



# ORGAN & GLAND BIO-RHYTHM SCHEDULE

(For Repair, Healing and Cell Regeneration)

This **Personal Education Program (PEP)** Article will assist you in how to use the **Organ and Gland Bio-Rhythm Time Schedule** below and provide a list of therapeutic and/or maintenance supplements that can be included in your **Health Chest** to assist the different organs/glands, when indicated.

As you go about your day, all of your senses are gathering data from what you see, hear, touch, and taste. There is another gatherings occurring also –

- from the **toxic substances** you are exposed to from breathing or absorbing through your skin, such as dust; dust mites; germs; smoke, oil, and gasoline from vehicles and other machinery, allergens and other environmental toxins,
- as well as **nutrients** from the foods and beverages consumed, **which may also includes toxins**, such as chemical dyes, coloring, preservatives, metals or other toxic substances, especially when not consuming organic and free-range foods.

Each organ and gland of the human body has a specific time of the day or night when it will process the data, nutrients and toxins from the day, as well as heal and repair damaged cells and tissue and remove (detoxify) toxins, if not impeded by a scar or some other interference. The chart below provides the times or schedule that each organ and gland is performing these activities.

**Why is this information beneficial?** When you experience acute symptoms, this chart will help you understand the part of the body under stress and thus requiring your help. Remember symptoms are the way the body communicates to your conscious mind that it is over-worked or challenged in performing its duties and thus, needs your help. Sometimes when in this stressful state, the organ or gland is unable to communicate or may communicate in a way that you do not readily recognize. Thus, using this chart may also help you ascertained this information even when you are not experiencing acute symptoms. Responding appropriately will allow the organ or gland to perform its function more rapidly and efficiently, which also means you will recover from acute symptoms more rapidly. If the organ or gland is unable to function efficiently, cells and tissue do not get repaired, all toxins are not removed, and this can compromise your health in a variety of ways.

Here are some examples to help you understand how this chart may benefit you:

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1. **Symptoms of Toxins – Incoming:** You wake up between 1 – 3 a.m. with symptoms and looking at the chart, you know your liver is under stress. What is the purpose of the liver? To filter toxins from the blood, leaving the nutrients so the blood can feed the cells. If unable to perform this function, the toxins are also transported to the cells through the blood. If the symptoms you are having consist of a runny nose, head or chest congestion, squeezing or other mucus-related symptom, you know you have been exposed to a virus, bacteria or other germ. Referring to the appropriate remedies outlined in your **“Health Chest”** e-book will help you detoxify the germs and assist the liver in its innate detoxification process. You will then avoid suffering any longer than it takes for these remedies to activate, and you have helped your liver more completely remove the toxins (germs). Otherwise, some of the germs could go deeper into tissue and/or stay in the blood and infect other areas of the body than the head and chest.



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- Organ or Gland Functional Stress:** Let's say you typically go to sleep at 10 p.m., but then wake up between 11 p.m. and 1 p.m., the time for the Gall Bladder. If you noticed had eaten more fatty products that day than is possible for your gall bladder to metabolize, you may wake up during this time, even though you do not have any specific symptoms. Knowing that this time period represents the gall bladder will allow you to take the specific product indicated in the chart to help gall bladder function and enable you to return to sleep.
- Detoxification of Toxins – Outgoing:** Between 5 and 7 p.m. one day, you feel achy all over or you notice you have broken out with a rash or some other skin sore or blemish. Checking the chart, you observe that this time represents the Kidneys. What is the function of the kidneys? To remove toxins from the body which have been filtered by the liver. Over-all body achiness during this time is a sign that all the poisons (toxins) are backing up and not excreting fully or efficiently from the kidneys. A skin rash, sore or blemish is communicating the same thing as over-all body achiness and indicating that though these toxins were unable to be excreted from the kidneys, the body was able to reroute the toxins and remove them through the skin. Though the skin is considered the second kidney and a good back-up for the kidneys, using the skin as a pathway for detoxification can be harmful to the skin. Therefore, you want to use the topical ointment or oil in the **Health Chest** e-Book to help your skin heal so it does not scar or in some other way damage the skin.

As you know from reading how your body heals in the “**Client Handbook**,” Cleansing signs and symptoms generally last a few hours or up to three days and are gone by the fourth day. If symptoms are still present on the fourth day, it is very important to contact Dr. Smith for additional information, otherwise, there will be other health consequences.

TIMES	ORGAN/GLANDS	SUPPLEMENT
03:00 – 05:00 a.m.	Lung	Allerplex
05:00 – 07:00 a.m.	Large Intestine	Gastro-Fiber or LBSII
07:00 – 09:00 a.m.	Stomach	Digest, Gastrex or Zypan
09:00 – 11:00 a.m.	Spleen	Whole Dessicated Spleen
11:00 – 01:00 p.m.	Heart	Cardio-Plus
01:00 – 03:00 p.m.	Small intestine	Multizyme
03:00 – 05:00 p.m.	Urinary/Bladder	Albaplex or Arginex
05:00 – 07:00 p.m.	Kidney	Albaplex or Arginex
07:00 – 09:00 p.m.	Pericardium	Cardio-Plus
09:00 – 11:00 p.m.	Triple Heater (See definition next page)	Herbal Body Bath
11:00 – 01:00 a.m.	Gall Bladder	AF Betafood
01:00 – 03:00 a.m.	Liver	Livaplex

**Dosages:** Take 6-10 daily until all symptoms abate, then reduce to 3-5 daily and finish the bottle, which allows for continued help after the body no longer needs to communicate to you through symptoms. Higher dosage is for more intense symptoms. If you have no symptoms, however, your sleep has been disturbed or some other sign has occurred, you may take 3-6 daily until you finish one bottle.



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## TRIPLE HEATER

Triple Heater is also referred to in Chinese Medicine as Triple Warmer. Triple Heater or Warmer represents three divisions of the human anatomy. The divisions refer to the three processes of energy production in our bodies – inspiration and exhalation (upper heater), digestion (middle heater) and elimination (lower heater). The divisions and the organs/glands they include are:

1. **Upper Heater** - is above the diaphragm and so includes the heart and lungs.
2. **Middle Heater** is from the diaphragm to the umbilicus (belly button) and so includes the stomach, spleen and liver.
3. **Lower Heater** is from the umbilicus to bottom of the torso and so includes kidneys, bladder and intestines.

Therefore, between 9 and 11 p.m., should you feel particularly tired or exhausted, have symptoms in a number of different or unrelated areas of the body, have symptoms in several of the above organs/glands at one time, and/or feel out of sorts for no particular reason, this means one or more of the above organs or glands may be under stress (i.e. being challenged in functioning properly).

Rather than taking a supplement for each of the above areas, soaking for 30-minutes in **Dr. Smith's Herbal Body Bath** to increase circulation, raise Vitamin C Complex levels to fight infection, assist all of these organs and glands in detoxification and over-all function. You must follow the Herbal Body Bath instructions exactly as written.

For instructions, click here to open the **Article By Dr. Smith / Document Library** PDF File on our website titled, "**Head/Chest Cold/Flu/Allergies – Herbal Foot and Body Bath.**"

[http://www.advancedclinicalnutrition.com/images/Herbal\\_Foot\\_Bath.pdf](http://www.advancedclinicalnutrition.com/images/Herbal_Foot_Bath.pdf)

Though the instructions for the herbal foot and body bath is titled for head and chest colds, flu and allergies, it has truly a myriad of uses, such as those listed above, over-all body aches and infections, tiredness, headaches, etc.

You may schedule a telephone consultation at any time for additional help in understanding how to use the **Organ and Gland Bio-Rhythm Schedule**, such as when you first begin to use it, if you have any questions or want to verify your own self-evaluation. Soon you will be able to evaluate your body's communications in respect to this schedule.