



- METAL
- WATER
- FIRE
- EARTH
- WOOD


**9 a.m. - 11 a.m. SPLEEN MERIDIAN**  
 Jet lag point on the inside of the left and right foot on an imaginary line from the nail of the big toe just below the first metatarsal bone.




**7 a.m. - 9 a.m. STOMACH MERIDIAN**  
 Jet lag point on an imaginary line on the left and right leg from the second toe to the knee three thumb-breadths under the kneecap.




**5 a.m. - 7 a.m. LARGE INTESTINE MERIDIAN**  
 Jet lag point on the thumb-side of the bottom of the nail of the first finger from the left and the right hand.



**3 a.m. - 5 a.m. LUNG MERIDIAN**  
 Jet lag point on the inside of the left and right arm on an imaginary line from the thumb one thumb-breadth under the pulse wrinkle.



**11 a.m. - 1 p.m. HEART MERIDIAN**  
 Jet lag point on the left and right hand-palm one thumb-breadth under thumb-side of the little finger.




**9 a.m. - 11 a.m. SPLEEN MERIDIAN**  
 Yin Yang

**7 a.m. - 9 a.m. STOMACH MERIDIAN**  
 Yin Yang

**5 a.m. - 7 a.m. LARGE INTESTINE MERIDIAN**  
 Yin Yang

**3 a.m. - 5 a.m. LUNG MERIDIAN**  
 Yin Yang

**1 p.m. - 3 p.m. SMALL INTESTINE MERIDIAN**  
 Jet lag point on the left and right arm on the little finger's side of the upper side of the pulse between the pulsejoint.



**3 p.m. - 5 p.m. BLADDER MERIDIAN**  
 Jet lag point on the left and right foot on the second phalanx of the little toe.

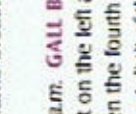
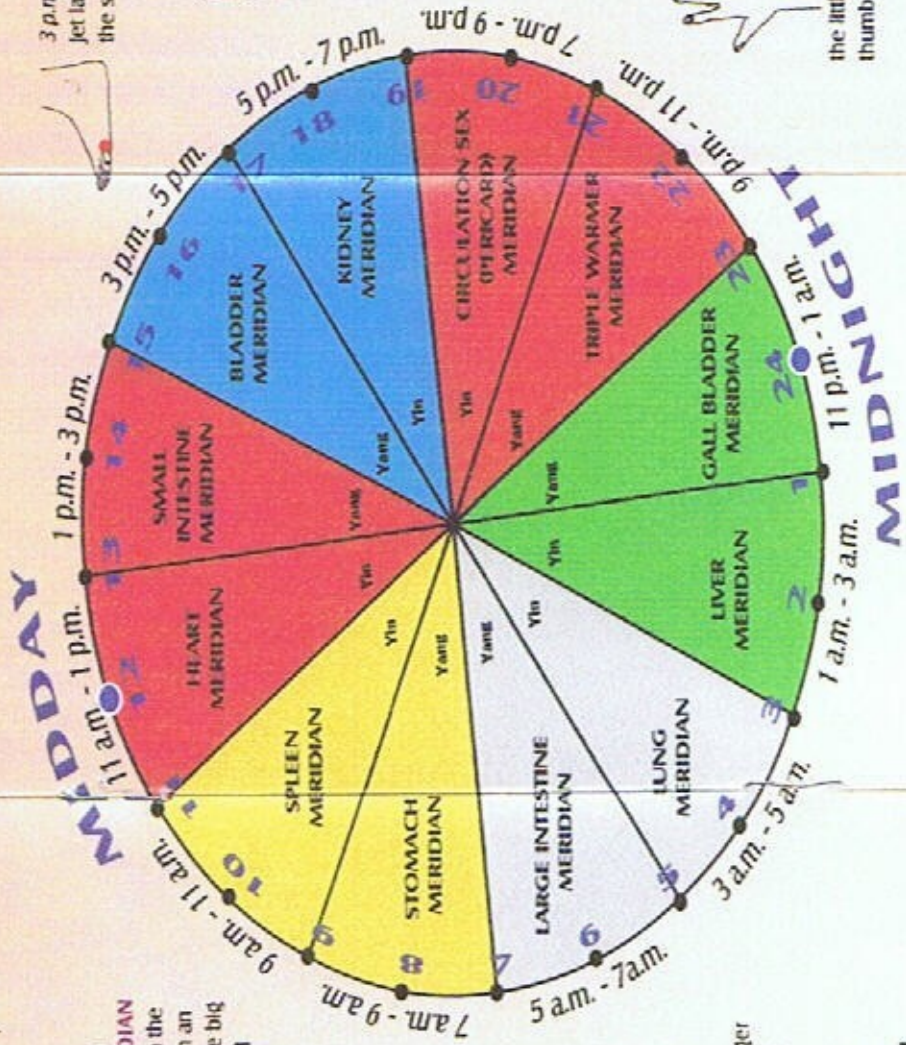
**5 p.m. - 7 p.m. KIDNEY MERIDIAN**  
 Jet lag point on the inside of the left and right leg near the knee. When you bend the knee a fold appears. At the end of the fold you find the point.



**7 p.m. - 9 p.m. CIRCULATION SEX (PERICARD) MERIDIAN**  
 Jet lag point on the inside of the left and right hand-palm between the two middle fingers and than three thumb-breadths downwards.



**9 p.m. - 11 p.m. TRIPLE WARMER MERIDIAN**  
 Jet lag point on the upper side of the left and right arm on an imaginary line starting between the little finger and the ringfinger on three thumb-breadths from the pulse wrinkle.

**11 p.m. - 1 a.m. GALL BLADDER MERIDIAN**  
 Jet lag point on the left and right foot on an imaginary line between the fourth and the fifth toe (little toe) two thumb-breadths under the last digit of the toes.





### What?

What is Jetfix? Jetfix® is THE QUICK JET LAG FIXER. By using certain acupuncture points you can adjust your biological clock in no more than 24 x 20 seconds - 8 minutes.

### Who?

For whom is this intended? Anyone flying to a different time zone.

### Why?

Why do this? So that you suffer less if at all from time differences, fatigue or sleeping problems.

The method will help you to adjust quickly to a new time zone.

### When?

When do you use this procedure? You can make the adjustment just before or as soon as possible after any flight with a time difference of more than two hours.

### How?

How does this technique work? You press lightly with your thumb or with the first and second finger

combined on the designated acupuncture points for 20 seconds. You start with the point that corresponds with the local time of the place of arrival. Then you press all the other 12 points going clockwise on both sides of your body.



When we talk about the size of a thumb this means your own thumb.

*The authors offers the described procedures and techniques only for the purpose of information and research. The information is neither a diagnosis nor prescription for any ailment of any reader. People who use these procedures or connecting techniques do so at their own risk and responsibility.*

**RESOURCES** - Integrated Body/Ward by Gordon Stokes and Mary Marks Smith. Three in One Concept, 2001 West Marginalia Boulevard - Suite B, Burbank California 91506 - 1704.

Time Cycles by Andrew Verity, Educating Alternatives, Punter Avenue 1-6, Boughwood East 3135, Melbourne, Australia

THE QUICK JET LAG FIXER



Every person who travels to another geographical time zone