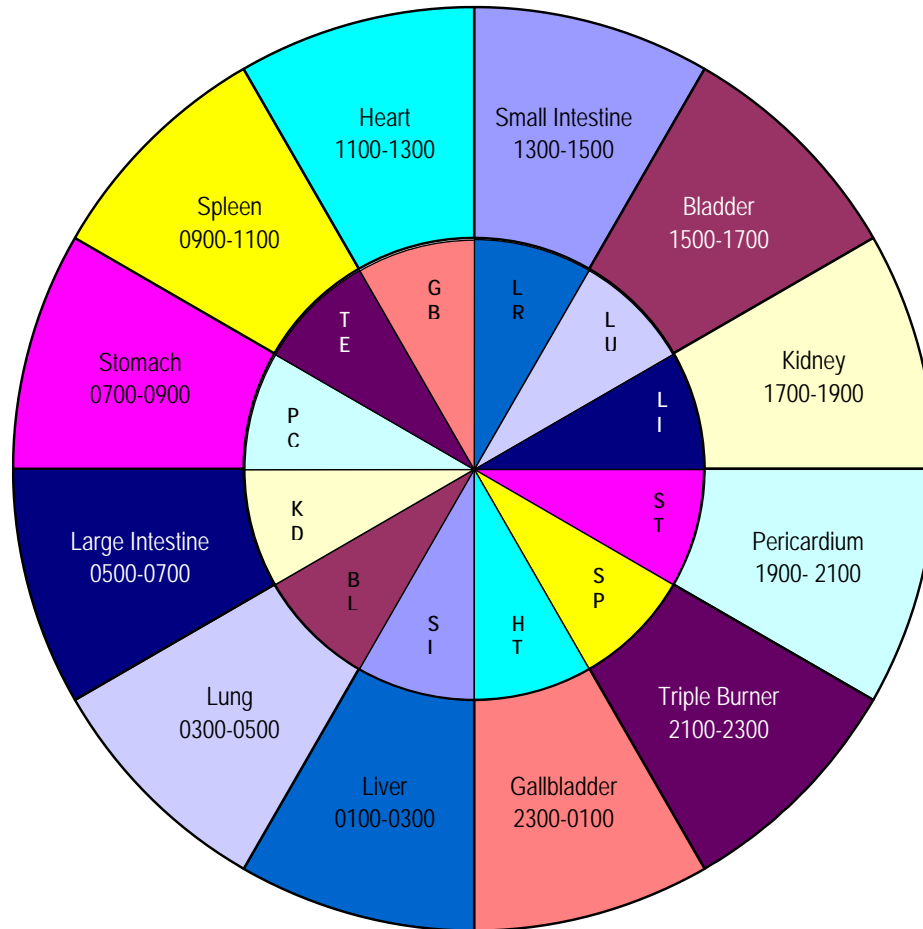


The 24 hour Chinese Clock



The outer circle is labelled and has a specific colour which shows the times for each organ.

The inner circle of colours correlates to the outer circle of organs and shows which organ is at its lowest ebb, at any one time.

So for example, when it is Heart time the inner circle shows the colour that correlates to the Gallbladder time.

Hence this means that when it is Heart time, the Gallbladder time is at its lowest ebb.