

5 Elements of Chinese Medicine



Pericardium, Sm Intestine, Triple Heater 11-3pm
 Circulation Sx: Arteries, Lymphatic, Veins, Cardiovascular, Temp regulation
 *Insomnia, Palpitations, Neuropathy

Physical Associations & *Imbalances



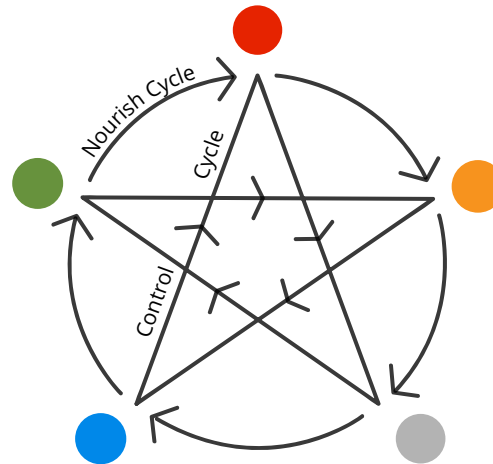
Gall Bladder 11-3am
 Filtration Sx: Breaks down fats, Detoxifies, Coordination, Ligaments, Eyes, Hands & Feet, Fertility, Muscle stiffness
 *Muscle twitches, Headaches, jaw tension, Sciatica, Cold hands & feet, Dizziness, High blood pressure



Stomach 7-11am
 Digestive Sx: Distributes Qi to all organs, Memory, Muscles, Flesh
 *IBS, Anemia, PMS, Fatigue, Loose stools, Appetite, Sugar-craving, Nausea



Bladder 3-7pm
 Elimination Sx: Regulates fluids, Bones, Hearing, Knees, Ankles, Low back
 *Edema, Cold, UTI's, stones, infertility



Lg Intestine 3-7am
 Respiration Sx: Skin, hair, nasal, sinuses, immunity, In-take Life force / Qi, Lets go / waste, Breath
 *Asthma, Spontaneous sweating, Dry cough, Prone to bronchitis, Allergies, Eczema