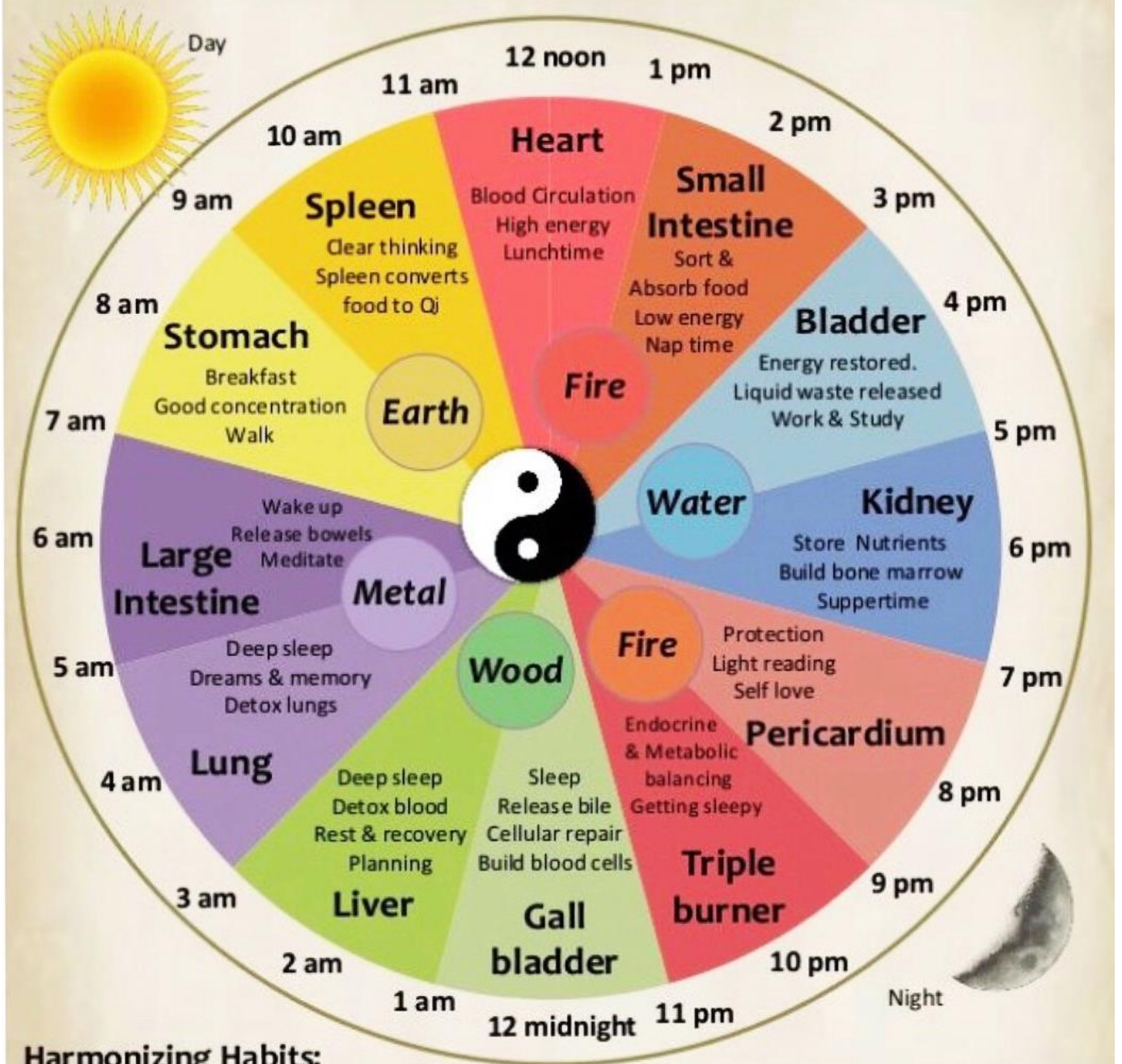




Chinese Medicine 24-Hour Circadian Clock



Harmonizing Habits:

5-7 am – Wake up, Move bowels, Meditate
 7-9 am – Sex, Breakfast, Walk, Digest
 9-11 am – Work, Best concentration
 11-1 pm – Eat main meal of day, Walk
 1-3 pm – Absorb food, Short nap, Work
 3-5 pm – Work or Study

5-7 pm – Exercise, Light dinner
 7-9 pm – Light reading, massage feet
 9-11 pm – Calm Socializing, Flirting, Sex
 11-1 am – Go to sleep, Cellular repair
 1-3 am – Deep sleep, Detox liver & blood
 3-5 am – Deep sleep, Detox lungs

<https://pbs.twimg.com/media/EW-5dr6XsAMUkjq?format=jpg&name=large>