

Two Hour Peak Periods of the Twelve Meridians In Chinese Medicine

| Time Period | Meridian |
|---------------|-----------------|
| 3:00-5:00 AM | Lungs |
| 5:00-7:00 AM | Large Intestine |
| 7:00-9:00 AM | Stomach |
| 9:00-11:00 AM | Spleen |
| 11:00-1:00 PM | Heart |
| 1:00-3:00 PM | Small Intestine |
| 3:00-5:00 PM | Bladder |
| 5:00-7:00 PM | Kidneys |
| 7:00-9:00 PM | Pericardium |
| 9:00-11:00 AM | Triple Warmer |
| 11:00-1:00 AM | Gallbladder |
| 1:00-3:00 AM | Liver |