Resetting Your Body’s Internal Clock

Self-help techniques for jet lag, daylight saving time, sporadic work schedules, and children who are awake at night and sleep during the day.
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Reset Your Internal Clock Using The Chinese Meridian System

The following is a method for resetting your internal clock when your body’s circadian rhythm gets out of sync. It’s very useful for adjusting to daylight savings time, night shift workers, and babies that get their days and nights turned around. This technique is especially helpful for dealing with the negative effects of "jet lag" that occur when crossing time zones.

People normally live within a 24-hour cycle. While we sleep, our heart and breathing rates slow, our blood pressure drops, our muscles relax, and our psychomotor activity declines significantly.

Light is one of the main guides our body uses to manage our internal "clock". A rapid journey through multiple time zones can put our internal clock out of sync with the new day-and-night rhythm. Our internal clock gets confused as it attempts to adapt to a new time, a new light/dark rhythm, and a different activity/inactivity cycle.

It's not only our sleeping cycle that gets upset. This shift also affects many other regular bodily functions that are subject to our 24-hour cycle. This causes both physical and mental problems associated with the jet lag phenomenon.

In the article, “Jet Lag and Touch for Health, 2003”, Renate Kraft pointed out the significance of the electromagnetic effect on the body due to the Earth’s rotation around the sun. He hypothesized that the electromagnetic properties of the sun affected the flow of our Meridians. Because of this, traveling east can be much more problematic for us than traveling west. The electromagnetic properties of the sun ‘bombard’ us as we travel east. This causes us to feel like we’re rapidly moving through time, intensifying jet lag symptoms.

According to Traditional Chinese Medicine, we have 14 major electrical pathways called Meridians that are associated with specific organs and systems in our body. These Meridians carry life force and circulate energy throughout our body.
Dr. George Goodheart, ‘father of applied kinesiology’ made an amazing correlation. He was able to connect Neurolymphatic and Neurovascular Reflexes to the 14 Chinese Meridians. Each major organ and system is associated with specific Neurolymphatic Reflexes, Neurovascular Reflexes, and Meridian pathways. Each of the body’s major organs and systems are assigned a two-hour period each day when they are most active.

In case you’re unfamiliar, stimulating our Neurolymphatic (NL) Reflexes help to move lymph fluid. These reflexes are located primarily on the trunk of the body. Lymph is moved by deep breathing, muscle movement, and massage. Neurovascular (NV) Reflex stimulation helps to improve blood supply to their associated muscles and organs. They are primarily located on the head.

Kinesiologist Jim Reid created a simple method for resetting the body’s biological clock based on this information. In the technique described below, you will be matching reflex points and Meridians to the time of day their associated organ or body system is most active. Stimulating these reflex points and tracing their related Meridians during their dominant time period can help recalibrate the body’s internal clock. Below is a diagram of each organ’s peak time of day, according to Traditional Chinese Medicine.
Procedure for Jet Lag

Unfortunate symptoms of jet lag include insomnia, fatigue, disorientation, nausea, difficulty with concentration, and more. At the airport, prior to departure, set your watch to your destination’s current time. While waiting to board the plane, drink water and rub your Switching-On points (see page 5). This includes the rubbing your top and bottom lips, collar bone (K-27’s) and sacrum while holding your naval.

Just before boarding the plane, stimulate all the reflex points for Central and Governing. These are the only two that are not assigned a time of day. They are the ‘storage batteries’ for the body and are responsible for the energy entering and leaving the body.

Once you have boarded the plane, visualize yourself in your destination’s current time zone. What would you naturally be doing? Choose the set of reflexes that match their current time.

**Begin** by vigorously stimulating the Neurolymphatic (NL) Reflexes on the front of your body for 15-20 seconds. **Second**, lightly hold the corresponding Neurovascular (NV) Reflexes on your head for 20-30 seconds. Use the amount of pressure you would put on a closed eyelid. **Lastly**, trace the corresponding Meridian 3 times. There are a few Meridians that are more difficult to trace while on a plane. You might consider tracing them in the bathroom, or just skipping them.

Follow the guide and stimulate a new set of reflex points every 2 hours. The reflex points you stimulate will depend on what time it is at your destination. The idea is that by the time you arrive, you will have recalibrated your body’s internal clock to the new time zone.

I recommend continuing this routine for a few more 2-hour cycles after arriving to help reinforce the change. Any time you start to feel tired, you can stimulate the corresponding set of reflexes for the current time of day. It’s always a good idea to rub your switching-on points and drink plenty of water first.

If you fall asleep during the flight and miss one of the 2-hour time frames, just skip it and continue with the current time of your destination.
The same procedure previously described can be applied to any situation where you want to reset the body's internal clock. For daylight saving time, simply look at the set of reflexes for the new time you are wishing to adjust to and stimulate them. Continue doing this every 2 hours until you feel your body has adjusted. It can also help people with sporadic work schedules when you have to flip-flop between shifts.

For children that have their sleep times reversed, you would simply stimulate the corresponding points on the child every 2 hours until their schedule corrects itself.

**Amazing Results**

Claire Tate, a kinesiologist from Australia claims this jet lag technique has a 96% success rate. Additionally, Dr. Jim Reid created a technique called “Time of Day Balance”. The goal of his Time of Day Balance is to simply balance the body’s energy system, rather than to reset our internal clock. He claimed it eliminated up to 60% of his client’s aches and pains just by stimulating the set of points associated with the current time of day.

The technique described in this booklet will give you the opportunity to truly enjoy the abundance of life. The results go far and wide!
Step 1: Switching-On Points

Before you perform the technique to reset your body’s biological clock, it is important to “Switch On” as well as drink plenty of water. Switching on techniques enhance the connection between our brain and body. Each of them works on connecting different parts of the brain, making it beneficial to use them collectively.

There are three parts to this exercise. During all of them, hold one hand over your navel.

**Navel + K27’s**

About 1 inch below and 1 inch to the sides of the sternal notch, you will find a slight depression. Your first two fingers will fall into it on one side and your thumb on the other. These two spots are the end points of the Kidney meridian (K-27’s). Firmly rub for 15 seconds with one hand and then switch hands and rub for 15 more seconds.

**Navel + Lips**

Place two fingers above your top lip and your thumb below your bottom lip. Rub in a side to side motion, sort of like brushing your teeth. Switch hands and repeat for 15 seconds with each hand.

**Navel + Sacral Area**

Still holding one hand flat across your navel, reach around and rub your sacral area with your other hand for 15 seconds. Switch hands and rub for an additional 15 seconds. You may use the back of your hand to rub this spot if it is more comfortable.
Location Of The Points

After stimulating your Switching-On Points, it is important to stimulate your Central and Governing reflexes and Meridians. Do this just once at the very beginning of the procedure rather than every 2 hours. The Central points represent the brain, and Governing represents the spine.

The next several pages include each organ and it’s associated time of day. After stimulating Central and Governing points, start the procedure by finding the organ associated with the time of day you’d like your body recalibrated with. When tracing Meridians (other than Central and Governing), trace both sides of the body, either at the same time or separately. Trace 3 times.

**Central Points**

**Neurovascular Reflexes:**
Located at the frontal eminences and anterior fontanel.

**Neurolymphatic Reflexes:**
Located bilaterally at the shoulder creases.

**Central Meridian:**
Start at the pubic bone (CV-1) and trace upwards to the midline of the lower lip (CV-24).

**Governing Points**

**Neurovascular Reflexes:**
Located bilaterally at temples, slightly above and to the front of the ear.

**Neurolymphatic Reflexes:**
Located bilaterally between T2 and T3, 2-3 inches out from the breast bone.

**Governing Meridian:**
Start at the tip of the coccyx (GV-1) and trace upwards and over your head to the midline of the upper lip (GV-27).
5am - 7am | Large Intestine

The body is ready to wake up and start a new day! A healthy body empties its bowels soon after waking to have a fresh start to the day and rid the body of waste accumulated overnight. A brisk walk can also aid this process.

**Neurovascular Reflexes:**
Located on the parietal eminences on each side of the head.

**Neurolymphatic Reflexes:**
Located along the entire IT band, from the top of the thighbone to below the knee cap.

**Large Intestine Meridian:**
Start at the medial nail bed of the index finger (LI-1) and end at the side of the nostril (LI-20).

7am - 9am | Stomach

Breakfast: “the most important meal of the day”. This is an ideal time to eat the biggest meal of the day as the energy of the stomach is at its peak functioning, making the body more efficient at digestion and absorption. Concentration is good, and testosterone is at its highest.

**Neurovascular Reflexes:**
Located at the frontal eminences on the forehead.

**Neurolymphatic Reflexes:**
Located on the left side only under the breast between the 5th and 6th ribs.

**Stomach Meridian:**
Start on the cheekbone directly under the pupils (ST-1) and end at the second toe's lateral edge (ST-45).
9am - 11am  Spleen

This is a great time of day to get work done and exercise! The spleen helps convert the food you eat into energy, particularly brain fuel. Cognition is high.

Neurovascular Reflexes:
Located on the parietal bone, about 1” above and slightly behind the ears.

Neurolymphatic Reflexes:
Located on the left side only, between the 7th and 8th ribs.

Spleen Meridian:
Start at the medial tip of the big toe (SP-1) and end between ribs 7 and 8 (SP-21).

11am - 1pm  Heart

High noon brings the energy of the body to the Heart. Circulation is increased and the body is now focusing upon absorbing nutrients and sending energy to all its parts.

Neurovascular Reflexes:
Located on the top of the head at the anterior fontanel.

Neurolymphatic Reflexes:
Located bilaterally between T2 and T3, beside the sternum.

Heart Meridian:
Start in the axilla (armpit) at H-1 and end at the lateral nail bed of the fifth finger (H-9).
1pm - 3pm  **Small Intestine**

This is a time for sifting, sorting, and filtering fluids for assimilation and waste disposal. Energy often feels low so this may be a good time for a power nap.

**Neurovascular Reflexes:**
Located on the parietal eminences, usually a ridge between the ear and the top of the head, slightly behind the ears.

**Neurolymphatic Reflexes:**
Located along the entire rib margin.

**Small Intestine Meridian:**
Start at the medial nail bed of the fifth finger (SI-1) and end in front of the ear (SI-19).

3pm - 5pm  **Bladder**

You will likely feel a lull in energy if you are not well hydrated during this time. Work, study, drink more water, and release toxins.

**Neurovascular Reflexes:**
Located on the top of the head at the anterior fontanel.

**Neurolymphatic Reflexes:**
Located 2” to the sides of the navel and at the superior border of the pubic bone.

**Bladder Meridian:**
Start in the inner canthus of the eye (BL-1) and end the first sweep at the gluteus maximus. Next, start at BL-36 (on the upper back), and sweep downward to the outside of the fifth toe (BL-67).
**5pm - 7pm**  **Kidney**

This is when the Kidney energy is at its highest. The kidneys are the root of all energy in the Chinese organ system. The kidneys store energy reserves and build bone marrow. Eating a light supper is helpful.

**Neurovascular Reflexes:**
Located on the occipital protuberance.

**Neurolymphatic Reflexes:**
Located bilaterally 1” above and beside the navel.

**Kidney Meridian:**
Start at the ball of the foot between the 2nd and 3rd metatarsals (K-1) and end at the junction of the first rib (K-27).

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**7pm - 9pm**  **Pericardium**

This is the time of the Pericardium, known as the protector of the Heart. Pericardium is responsible for circulation, brain, and reproductive organs. This is a good time to socialize, create art, music, and go dancing!

**Neurovascular Reflexes:**
Located on each side of the head at the parietal eminences, usually a ridge between the ear and the top of the head, slightly behind the ear.

**Neurolymphatic Reflexes:**
Located at the superior border of the pubic bone.

**Pericardium Meridian:**
Start 1” lateral from the nipple (PC-1) and trace up the arm to the lateral edge of the middle finger’s nail bed (PC-9).
**9pm - 11pm  Triple Warmer**

The Triple Warmer is most active at this time. It is a great time to wind down, relax, and drift off to sleep. This is when melatonin secretion begins within our natural circadian rhythm. Endocrine energy transfer occurs. Temperature is controlled and metabolism is regulated.

**Neurovascular Reflexes:**
Located on the temples, slightly above and in front of the ear. Also located in the sternal notch. These sets of points can be done separately or together.

**Neurolymphatic Reflexes:**
Located bilaterally between T2 and T3, 2-3 inches out from the breastbone.

**Triple Warmer Meridian:**
Start at the medial nail bed of your fourth finger (TW-1) and end at the outside edge of your eyebrow (TW-23).

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**11pm - 1am  Gallbladder**

It is best to sleep at this time and allow your body to regenerate, release bile, and perform cellular repair to build strong blood cells.

**Neurovascular Reflexes:**
Located on the top of the head at the anterior fontanel.

**Neurolymphatic Reflexes:**
Located bilaterally between T3-4 and T4-5.

**Gallbladder Meridian:**
Start at the outer canthus (outside corner) of the eye (GB-1) and end at the outside of the fourth toe (GB-44).
1am - 3am  Liver

This is a time for deep sleep and dreaming, regeneration, and detoxification of blood. It has been called “rest and recover time”. If you wake up at this time, your liver is most likely overwhelmed by the detoxifying process.

Neurovascular Reflexes: Located on the anterior fontanel.

Liver Meridian: Start at the lateral nail bed of the first toe (LV-1) and end between the 7th and 8th ribs, under the nipple (LV-14).

3am - 5am  Lung

This is a time when the lungs detoxify. This time should be characterized by deep sleep, dreams, memories, and emotions. If you cough at this time, your lungs are expelling toxins.

Neurovascular Reflexes: Located on the top of the head at the anterior fontanel.

Neurolymphatic Reflexes: Located bilaterally between T3-4 and T4-5.

Lung Meridian: Start at the front of the shoulder (LU-1) and end at the lateral nail bed of the thumb (LU-11).
Sharing my knowledge with those who are hungry to learn and grow is my passion. I have been practicing massage therapy and Kinesiology for over 30 years. In 2013, I was certified as an instructor by the International Kinesiology College so that others could learn the power and effectiveness of Specialized Kinesiology.

Specialized Kinesiology workshops are meant for people who want to feel better, and for those who want to help others feel better. They incorporate acupressure, touch, and massage, to help improve posture and reduce physical and mental pain. Knowledge of anatomy or physiology is helpful, but not necessary.

Specialized Kinesiology complements, and can be used in conjunction with many other healing modalities. It can also be used by itself.

To learn more about my workshops, visit my website at www.northeasthealing.com or contact me.