Human Body Energy Clock

Astringent

Detox & Release CO2, toxins and body fat. Deep sleep can support lung health, fat loss and longevity.

Recipe: Fennel and Date Salad.

Foods: Onion, Leek, Turnip, Pears

Supplements: Magnesium citrate

Sweet

Hydrate first and add nutrition before caffeine. Choose either a light breakfast or hearty if hungry.

Recipe: Cold/sweet: Pumpkin smoothie
Hot/Savory Veggie Scramble
Hot/Sweet Baked pears with honey

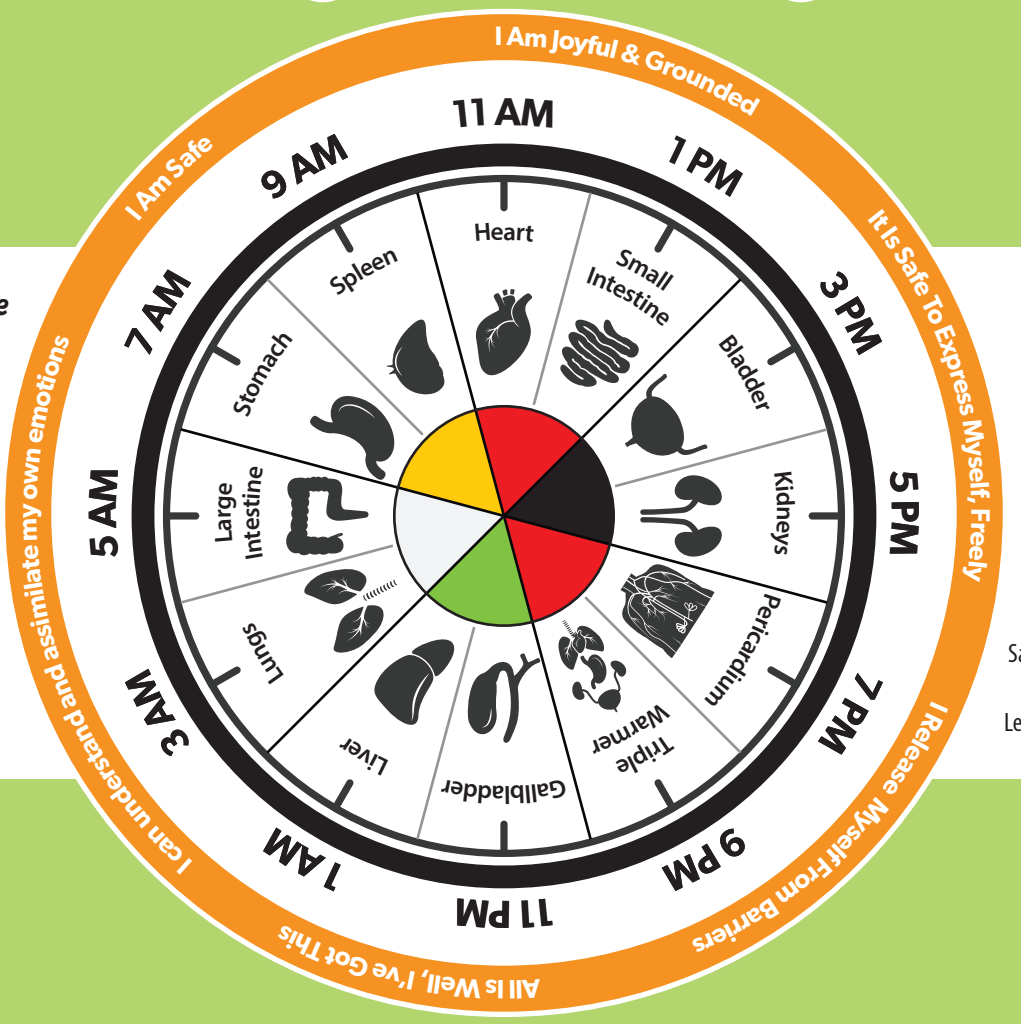
Foods: Pumpkin, squash, sweet potato, yam, soups and stews

Bitter

Foods: Goji Berries, Beets, Root Veggis, Swiss Chard, & Tomatoes

Recipe: goji berries and cacao nibs as a snack.

Supplements: Mct Oil/coconut Oil, Ashwaghanda, B-vitamins



Emotional Timetable

3am–7am:
Grief

7am–11am:
Worry

11am–3pm:
Joy

3pm–7pm:
Fear

7pm–11pm
Joy/Mania

11pm–3am:
Anger & Irritability

Essential Oils

3am–7am
Eucalyptus & Lemon

7am–11pm
Bergamont & Orange

11am–3pm:
Vanilla

3pm–7pm:
Cinnamon & Clove

7pm–11pm:
Sandalwood & Rosewood

11pm–3am:
Lemongrass & Peppermint

Salty

Recipe: Miso marinated fish and parsnip fries.

Foods: Black Beans, Black Sesame Seeds, Kidney Beans. Figs, Seaweed, Miso, Bone Broth, Collagen, Cartilage, Menudo, Oysters, Root Veggies Grapes, Kale Broccoli, Spinach, Swiss Chard, Celery, & Lime

Supplements: Spiriluna

Pungent

Recipe: Roasted beets and swiss chard.

Foods: Goji Berries, Beets, Root Veggis, Swiss Chard, & Tomatoes

Supplements: Mct Oil/coconut Oil, Ashwaghanda, B-vitamins

Sour

Recipe: Seaweed wrap with hummus, cucumber and avocado.

Foods: Dandelion tea and greens, lemon green grapes

Supplements: Adaptogens, Rhodiola, & Vitamin C, Cranberry

conscious nutrition
by Heather Fleming