

Health Advice # 26: Your Body's Built-in Clock

Every organ in your body has a repair and maintenance schedule to keep on a daily basis. If you feel **sluggish, foggy, achy**, or simply off at these particular times of day, you will know which organ is trying to repair the damage done to it.

Lungs: 3 am – 5 am. The lungs are the first organs of the day up for repair and maintenance. The toxic waste from your lungs is loosened between 3 am and 5 am - which is why you sometimes cough when you awaken in the morning. Your lungs are trying to expel the loose waste. If you are coughing in the morning, this indicates that your diet and lifestyle need tweaking.

Large intestine or colon: 5 am to 7 am is the time for this organ. A healthy colon needs water to do its job properly, which is flushing waste matter 24/7. The morning is the most important time to drink plenty of water for this process, and the worst time to have caffeine. Caffeine is a diuretic that takes water away from your colon and dumps it into your kidneys and bladder for evacuation. Your body needs water in the morning to do its repair and maintenance of the large intestine and colon. This keeps you from getting constipated, gaining weight, and looking and feeling older. When you irrigate your system every morning with pure water up to 32 oz, your health improves. If you wait until you have a bowel movement before you eat in the morning, it's also healthier for your colon.

Stomach: Between 7 am and 9 am, your stomach is repairing itself and does not need a big meal to deal with. While the large intestine and colon need fluid to repair properly in the morning, the stomach needs very little. Start with fluids (pure water or fresh juiced vegetables) or fresh fruit that is easily digestible. However, if you can, drink only fluids in the morning for optimal health.

Spleen: From 9 am to 11 am the spleen is cleaned. During this process, and also whenever the spleen is in a weakened state, you may suffer from allergies or find it harder to shake a cold or flu. This is because the spleen works with the liver and your immune system. A healthy spleen produces antibodies when there is an infection and constantly watches the blood for invaders.

Heart: The time for heart repairs is between 11 am and 1 pm. Your body is removing waste from the heart and you may sometimes notice a rapid heartbeat, double beats, and/or skipping beats during this process. 70% of heart attacks occur when the heart is in its repair period.

Small intestines: Have you noticed that between **1 pm and 3 pm** you are more apt to experience indigestion, stomach pain, and bloating. If this happens, two things could be wrong:

1. Your diet is not what it should be and your food is not digesting properly.

2. Your diet is causing problems that are now causing you stress.

In either case, a proper diet will help take care of these issues.

Kidneys and bladder: From 5 pm to 7 pm you may notice you're tired and want a nap. When the kidneys are healthy and working properly, you'll feel energetic, not tired, during this time.

Pancreas: Between 7 pm and 9 pm, do you find yourself having intense cravings for sweets or processed carbohydrates that turn to sugar immediately in your system? The kidneys regulate the pancreas, and if you do consume sweets during this period, you may notice lower back pain, which is a kidney symptom.

Blood vessels and arteries: From 9 pm to 11 pm the blood vessels go into repair mode. If you get headaches or feel abnormally tired or weak, it's an indication that the blood vessels are doing heavy repairs.

Liver and gallbladder: Between 11 pm and 3 am, these two guys go into action. Do you ever have nights when you can't sleep during this time? This means that waste is not being processed by your liver and it acts as an irritant to your body, causing insomnia and frayed nerves. Your brain just won't stop.

So keep the following maintenance cycles in mind! (Nancy Desjardins)

To your health! Anima Sana in Corpore Sano (a healthy mind in a healthy body)

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