

1st Group = Outer Layer
(skin, muscle, hair, digestion,
elimination, air)

2nd Group = Core Area
(blood, bones, brain, development,
growth, aging)

3rd Group = Middle Layer (nerves,
ligaments, tendons, membranes,
supply & distribution, overseer)

<p>LUNG (YIN) 3 AM – 5 AM</p> <p>Sore throat Sore/tight chest Coughing Difficulty breathing Toothache Upper arm (medial side) Hot palms Pain in big toe</p>	<p>COLON (YANG) 5 AM – 7 AM</p> <p>Headache Stuffy nose Lower toothache Sore throat Jaw Fever Bell's Palsy Dry mouth Shoulder pain (front) Upper arm (lateral side) Sore index finger Excessive perspiration Skin disease</p>	<p>HEART (YIN) 11 AM – 1 PM</p> <p>Memory loss Heart palpitation Chest pain Insomnia Epilepsy Dry throat Thirsty Tongue/throat discomfort Hot palms Upper arm (medial side)</p>	<p>SMALL INTESTINE (YANG) 1 PM – 3 PM</p> <p>Sore throat Stiff/sore upper back/neck Shoulder/shoulder blade/upper arm pain Discomfort in breast/ear Dry mouth Chronic diarrhea Weak thigh muscle Urinary disease Jaw</p>	<p>PERICARDIUM (YIN) 7 PM – 9 PM</p> <p>Heart pain Heart palpitation Chest/rib pain Stomach ache Sore/hot upper arm (medial side) Hot palms Insomnia Hysteria Depression Obesity</p>	<p>TRIPLE BURNER (YANG) 9 PM – 11 PM</p> <p>Conditions of ear Migraine Sore throat/voice loss Rib pain Constipation Excessive perspiration Shoulder/elbow pain Upper arm (lateral side) Sore ring finger Sympathetic nervous system disorders</p>
<p>SPLEEN (YIN) 9 AM – 11 AM</p> <p>Depression Vomiting Bloating Abdominal pain (upper & lower) Chronic diarrhea PMS Incontinence Urinary difficulty Water retention Insomnia Pain in big toe Fatigue Legs (medial side) Muscle weakness Skin disease Sore tongue</p>	<p>STOMACH (YANG) 7 AM – 9 AM</p> <p>Headache (frontal, sinuses) Upper toothache Dizziness Digestive conditions Anxiety Neurotic disorders Stomach ache Bloating Water retention (abdominal) Pain in groin area Knee/shin pain Dorsal foot pain Difficulty with 2&3 toes Mouth, throat, esophagus</p>	<p>KIDNEY (YIN) 5 PM – 7 PM</p> <p>Insomnia Hemorrhoids Urinary difficulty Shortness of breath Conditions of ear Chronic diarrhea Excessive perspiration Reduced sex drive Hot mouth, dry tongue Sore throat Hot soles Edema Anxiety, phobias Weak Vision loss Back pain Dizziness Heart disease</p>	<p>BLADDER (YANG) 3 PM – 5 PM</p> <p>Headache (back of head) Stiff neck Back pain (all) Hemorrhoids Back of knee Calf/hamstring Neurotic disorder Hysteria Eye/nose disease</p>	<p>LIVER (YIN) 1 AM – 3 AM</p> <p>Dizziness PMS Fatigue Headache (top of head) Nausea Dry throat Chest/rib pain Lower abdominal pain Hernia Urinary difficulty Bedwetting/incontinence Lower back pain Blurred vision Hypertension Emotional tearing Diseases of reproductive organs Tendons (arthritis, tendonitis)</p>	<p>GALLBLADDER (YANG) 11 PM – 1 AM</p> <p>Headache (temporal) Dizziness Stiff neck Armpit lymph node Chest/rib/hip pain Bitter taste in mouth Sighs Eye strain Thigh/knee/ankle (lateral side) Excessive perspiration Sore 4th toe</p>

Energy Path

Lung → Colon → Stomach → Spleen → Heart → Small Intestine → Bladder → Kidney → Pericardium → Triple Burner → Gallbladder → Liver → Lung