



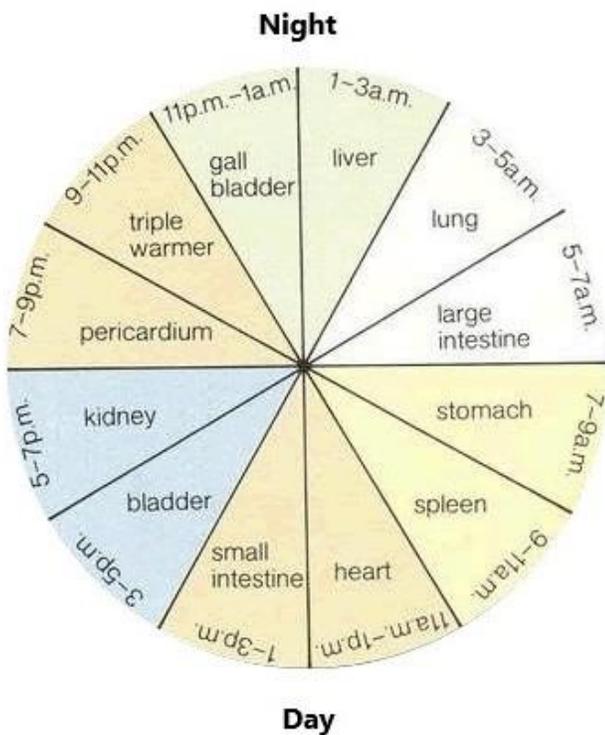
Philip Lai Qi Gong Association

# May Newsletter 2019

My dear Qi Gong friends:  
**24Hr Body Clock (Part 2)**

In this second part of the Traditional Chinese Medicine body clock we look at what organs are most active during the night-time.

## 24 Hour Body Clock



### **5 pm-7 pm: The Kidney Time**

This is the time to enjoy a light but nutritious meal with your family. Turn off distractions such as phones and screens and reconnect with your loved ones. You should aim to finish eating at least two hours before you go to bed. You should take any nutritional supplements immediately after supper because the Kidney is most active at this time distributing nutrients and strengthening the bones and brain. If you haven't had a chance to exercise during the day, you should take half an hour and go for a walk.

### **7 pm-9 pm: The Pericardium Time**

The Pericardium surrounds and protects the Heart and can also be important for focusing the attention. This is a good time to read, study, plan your next day, do some artistic things or play with your kids. Avoid very heavy exercise but some yoga or Qi Gong would be appropriate.

### **9 pm-11 pm: The Triple Warmer Time**

Now you should be getting your body ready for bed. It is the time to close the blinds, listen to some relaxing music or read a good book. Ideally you should avoid using electronic devices such as phones, TV and video games as they stimulate the wrong brain synapses for sleep. Stop eating, clean your teeth and prepare for bed. It is time to settle down the energy centres in the Triple Warmer, which is a theoretical organ in TCM linking the three dantiens in the chest, abdomen and pelvic areas. You should slow the blood flow and try and balance the energy in the body at this time.

### **11 pm-1 am: The Gall Bladder Time**

To promote your best health you should be in bed by 11pm. This is the most yin time of day (coldest and darkest) and is the best time to start your sleep. A regular bedtime is a major help in making sure that your internal clock stays synchronized, helping you to have a refreshing and uninterrupted sleep. A good sleep every night is the best way to avoid chronic illness.

### **1 am-3 am: The Liver Time**

You should be in deep sleep at this time, but your Liver is hard at work transforming and cleaning the substances you have consumed during the day. The Liver stores yin substances such as blood, enzymes and hormones and balances the reproductive system. Deep sleep will allow the Liver to regulate your emotions and reduce tension in your body.

### **3 am-5 am: The Lung Time**

Your body temperature is at its lowest, your pulse is low and your breathing is slow. The body is busy repairing itself. The Lungs are distributing Qi to all the organs and systems and are getting the immune system ready to face the next day. If you wake at this time, just get up and urinate and return to bed quickly to complete your rest.