Table 1

Tai Yin

Lung 3 - 5 am | 7 → 4 | Large Intestine 5 - 7 am

Yang Ming

20 → 1

Lung 9 - 11 am | 1 ← 42 | Large Intestine 7 - 9 am

21 → 1

Shao Yin

Heart 11am - 1 pm | 9 → 1 | Small Intestine 1 - 3 pm

Tai Yang

19 → 1

Kidney 5 - 7 pm | 1 ← 67 | Urinary Bladder 3 - 5 pm

22 → 1

Jue Yin

Pericardium 7 - 9 pm | 8 → 1 | Triple Heater 9 - 11 pm

Shao Yang

22 → 1

14

Liver 1 - 3 am | 1 ← 41 | Gall Bladder 11 pm -1 am

3-5 AM #1: **YIN (LU)** <u>Lung</u>	5-7 AM #2: **YANG (LI)** <u>Large Intestine</u>
7-9 AM #3: **YANG (ST)** <u>Stomach</u>	9-11 AM #4: **YIN (SP)** <u>Spleen</u>
11 AM-1 PM #5: **YIN (HT)** <u>**Heart**</u>	1-3 PM #6: **YANG (SI)** <u>**Small Intestine**</u>
3-5 PM #7 **YANG (UB)** <u>**Urinary Bladder**</u>	5-7 PM #8 Y**IN (KD)** <u>**Kidney**</u>
7-9 PM #9 **YIN** **Pericardium**	9-11 PM #10 **YANG** **Triple Heater**
11 PM-1 AM #11 **YANG (GB)** <u>**Gall Bladder**</u>	**1-3 AM #12 YIN (LV)** <u>**Liver**</u>