

Horary Points to Assist with Jet Lag



The body operates multiple meridians, which are a set of pathways in the body along which vital energy flows. There are 12 such pathways which are associated with specific organs as well as time zones. Each meridian is indicated by a dot in the image below. This chart is to be used with the meridian time zone clock.

Instructions

- When you begin your flight, you will firmly press both the meridian associated with your beginning time zone as well as your destination time zone.
- Two hours later, you will stimulate the next meridian. This can be found by advancing two hours (one zone on the meridian time zone clock) ahead of the first set of meridians stimulated.
- Each two hour period after this, you will only stimulate the destination meridians.

NOTES

