



Philip Lai Qi Gong Association

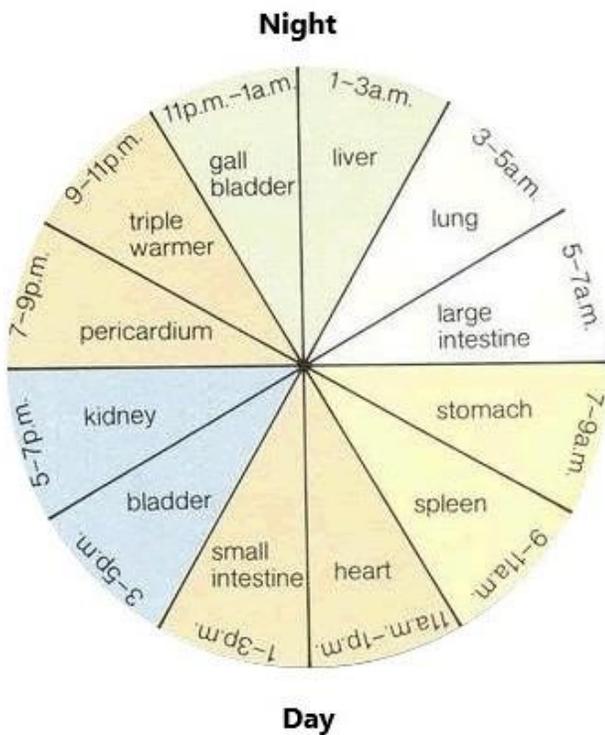
# April Newsletter 2019

My dear Qi Gong friends:

## 24Hr Body Clock

Traditional Chinese medicine (TCM) recognises that organs of the body are most active at certain times of the day. The clock diagram below shows which two hour period has the most influence on each organ. You will find there are major health benefits to be gained by following the natural rhythms of your body.

### 24 Hour Body Clock



### 5 am-7 am: The Large Intestine Time

The large intestine starts to wake up when you do. Lie in bed for a while, gently rub your body, toss and turn, move all the joints small and big to make your body ready for a great day.

Drink a glass of water to flush your digestive tract. You will shortly have the sensation to empty your bowel. After that, do some morning meditation, stretches and Qi Gong.

### 7 am-9 am: The Stomach Time

Your stomach is now calling for a nutritious breakfast which could include eggs, whole grain cereal or bread and some fruits. Never skip your breakfast. Serve yourself like a queen or king. If you really have no time

for breakfast then chew a handful of almonds with a cup of soy milk at your desk.

### 9 am-11 am: The Spleen and Pancreas Time

In TCM, the spleen is the leading organ for digestion and making energy. You should eat a handful of nuts of different kinds at this hour preferably raw and unsalted. Roasting can reduce possible allergies and enhance the taste.

Stretch your muscles during your mid-morning break. The spleen is responsible for nourishing your muscles and removes chronic inflammation as well.

### 11 am-1 pm: The Heart Time

Have a decent lunch with variety of foods and variety of colors, good protein, omega-3 rich oils and low carbs. Enjoy as many vegetables as you can and some fruits. Lunch should be the main meal of the day. The universe has the most yang energy at this hour to digest your food and give you the power for your day.

Reduce stress to your cardiovascular and nervous systems. Take a 30 min nap if possible (not part of our North American culture) that resets and recharges your system.

### 1 pm-3 pm: The Small Intestine Time

After lunch, we should not eat any major meals for the day. The small intestine is breaking down the food that we have eaten earlier to take in the nutrients. To help this process, you may drink a cup of green tea with a piece of dark chocolate that reduces the chances of getting inflammation, auto-immune reactions and cancer.

### 3 pm-5 pm: The Bladder Time

Enjoy another cup of tea to help hydrate your body and aid the detox process as this is the time for the bladder to collect metabolic wastes filtered by your kidneys.

Both small intestine and bladder hours are in the bright yang phase of the day. You are supposed to have abundant energy for sophisticated mental challenges and strenuous physical work. This is the time to complete your important report at work, work out in the gym, walk, run, cycle and stretch in the sun and fresh air. If you are feeling exhausted, fearful and anxious, you need to do more Qi Gong.

The second half of this article is to be continued in a future newsletter.