



# NATURAL SOLUTIONS

*Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare*

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## Daily Symptom Log

MERIDIAN	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3-5am Lung							
5-7am Lg. Intestine							
7-9am Stomach							
9-11am Spleen							
11am-1pm Heart							
1-3pm Sm. Intestine							
3-5pm Bladder							
5-7pm Kidney							
7-9pm Pericardium							
9-11pm Tri-Warmer							
11pm-1am Gallbladder							
1-3am Liver							