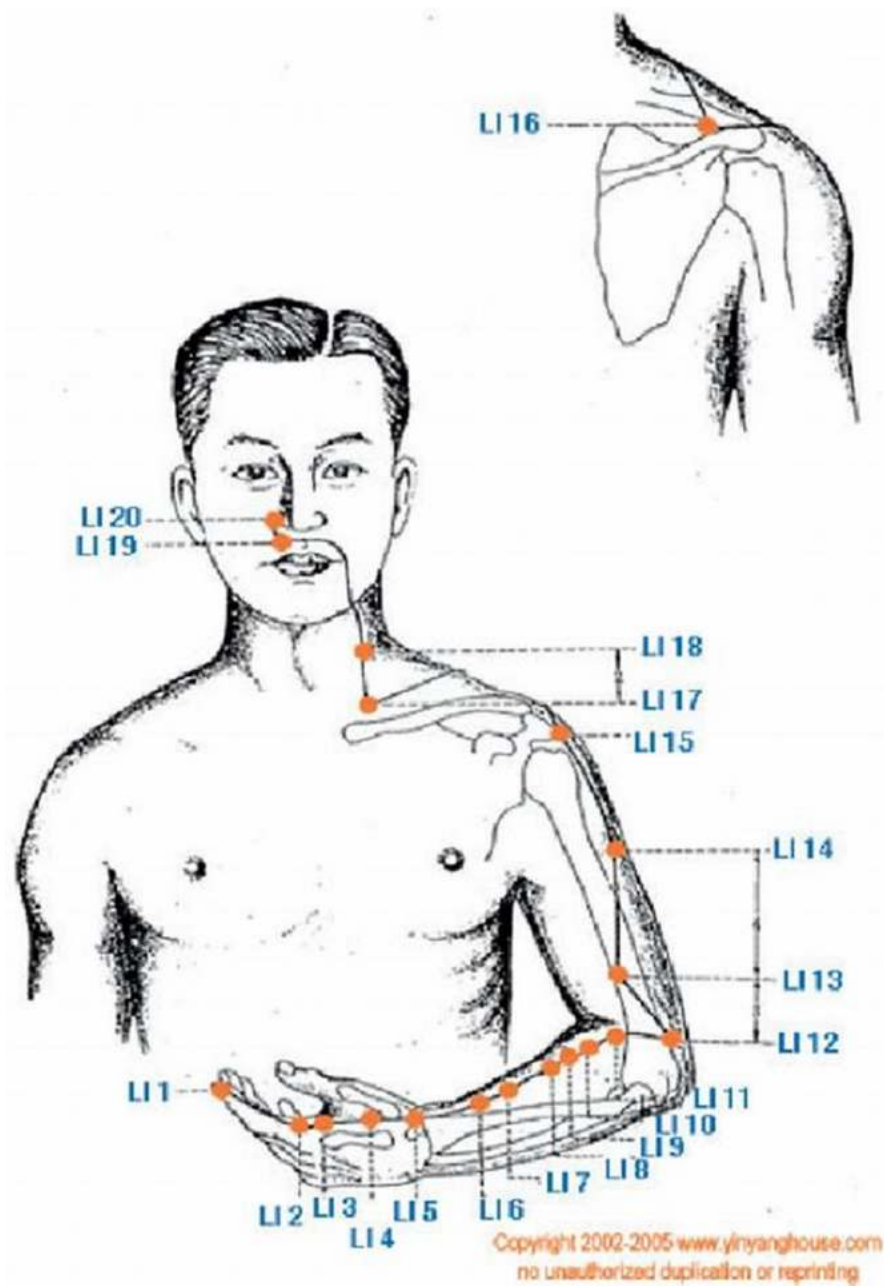


The 12 Meridians and Their Active Periods

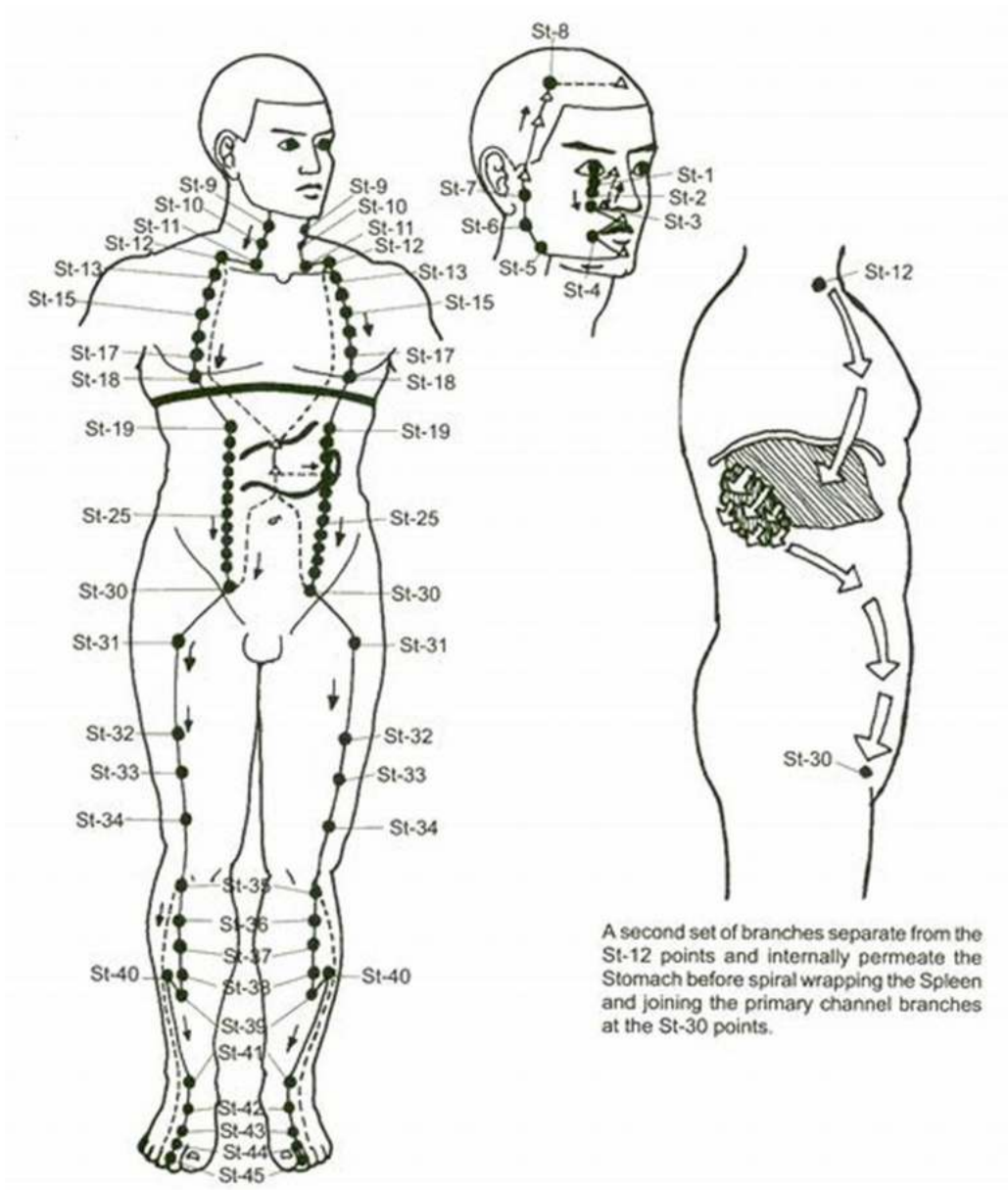
1. The Lung Meridian (3 am – 5 am): This meridian is associated with the respiratory system and emotions such as grief and sadness.



2. The Large Intestine Meridian (5 am – 7 am): This meridian helps eliminate waste and toxins from the body.

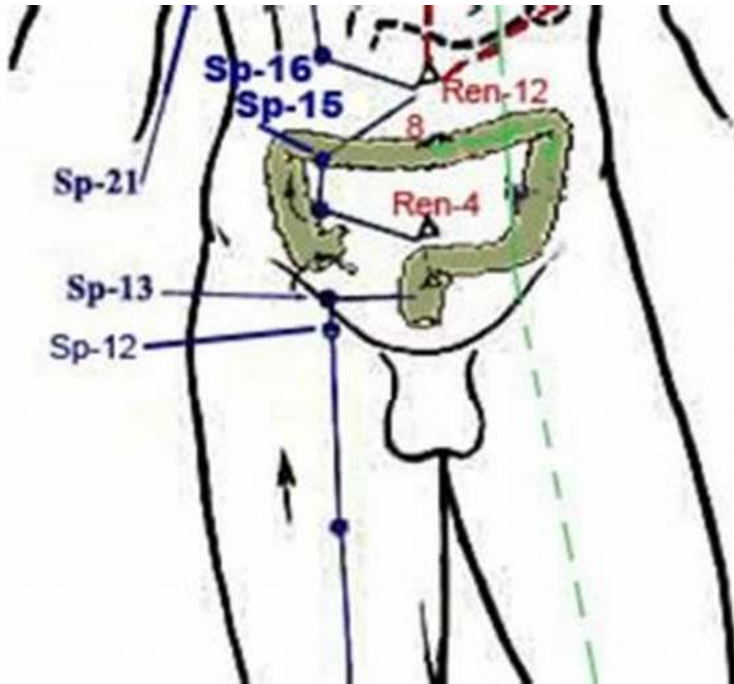


3. The Stomach Meridian (7 am – 9 am): This meridian influences digestion and nourishment. It is also connected to worry and overthinking.



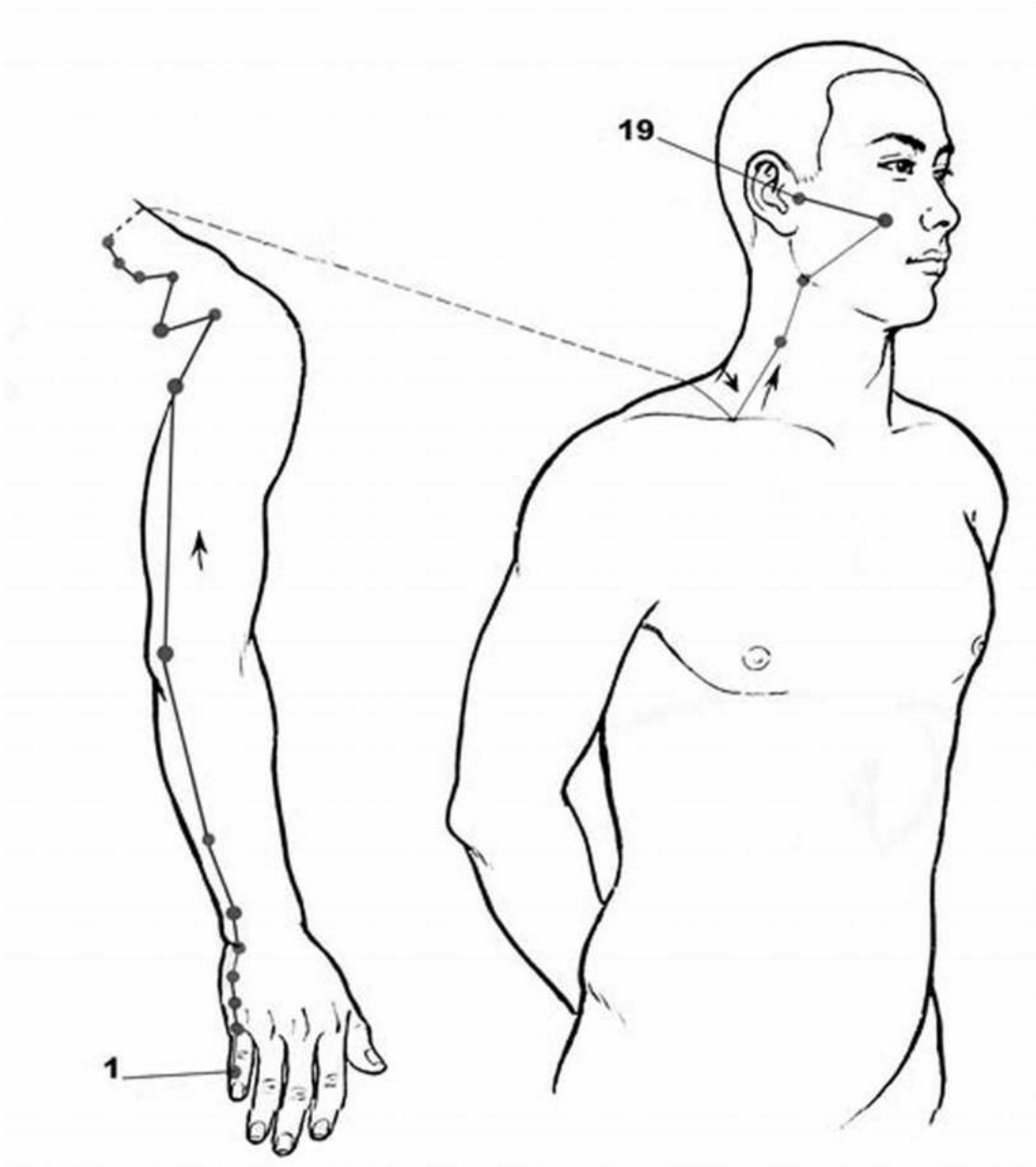
The Internal and External Qi Flow of the Stomach (St) Channels

4. The Spleen Meridian (9 am – 11 am): This meridian is responsible for digestion, metabolism, and transforming food into energy.

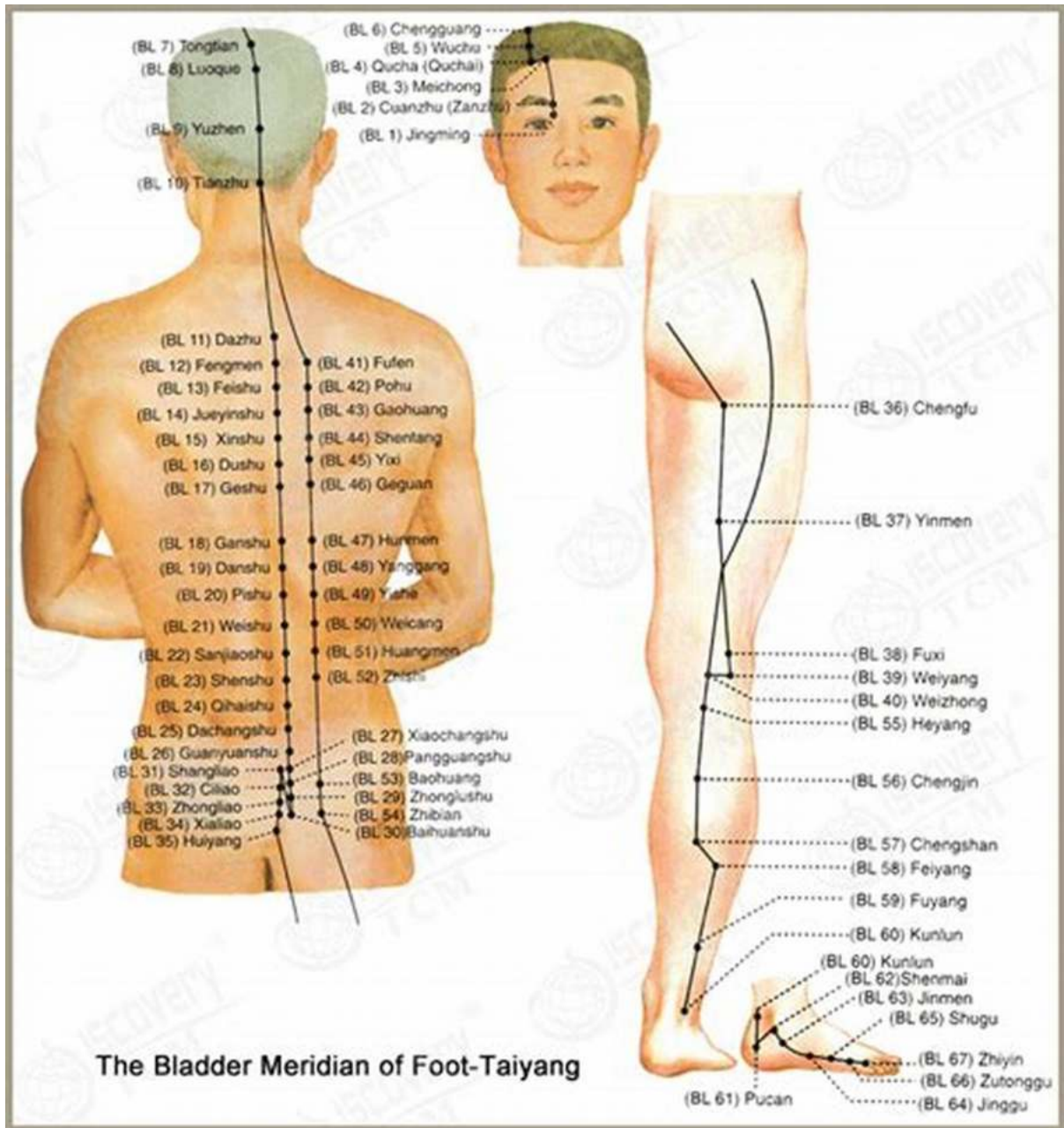


Symptoms: pain at the root of the tongue, body unable to move, anorexia, vexed heart, acute pain in the heart, watery stool, dysentery, anuria, face and body turn yellow, restless sleep, swollen+cold knee or thigh, big toe unable to move.

5. The Heart Meridian (11 am – 1 pm): This meridian is connected to cardiac health and emotional well-being.



7. The Bladder Meridian (3 pm – 5 pm): This meridian is associated with the urinary system and the release of stress hormones.



The Bladder Meridian of Foot-Taiyang

8. The Kidney Meridian (5 pm – 7 pm): This meridian influences kidney function, vitality, and aging.

Kidneys Functions in Chinese Medicine



Govern birth, growth, reproduction and development

Control the lower orifices



Open into the Ear

Manifest on the Hair



Receive Qi from Lung



Govern Water



Store Essence

Ming Men Fire Gate of Vitality



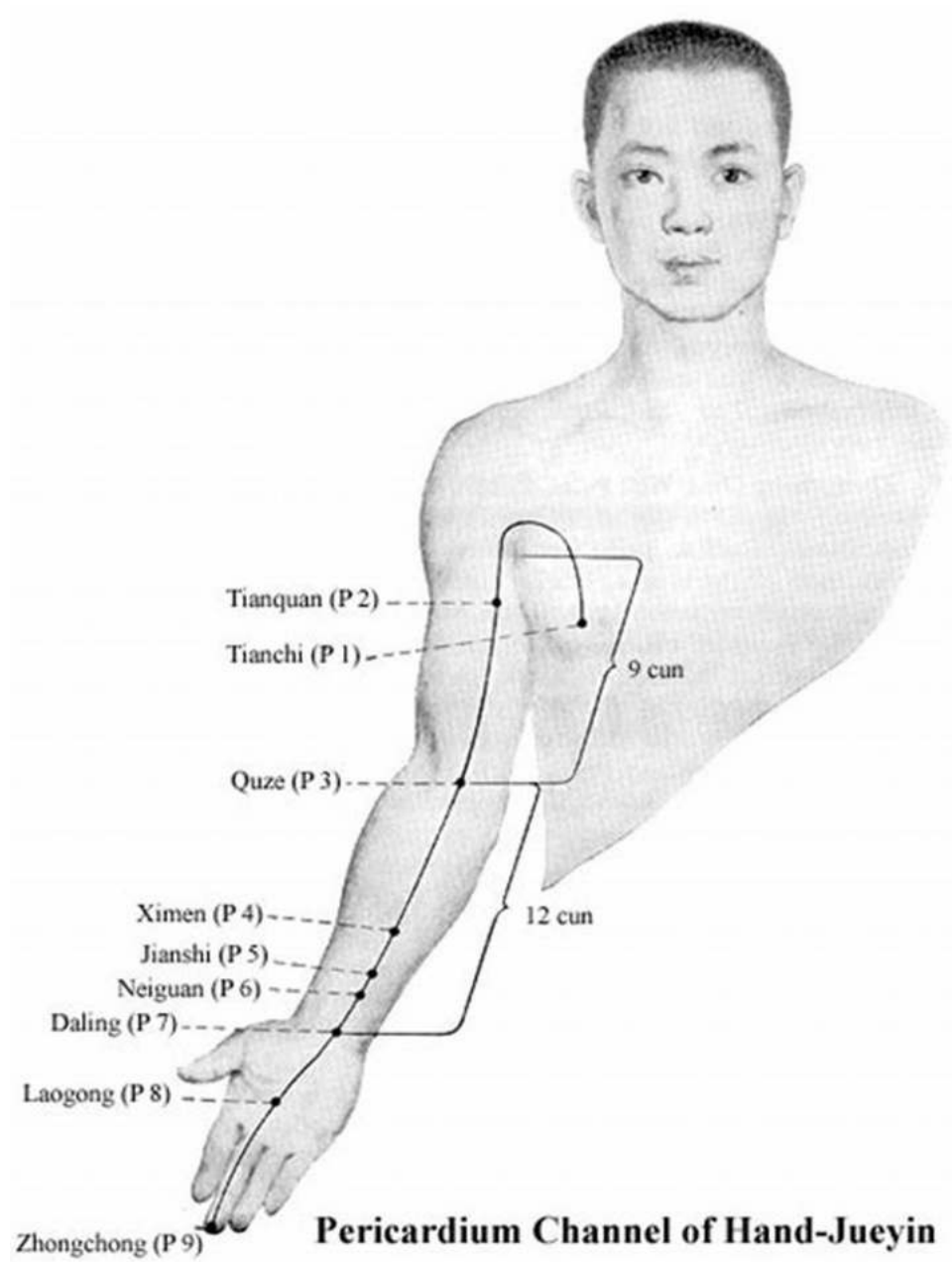
House willpower



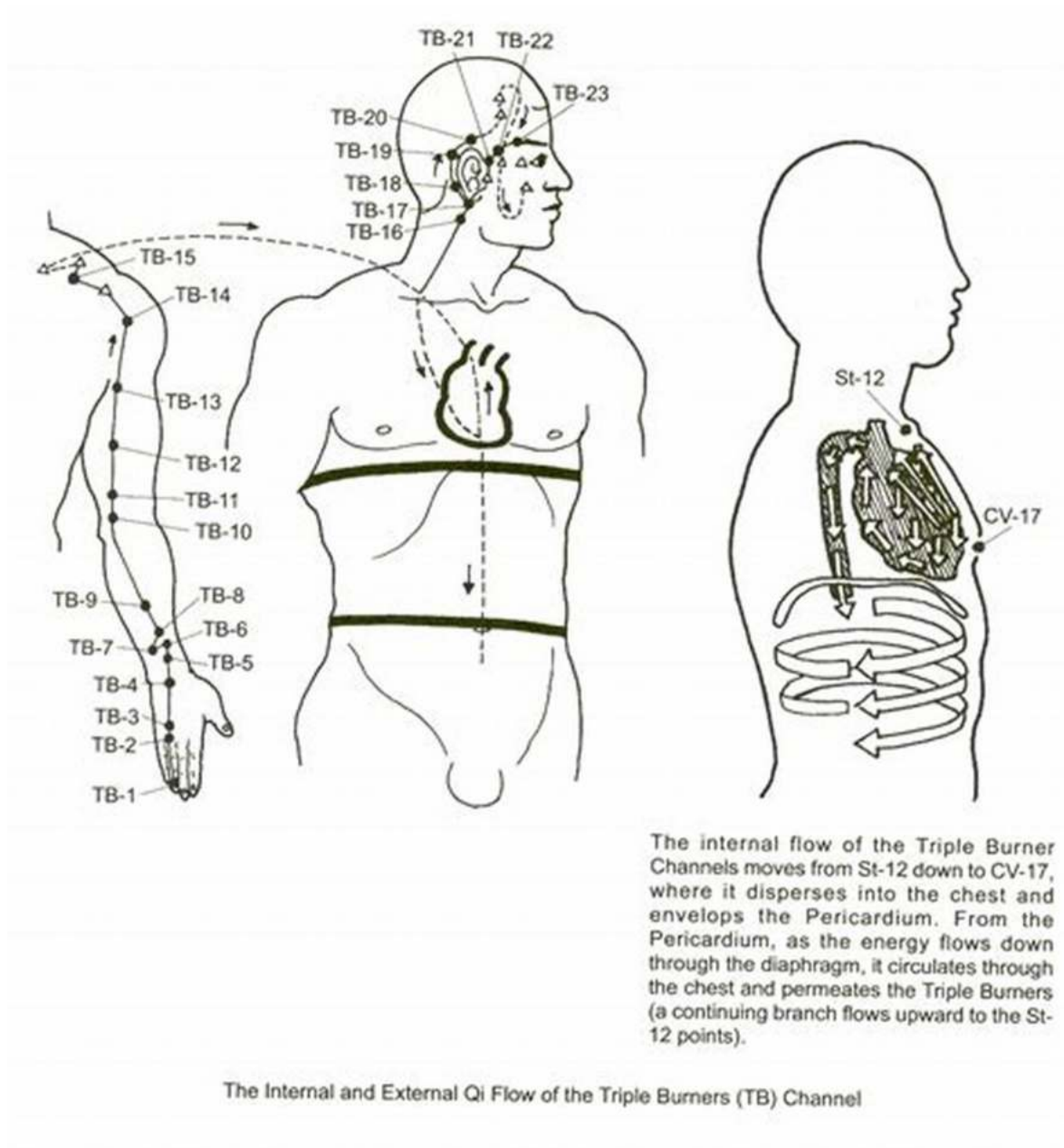
Produce Marrow, fill up the brain, control bones



9. The Pericardium Meridian (7 pm – 9 pm): This meridian is connected to heart health and is responsible for emotional balance.



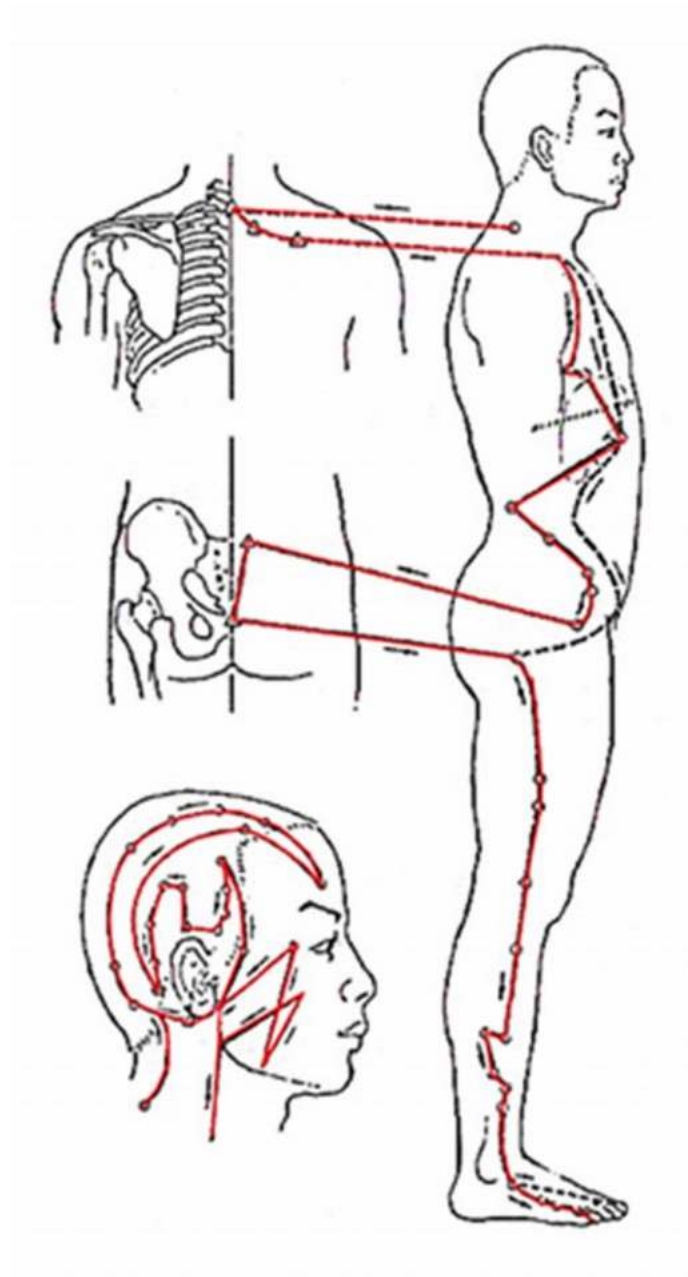
10. The Triple Heater Meridian (9 pm – 11 pm): This meridian regulates body temperature, metabolism, and hormonal balance.



The internal flow of the Triple Burner Channels moves from St-12 down to CV-17, where it disperses into the chest and envelops the Pericardium. From the Pericardium, as the energy flows down through the diaphragm, it circulates through the chest and permeates the Triple Burners (a continuing branch flows upward to the St-12 points).

The Internal and External Qi Flow of the Triple Burners (TB) Channel

11. The Gallbladder Meridian (11 pm – 1 am): This meridian is associated with decision-making and the break-down of fats and cholesterol.



12. The Liver Meridian (1 am – 3 am): This meridian influences liver detoxification and overall vitality.



The Importance of Balancing Meridians

When our meridians are in balance, our energy flow is harmonious, leading to a healthier body and mind. However, when there is an imbalance in the meridians, it can result in various physical and emotional ailments.

By understanding the active periods of each meridian, we can take proactive steps towards balancing them. This can be achieved through practices such as

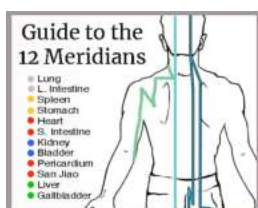
acupuncture, acupressure, meditation, yoga, and specific exercises aimed at stimulating the meridians.

How to Enhance Your Meridian Health

1. Identify imbalances: Pay attention to any physical or emotional symptoms you may be experiencing and associate them with the corresponding meridians. This can help you pinpoint imbalances and take appropriate steps for balance restoration.
2. Optimize sleep patterns: Since the meridians are most active during specific timeframes, it is crucial to have quality sleep during these periods. Aligning your sleep patterns with the active meridians improves their flow.
3. Exercise mindfully: Incorporate exercises that stimulate specific meridians into your fitness routine. For example, t'ai chi and qigong are ancient Chinese practices that target the meridians and improve energy flow.
4. Balancing practices: Explore alternative therapies like acupuncture and acupressure, which help alleviate energy blockages and restore balance in the meridians.
5. Eat a balanced diet: Consume foods that are aligned with each meridian's active period. Foods rich in nutrients associated with specific meridians can enhance their overall function.

Understanding and nurturing your meridian health can be a transformative journey towards optimizing your overall well-being. By leveraging the knowledge of the 12 meridians and their active periods, you can take proactive steps to ensure the harmonious flow of energy throughout your body, leading to a healthier and more balanced life.

So, embrace this simple guide to 12 hours meridian health and unlock the power of ancient wisdom to transform your well-being!



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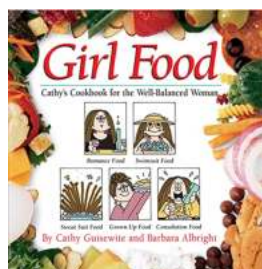
Dating back to ancient Chinese history, traditional Chinese medicine theory has emphasized the importance of hourly and seasonal human behavior according to the cycles of the earth and sky.

The Inner Canon of Huangdi states the importance of “spring birth, summer growth, autumn harvest, and winter storage,” and how each season enables a specific point of health preservation in the human body. Other than the four seasons in a year, ancient Chinese medicine theorists have also studied the twelve time periods of a day (Zi Time 11:00p.m.~1:00 a.m.,Chou Time 1:00a.m. ~ 3:00 a.m., Yin Time 3:00a.m. ~ 5:00 a.m., Mao Time 5:00a.m.

~7:00a.m., Chen Time 7:00a.m. ~9:00a.m., Si Time 9:00a.m. ~11:.m., Wu Time 11:00a.m. ~1:00p.m., Wei Time 1:00 p.m. ~3:00 p.m., Shen Time 3:00 p.m. ~5:00 p.m., You Time 5:00 p.m. ~7:00 p.m., Xu Time 7:00p.m. ~9:00 p.m., Hai Time 9:00 p.m. ~11:00 p.m.), believing that each period corresponds to specific organs and meridians that will be more used.

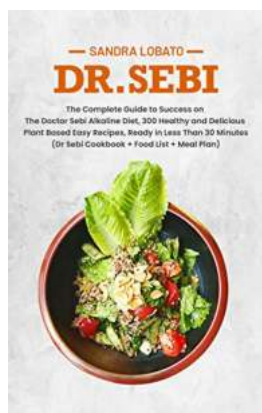
As the “Qi” and blood flows to different organs and meridians, the human body will respond in certain ways. If people follow the changes in the body caused by “Qi” and blood flow by doing what is good for the body during that time period and avoid things that would harm the body, then there would certainly be a healthy effect on the body.

This simple guide hope to give you the most practical and informational Chinese medicine knowledge about 12 hours Meridian. Wish you all lead a healthy and happy life.



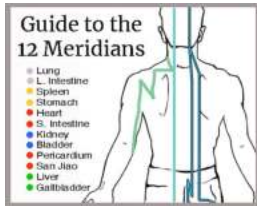
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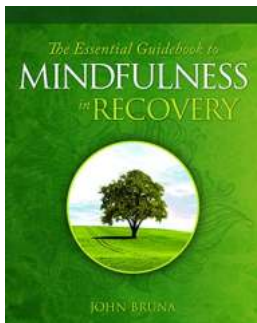
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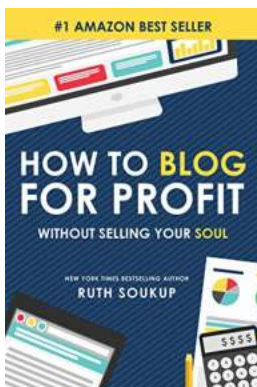
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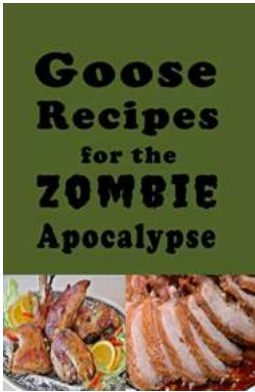
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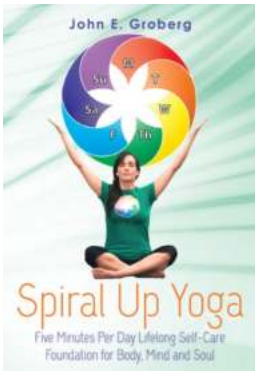
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