



## Meridian Rhythm & Flow

### *The 8 Secrets to Optimal Breast Health*

TIME	ORGAN	ENERGY & EMOTION
3-5am	Lung	Disintegration; Instinctive Reactions, Response and Surrender
5-7am	Large Intestine	Release; Let Go
7-9am	Stomach	Confusion; Conscious Mind; Thinking
9-11am	Spleen	Subconscious and Intuitive Processes
11am-1pm	Heart	Depression; Deep Synthesis; Wisdom and Knowing
1-3pm	Small Intestine	Intellect; Awareness; Discernment
3-5pm	Bladder	Active Reproduction; Sexuality
5-7pm	Kidney	Weakness; Collapse; Willpower; To Live, Survive, and Procreate
7-9pm	Pericardium	(Yin) Spirituality; Sleep; Psychic Interaction; Heart Protection
9-11pm	Triple Heater	(Yang) Impotence; Frigidity; Fascia; Transition
11pm-1am	Gall Bladder	The Catalyst for Action
1-3am	Liver	Explosiveness; Deciding and Planning

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