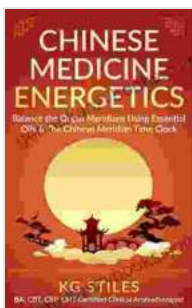


Unlock the Power of Balance: Discover the Chinese Meridian Time Clock and Essential Oils

In the realm of health and well-being, ancient wisdom meets modern science in a profound way. "Balance Organ Meridians Using Essential Oils" unveils the secrets of the Chinese Meridian Time Clock, providing a practical guide to harness the power of essential oils for optimal health and vitality.



Chinese Medicine Energetics: Balance Organ Meridians Using Essential Oils & The Chinese Meridian Time

Clock by Lily Collison

★★★★☆ 4.8 out of 5

Language : English
File size : 2754 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 87 pages
Lending : Enabled



This comprehensive book, meticulously crafted by renowned aromatherapist Valerie Ann Worwood, reveals the time-honored principles of Traditional Chinese Medicine (TCM). The meridian time clock, a cornerstone of TCM, maps the flow of vital energy (qi) through the body's energy channels (meridians) at specific times of the day.

Benefits of Meridian Balancing

Balancing the meridians is essential for maintaining harmony and promoting overall wellbeing. By understanding the meridian time clock, you can tailor your essential oil treatments to support specific organs and functions:

- **Improved sleep:** Essential oils like lavender can promote relaxation and reduce stress, making it easier to fall asleep.
- **Enhanced digestion:** Oils such as peppermint and ginger can stimulate digestion and alleviate stomach discomfort.
- **Reduced pain:** Analgesic oils like rosemary and eucalyptus can provide relief from muscle aches and headaches.
- **Boosted immunity:** Oils like tea tree and oregano have antibacterial and antiviral properties that can strengthen the immune system.

The Meridian Time Clock

The meridian time clock divides the day into 12 two-hour intervals, each representing a different meridian and organ system:

- **1-3 AM:** Liver
- **3-5 AM:** Lungs
- **5-7 AM:** Large Intestine
- **7-9 AM:** Stomach
- **9-11 AM:** Spleen and Pancreas
- **11 AM-1 PM:** Heart

- **1-3 PM:** Small Intestine
- **3-5 PM:** Bladder
- **5-7 PM:** Kidneys
- **7-9 PM:** Pericardium (Heart Protector)
- **9-11 PM:** Triple Burner (Circulation Regulator)
- **11 PM-1 AM:** Gallbladder

Essential Oils for Meridian Balancing

The book features a comprehensive list of essential oils and their corresponding meridian affinities. By aligning the use of specific oils with the meridian time clock, you can effectively target and support the organs during their optimal times:

- **Liver:** Lavender, rosemary, lemon
- **Lungs:** Eucalyptus, tea tree, peppermint
- **Large Intestine:** Fennel, ginger, coriander
- **Stomach:** Ginger, peppermint, chamomile
- **Spleen and Pancreas:** Bergamot, cardamom, nutmeg

The book explores dozens of essential oils, providing detailed descriptions of their therapeutic properties and how to incorporate them into your daily routine through inhalation, topical application, or internal use.

Additional Features

"Balance Organ Meridians Using Essential Oils" is a treasure trove of knowledge, including additional features that enhance its practicality and value:

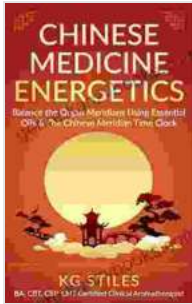
- **Case studies:** Real-life examples illustrate how essential oils can effectively address various health conditions.
- **Blending recipes:** Pre-formulated blends for specific meridian balancing needs are provided.
- **Safety guidelines:** Comprehensive information on the safe and effective use of essential oils is included.
- **Glossary:** A comprehensive glossary defines key terms and concepts related to meridian balancing and essential oils.

With its clear instructions, practical tips, and in-depth knowledge, "Balance Organ Meridians Using Essential Oils" empowers you to take charge of your health and experience the transformative power of this ancient healing system. Whether you're a seasoned aromatherapist or just beginning your journey, this book is an indispensable guide to unlocking the secrets of meridian balancing and achieving optimal well-being.

Free Download your copy today and embark on a journey of healing and balance through the ancient wisdom of the Chinese Meridian Time Clock and the therapeutic benefits of essential oils.

Free Download Now

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Using Essential Oils & The Chinese Meridian Time**



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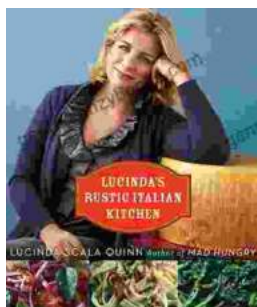
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