



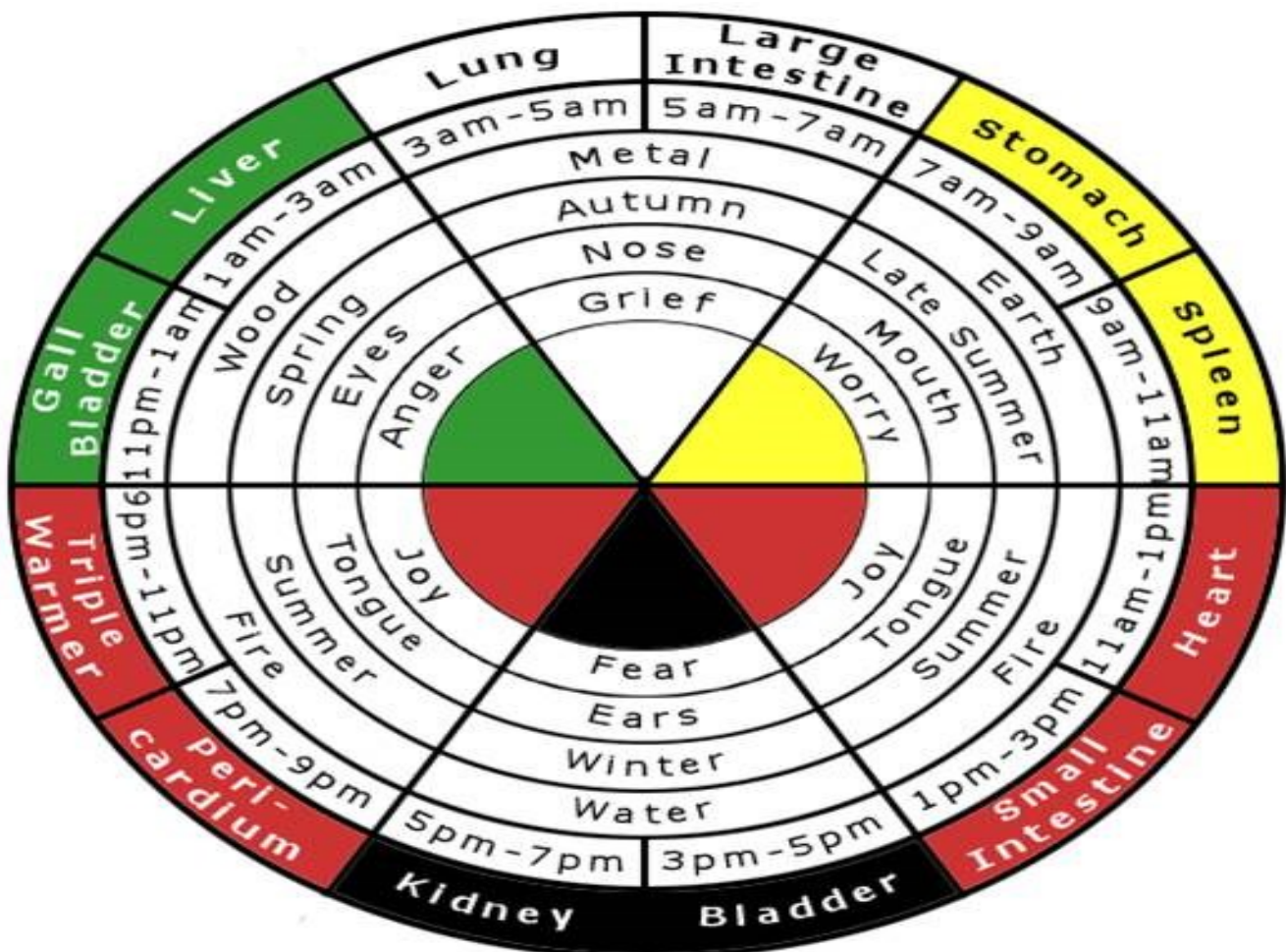
Willow Health Food & Wellness Center

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Natural Foods & Supplements

Organ Timetable

According to Traditional Chinese Medicine (and other ancient healing traditions) vital energy flows through the twelve organs and completes one cycle every twenty-four hours. The Chinese Organ Clock shows the circadian flow of the vital energy (Qi - pronounced "Chi") through various organ systems in relation to the time of day. Each organ has maximum energy for two hours. The organ has minimum energy (or lowest flow of Qi) 12 hours later.



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