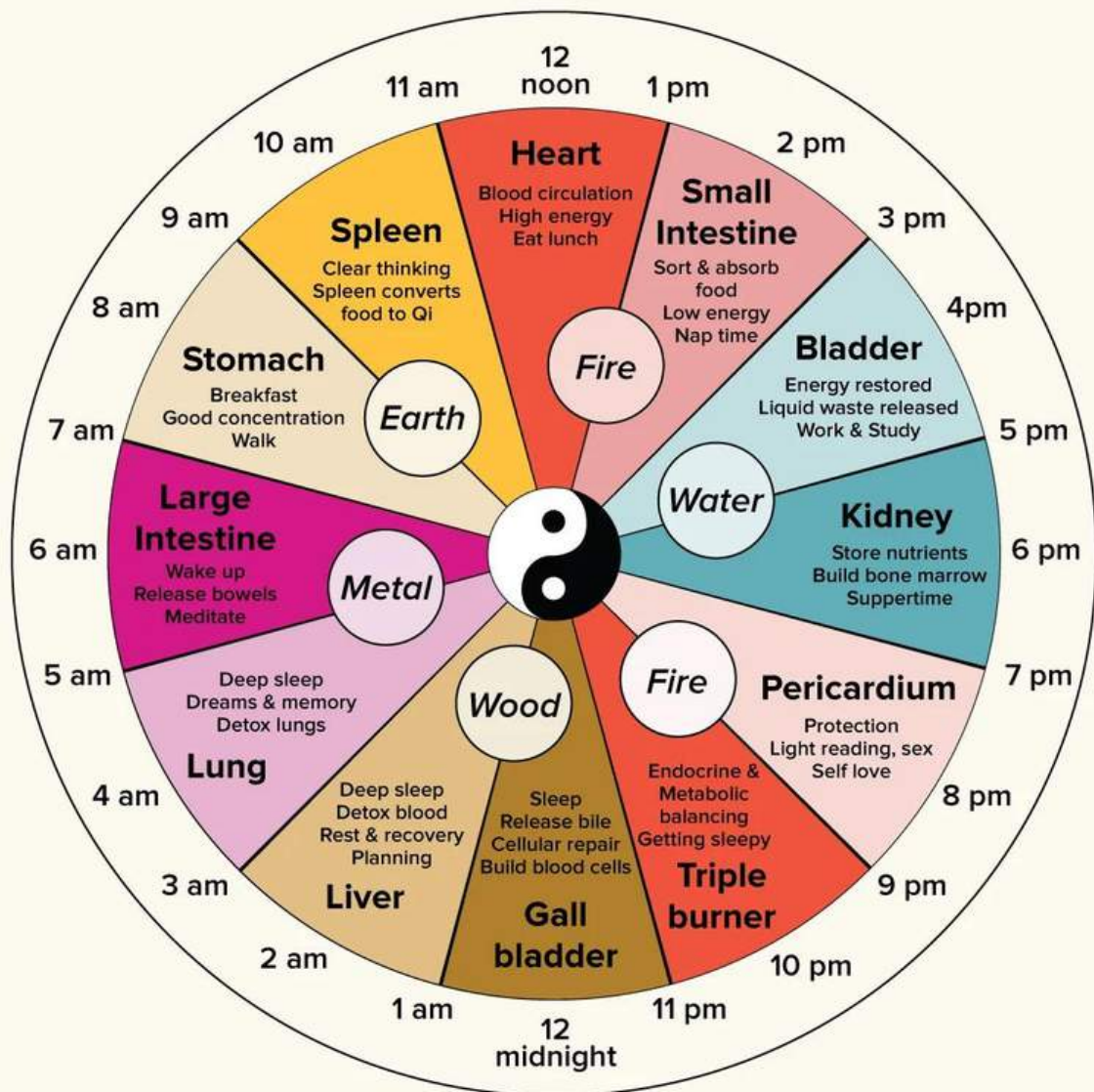
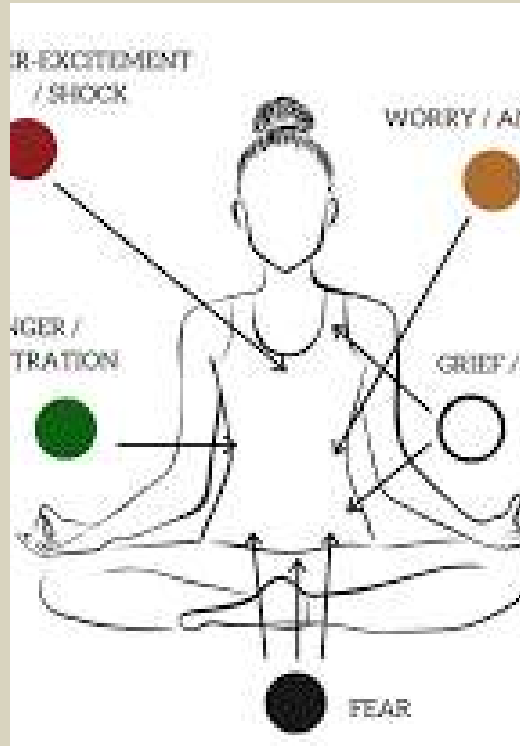


Chinese Medicine Healing Bundle

ORGAN & SYMPTOMS



part 2



ORGAN & SYMPTOMS

In "Organs and Symptoms," you'll discover what each organ system includes physically and emotionally in TCM. Learn about the body's internal clock and how imbalances manifest. Recognize signs of disharmony within each system.

The time in the title after organ name is the time period where its energy peaks.

ORGAN SYSTEMS

In TCM, there are five major organ systems. They are: liver, heart, spleen, lung, and kidney.

Additional organs are: gall bladder, small intestine, stomach, large intestine, bladder, pericardium and bladder.

In Traditional Chinese Medicine (TCM), each organ system encompasses physical functions, emotional qualities, and follows a body clock rhythm.

Each of the five main organs matches a body opening as well. For example, lack of appetite or strange taste in mouth is generally diagnosed as a spleen obstruction. Canker sores that show up on the tongue means heart imbalance.



Liver (1 am - 3 am):

The liver looks after the flow of Qi around the body, and storage of blood. It opens into the eyes.

Physically, it governs the health of tendons and ligaments.

Emotionally, the liver is associated with the expression of emotions, particularly anger and frustration.

The liver's peak activity occurs between 1 am and 3 am. During this time, it is most energetically active in detoxification and blood purification.

Symptoms that you have imbalances in liver:

- Irritability and mood swings
- Headaches, especially on the sides of the head or at the vertex
- Red, dry, or irritated eyes
- Blurred vision or eye discomfort
- Digestive issues such as bloating, belching, or acid reflux
- Muscle tension or stiffness, particularly in the neck and shoulders
- Menstrual irregularities or PMS



- Insomnia or disrupted sleep patterns, especially waking between 1 am and 3 am
- Feeling emotionally stuck or experiencing unresolved anger or frustration
- Skin issues such as acne, eczema, or dermatitis, particularly along the sides of the body

Do this:

- Prioritize stress management
- Move your body
- Fall asleep before 11 pm
- Eat more green and sour foods

Lung (3 am - 5 am):

The lung regulates respiration and governs the actuation of Qi from the chest. It opens onto nose and throat.

Physically, it governs the health of the respiratory system and skin. Emotionally, the lung is linked to grief and sadness.

The lung's peak activity occurs between 3 am and 5 am. During this time, it is most energetically active in supporting respiratory function and immune health.

Symptoms that you have imbalances in lung:

- Wake up frequently between 3 am and 5 am or experience sadness during this time
- Respiratory issues such as coughing, wheezing, or shortness of breath
- Weak or compromised immune system, leading to frequent colds or respiratory infections
- Dryness or irritation of the throat and lungs
- Skin issues such as dryness, itching, or eczema
- Excessive sadness, grief, or emotional instability



- Fatigue or low energy levels, especially in the afternoon
- Difficulty letting go of past emotional traumas or grief
- Weak voice or difficulty speaking loudly
- Sensitivity to environmental factors such as cold, dry air or allergens

Do this:

- Breathing exercises
- Avoiding environmental pollutants: smoke, and allergens
- Avoid fridge-temperature drinks and food
- Eat pears, apples, white fungus, and honey.
- Avoid dairy and greasy foods.

Large Intestine (5 am - 7 am):

Large Intestine governs the processing and elimination of waste materials from the body.

The large intestine's peak activity occurs between 5 am and 7 am.

Imbalances may lead to constipation, diarrhea, and difficulty letting go of emotions or situations.

Prioritize hydration and fiber intake.

Spleen (7 am - 9 am):

The spleen governs the transformation of nutrition and water into Qi and blood. It opens onto mouth and lip

Physically, it governs digestion and the health of muscles and limbs.

Emotionally, the spleen is associated with worry and overthinking



The spleen's peak activity occurs between 9 am and 11 am.

During this time, it is most energetically active in aiding digestion and nutrient absorption.

Feeling hungry and ready for breakfast around this time indicates a well-functioning spleen.

Symptoms you have imbalances in spleen:

- Digestive issues such as bloating, gas, or indigestion
- Fatigue or low energy levels, especially after eating
- Weakness or soreness in the limbs, particularly the muscles
- Frequent bruising or bleeding tendencies
- A tendency towards worry, overthinking, or excessive mental rumination
- Reduced appetite or a feeling of fullness even with small meals
- Loose stools or diarrhea, particularly after eating greasy or rich foods
- Weakness or a sagging sensation in the abdomen
- Cravings for sweets or carbohydrates
- Pale complexion or lips, indicating potential blood deficiency

Do this:

- Eat meals regularly.
- Moderate and gentle exercises.
- Eat warm and cooked foods.
- Avoid dairy and fried foods.
- Try not to overthink.

Stomach (9 am - 11 am):

Stomach initiates the digestive process and is responsible for receiving and ripening food.

The stomach's peak activity occurs between 7 am and 9 am.

During this time, it is most energetically active in preparing the body for digestion.

Symptoms of stomach imbalance may include: acid reflux, bloating, and food intolerances. poor appetite, digestive issues, and worry.

Do this:

- Eat warm and cooked foods.
- Don't eat when you're upset and angry.
- Avoid overly spicy and cold foods.
- Avoid coffee or alcohol on an empty stomach.

Heart (11 am - 1 pm):

The heart is the ruler of all organs, controlling blood circulation and housing the Shen (spirit). It opens onto the tongue.

Physically, it governs blood vessels and the circulatory system.

Emotionally, the heart is linked to joy and happiness.

The heart's peak activity occurs between 11 am and 1 pm.

During this time, you should take a quick rest to enable the heart to efficiently circulate blood and nutrients throughout the body. It also prevents emotional and physical strain.

Symptoms that you have imbalances in heart:

- Palpitations or irregular heartbeat
- Chest pain or discomfort
- Shortness of breath or difficulty breathing
- Canker sores on the tongue
- Excessive sweating



- Insomnia or disturbed sleep patterns
- Anxiety, restlessness, or feeling easily startled
- Unexplained feelings of sadness or depression
- Difficulty concentrating or poor memory

Do this:

- Prioritize rest
- Avoid over excitement
- Don't stay up late
- Include fish rich in omega-3 fatty acids (e.g., salmon, mackerel), nuts, seeds, whole grains, fruits, and vegetables.
- Limit caffeine and alcohol.

Small Intestine (1 pm - 3 pm):

The small intestine is responsible for separating clear and turbid fluids, absorbing nutrients, and promoting healthy bowel movements.

The small intestine's peak activity occurs between 1 pm and 3 pm.

During this time, it is most energetically active in digesting food and absorbing nutrients.

For example, feeling bloated or experiencing food cravings in the early afternoon may indicate an imbalance in the small intestine.

While UTIs are commonly associated with the bladder and kidneys, TCM recognizes that imbalances in the small intestine can also contribute to these problems.

When the small intestine's function or energy flow is impaired, it may lead to damp-heat accumulation that can affect the urinary system.

Prioritize hydration and avoid excessive processed foods. Take time to chew food thoroughly and eat slowly.



Bladder (3 pm - 5 pm):

Bladder regulates water metabolism and the discharge of waste fluids.

Imbalances may manifest as urinary issues and emotional insecurity.

The bladder's peak activity occurs between 3 pm and 5 pm, meaning that during this time, it is most energetically active in regulating urine flow and maintaining fluid balance.

For example, feeling the need to urinate frequently or experiencing urinary discomfort in the late afternoon may indicate an imbalance in the bladder.

Symptoms of bladder imbalance may include urinary urgency, frequency, or discomfort.

Make sure to stay hydrated and have regular bathroom breaks. Include pelvic floor exercises to help control with weak or overactive bladder. Limit fried, greasy food and dairy if you have chronic bladder infection.

Kidney (5 pm - 7 pm):

The kidney stores essence and governs reproduction, growth, and development. It opens into the ears.

Physically, it governs the health of the bones, brain, and reproductive organs. Teeth health is considered a part of bone in TCM.

Emotionally, the kidney is associated with fear and willpower.

The kidney's peak activity occurs between 5 pm and 7 pm. During this time, it is most energetically active in supporting reproductive function and maintaining bone health.

Symptoms that you have imbalances in kidney:

- Emotional disturbances such as anxiety, nervousness, or an overall sense of unease.
- Sexual dysfunction, including erectile dysfunction or menstrual irregularities.
- Dizziness, lightheadedness, or vertigo.
- Brittle bones, osteoporosis, or frequent fractures due to weakened bone health.

- Reproductive issues, including infertility or irregular menstrual cycles.
- Dental problems, such as loose teeth, gum disease, or tooth decay.
- Hair loss or premature graying due to diminished kidney essence.

Do this:

- Hydration and moderate protein intake.
- Limit sodium.
- Don't stay up late.
- Avoid too much sex.
- Eat more black-colored grains.

Pericardium (7 pm - 9 pm):

The Pericardium, often referred to as the "Heart Protector," plays a crucial role in maintaining emotional well-being and guarding the heart. Physically, the Pericardium supports cardiovascular health and regulates blood circulation.

Its peak activity occurs between 7 pm and 9 pm, a time when it is most energetically active in balancing emotions and protecting the heart from external influences.

Make sure to avoid high-intensity exercise around this time.

Imbalances in the Pericardium may manifest as emotional instability and heart-related issues.

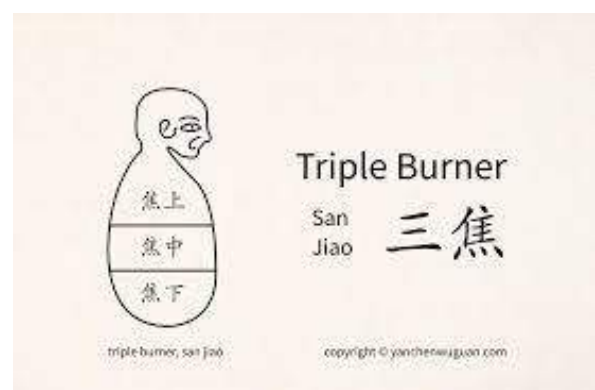
San Jiao (9 pm - 11 pm):

The San Jiao, also known as the Triple Burner or Triple Heater, is responsible for regulating metabolism and maintaining temperature balance throughout the body.

Physically, the San Jiao governs the functions of the upper, middle, and lower parts of the body.

Its peak activity occurs between 9 pm and 11 pm, a time when it is most energetically active in distributing fluids and ensuring proper functioning of the body's internal systems.

Symptoms of San Jiao imbalance may include metabolic disorders, temperature fluctuations, and sleep disturbances. Make sure to stay hydrated, avoid greasy and fried food, moderate alcohol intake.



Gall Bladder (11 pm - 1 am):

The gall bladder aids in digestion and decision-making.

Imbalances may lead to indecisiveness and digestive issues.

The gall bladder's peak activity occurs between 11 pm and 1 am.

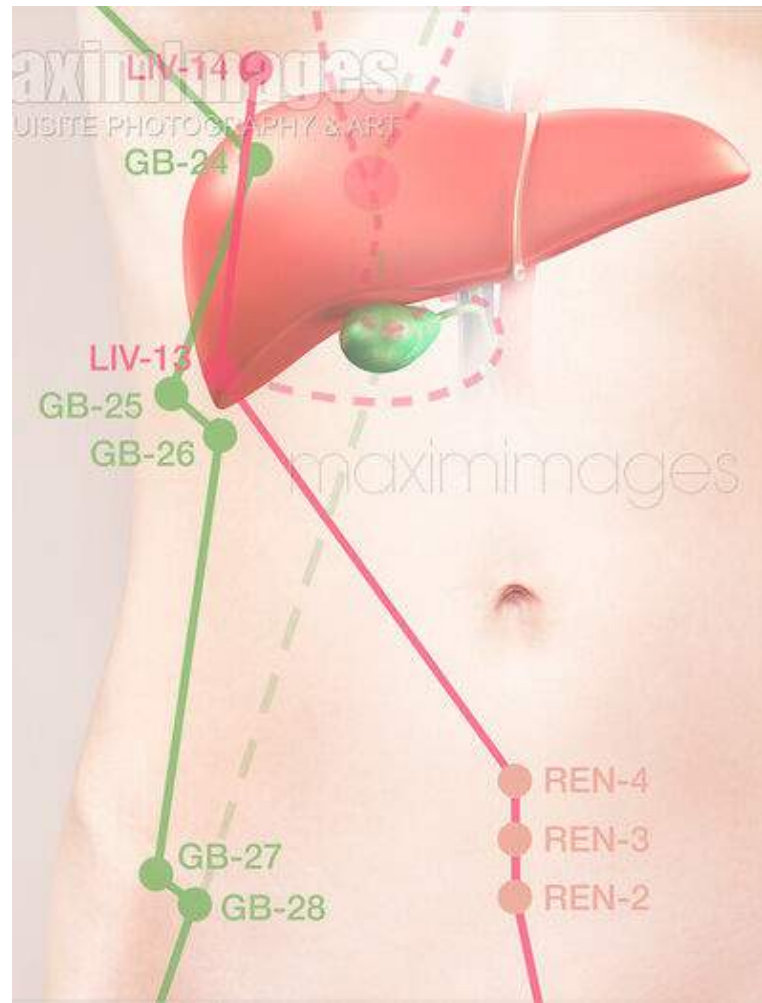
During this time, it is most energetically active in supporting digestion and processing emotions.

For example, if you often find yourself not able to fall asleep during this time or experiencing digestive discomfort after eating late at night, it may indicate an imbalance in the gall bladder.

Symptoms of gall bladder imbalance may include digestive discomfort, particularly after eating fatty foods, and difficulty making decisions.

Do this:

- Avoid greasy foods.
- Go to sleep before 11 pm.
- Avoid Prolonged Fasting or Crash Diets.



Which of these organ symptoms resonates the most with you?

It's common to experience imbalances in multiple organs.