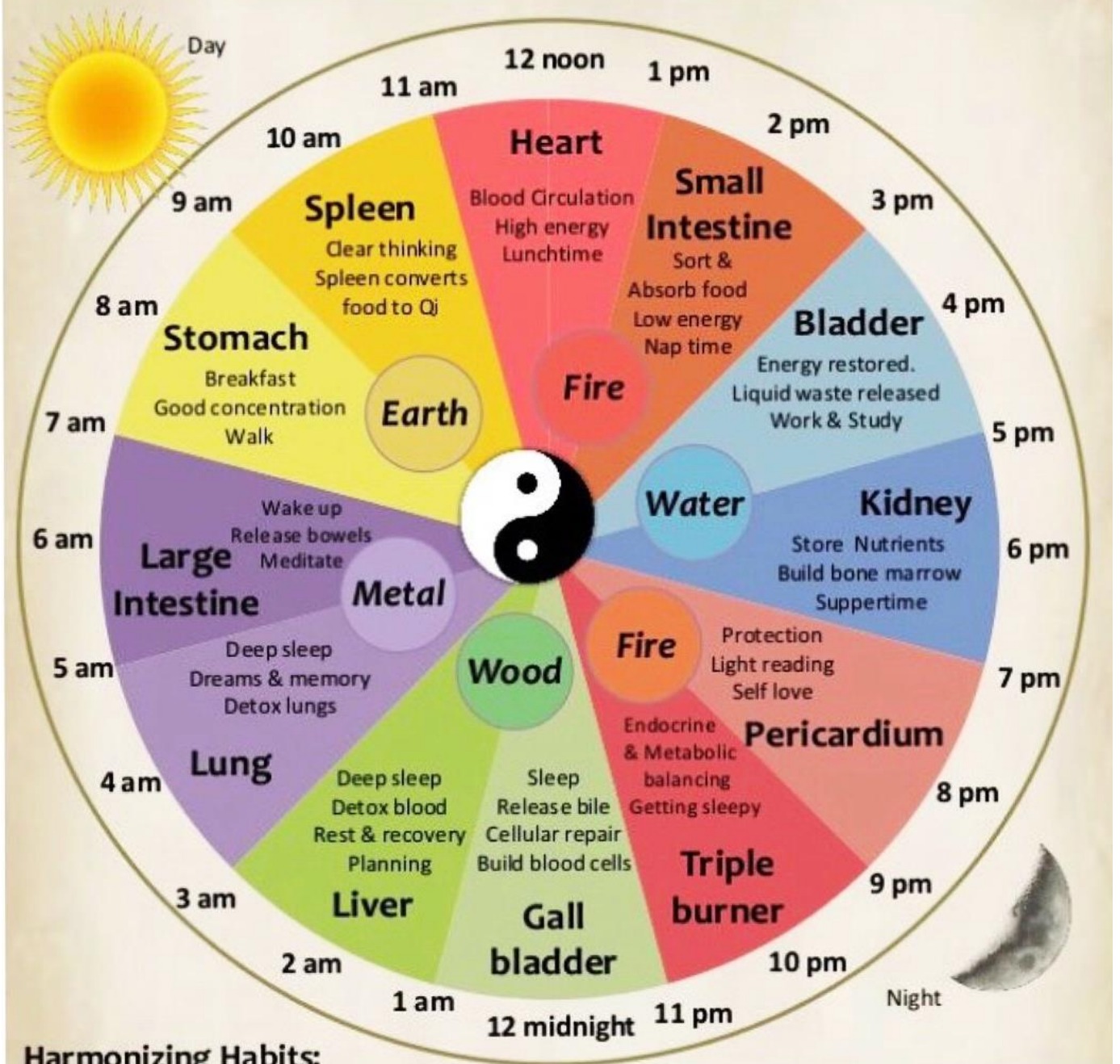


# Chinese Medicine 24-Hour Circadian Clock



## 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>