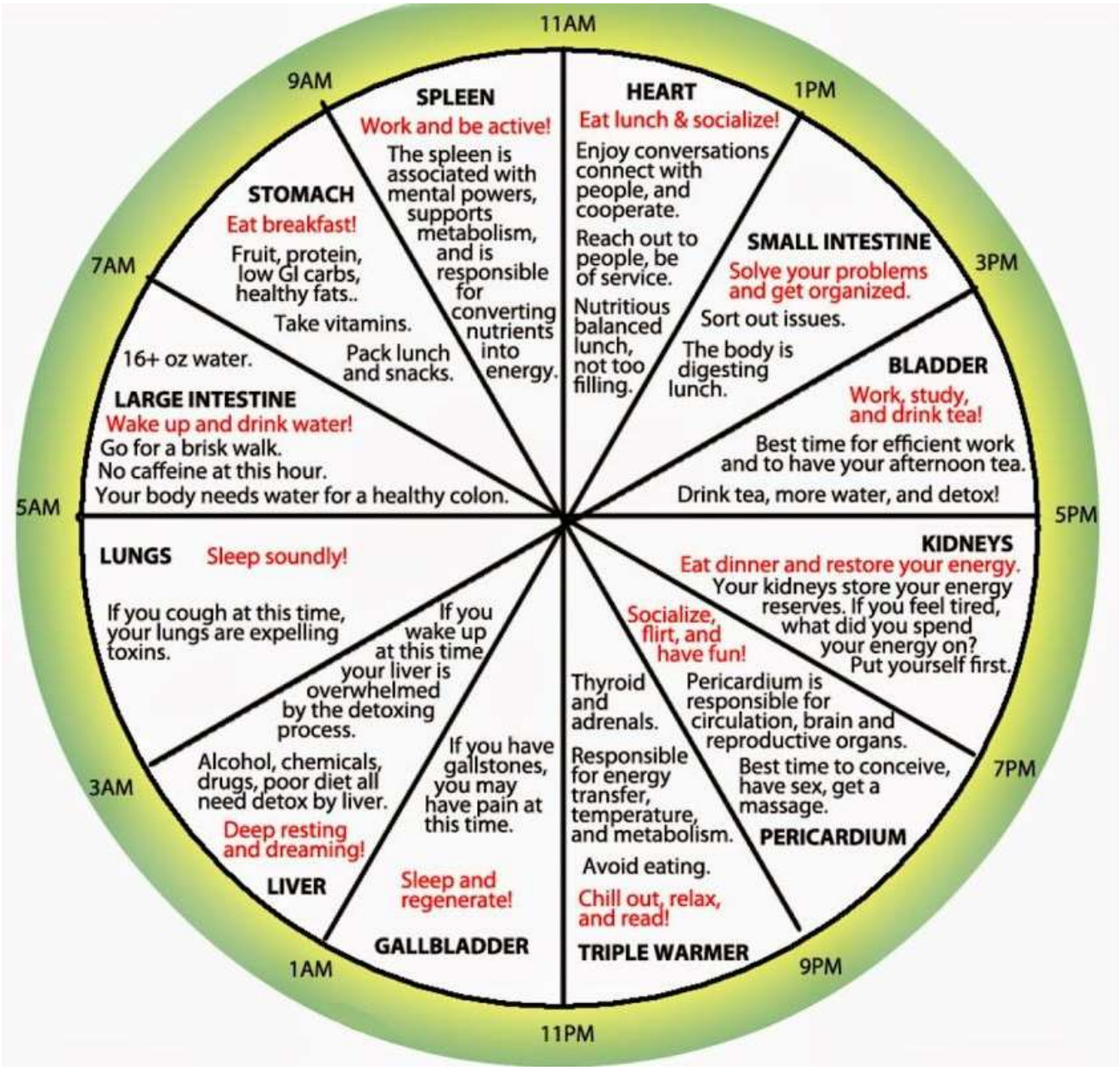
TIME OF THE DAY

DO YOU WAKE UP OR FEEL ILL AT CERTAIN TIMES OF THE DAY?



In Traditional Chinese Medicine (TCM), there is an organ clock that represents the time of the day when each organ is functioning optimally and has the most energy. There are 12 organ systems and 2 accessory systems that are represented by this clock. Each organ system is also associated with an emotion, taste, sense organ, season, etc. but this is beyond the scope of this article. Here we will discuss the physical and emotional symptoms that arise if an organ is out of balanced. But keep in mind that if some of the symptoms.