ENERGY MEDICINE

BALANCING YOUR BODY’S ENERGIES FOR OPTIMAL HEALTH, JOY, AND VITALITY

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WITH DAVID FEINSTEIN, PHD

ILLUSTRATIONS BY BROOKS GARTEN AND CINDY COHN
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B. Solstice/Indian Summer

C. Summer

D. Summer
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**Strengthening Points**

**Small Intestine**

**Bladder**

**Kidney**
Figure 26 (continued)

**Strengthening Points**

1. **M**
2. **N**
3. **O**
4. **P**
5. **Q**
6. **R**

**Circulation-Sex**

**Triple Warmer**

**Gallbladder**

**Sedating Points**
Figure 26 (continued)

**Strengthening Points**

- **S**
- **U**
- **W**

**Sedating Points**

- **T**
- **V**
- **X**

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- **Liver**
- **Lung**
- **Large Intestine**
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<table>
<thead>
<tr>
<th>Time of Day</th>
<th>Meridian</th>
<th>Acupuncture Point</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 a.m.–7 a.m.</td>
<td>Large Intestine</td>
<td>LI 1</td>
</tr>
<tr>
<td>7 a.m.–9 a.m.</td>
<td>Stomach</td>
<td>St 36</td>
</tr>
<tr>
<td>9 a.m.–11 a.m.</td>
<td>Spleen</td>
<td>Sp 3</td>
</tr>
<tr>
<td>11 a.m.–1 p.m.</td>
<td>Heart</td>
<td>Ht 8</td>
</tr>
<tr>
<td>1 p.m.–3 p.m.</td>
<td>Small Intestine</td>
<td>SI 5</td>
</tr>
<tr>
<td>3 p.m.–5 p.m.</td>
<td>Bladder</td>
<td>Bl 66</td>
</tr>
<tr>
<td>5 p.m.–7 p.m.</td>
<td>Kidney</td>
<td>K 10</td>
</tr>
<tr>
<td>7 p.m.–9 p.m.</td>
<td>Circulation-Sex</td>
<td>Cx 8</td>
</tr>
<tr>
<td>9 p.m.–11 p.m.</td>
<td>Triple Warmer</td>
<td>TW 6</td>
</tr>
<tr>
<td>11 p.m.–1 a.m.</td>
<td>Gallbladder</td>
<td>GB 41</td>
</tr>
<tr>
<td>1 a.m.–3 a.m.</td>
<td>Liver</td>
<td>LV 1</td>
</tr>
<tr>
<td>3 a.m.–5 a.m.</td>
<td>Lungs</td>
<td>Lu 8</td>
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A

Spleen
Small Intestine
Spleen
Stomach
Gallbladder
Lung
Heart
Stomach

B

Kidney
Small Intestine
Triple Warmer
Liver
Large Intestine
Circulation-Sex
Large Intestine
Circulation-Sex
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Inside and Front

Inside of Foot  Outside of Foot
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Outside and Back

Outside

Inside
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