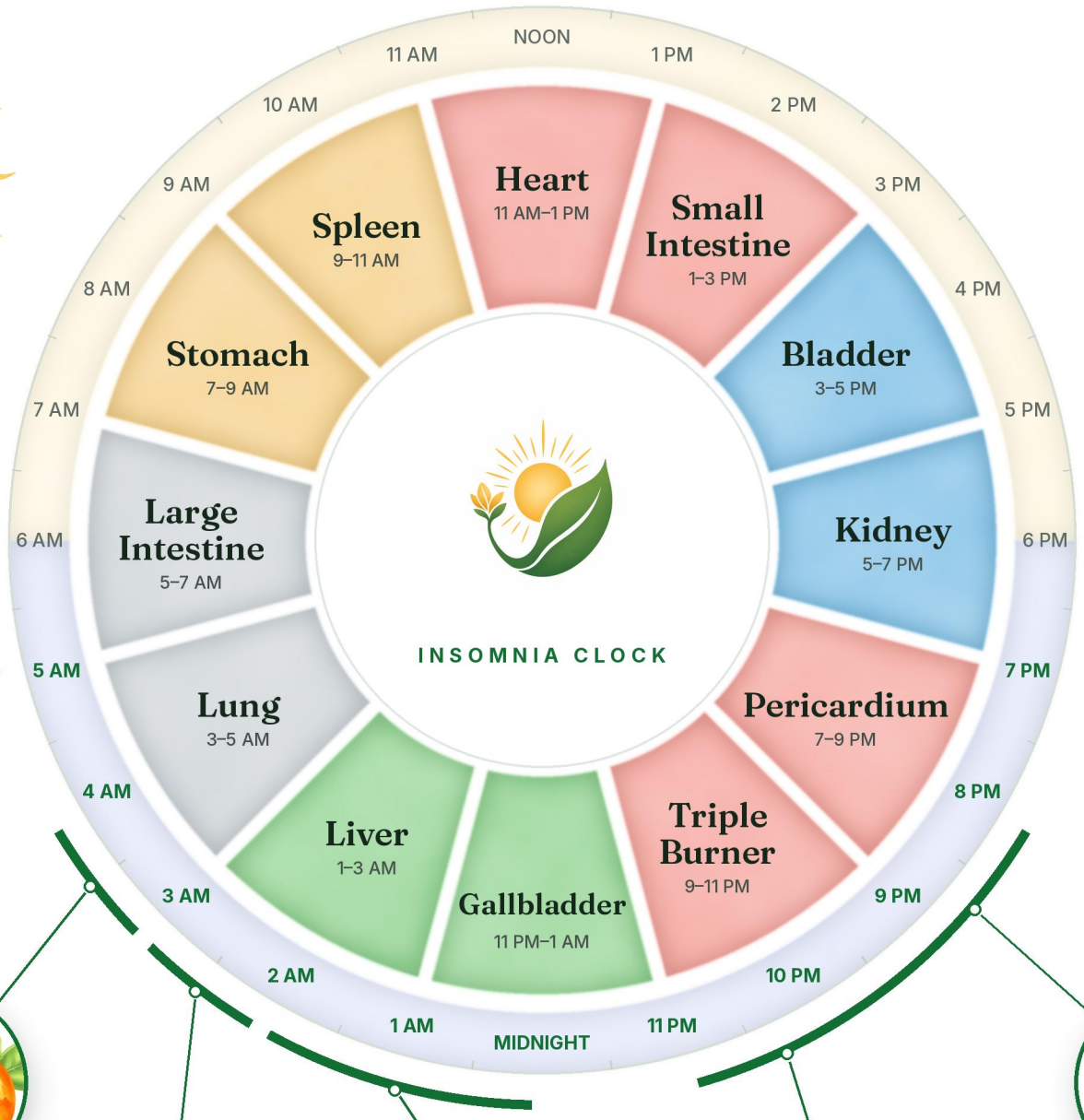
SOL FAMILY REMEDY FINDER

The Traditional Chinese Medicine Body Clock

Night-waking hours and the remedies that match them







Sulphur
5 AM





Nux Vomica
3 AM



Thuja Occidentalis
2 AM



Arsenicum Album
12 – 2 AM



Pulsatilla Nigricans
8 – 11 PM



Kali Phosphoricum
8 – 11 PM

Wood · Fire · Earth · Metal · Water

Each organ is said to have a two-hour window of peak energy.
Waking at the same hour night after night may point toward the remedies shown.

For education only — not a substitute for medical care.

A home resource for deep healing

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