



**Spring
Equinox**
March 21st

WOOD
(liver)
CLEANSE

FIRE
(heart)
REJUVENATE

EARTH
(stomach)
SOOTH

METAL
(lungs)
NOURISH

WATER
(kidney)
REVITALIZE

**Fall
Equinox**
September 22nd

**Summer
Solstice**
June 20th

**Winter
Solstice**
December 21st



Spring Equinox

March 21st

February

March

January

April

December

May

November

June

October

July

September

August

Fall Equinox

September 22nd

Winter Solstice

December 21st

Summer Solstice

June 20th



Spring

Feb 4th until April 16th
(72 Days)

Jan 17th until Feb 3rd
(18 Days)

April 17th until May 5th
(19 Days)

Winter

Nov 7th until Jan 16th
(71 Days)

Summer

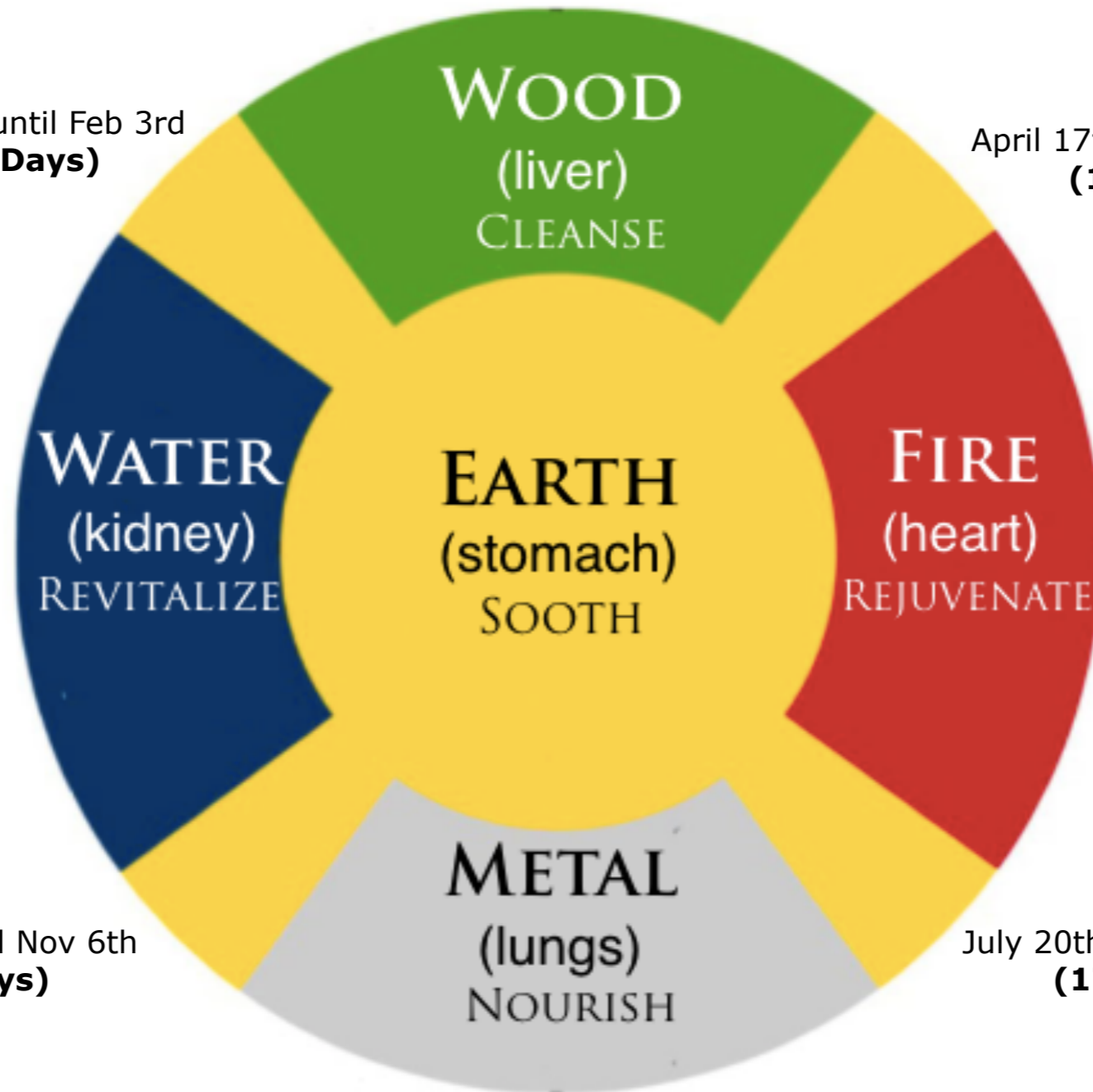
May 6th until July 19th
(75 Days)

Oct 20th until Nov 6th
(17 Days)

July 20th until Aug 6th
(17 Days)

August 7th until October 19th
(74 Days)

Fall





Feb 4th until April 16th
(72 Days)



Jan 17th until Feb 3rd
(18 Days)



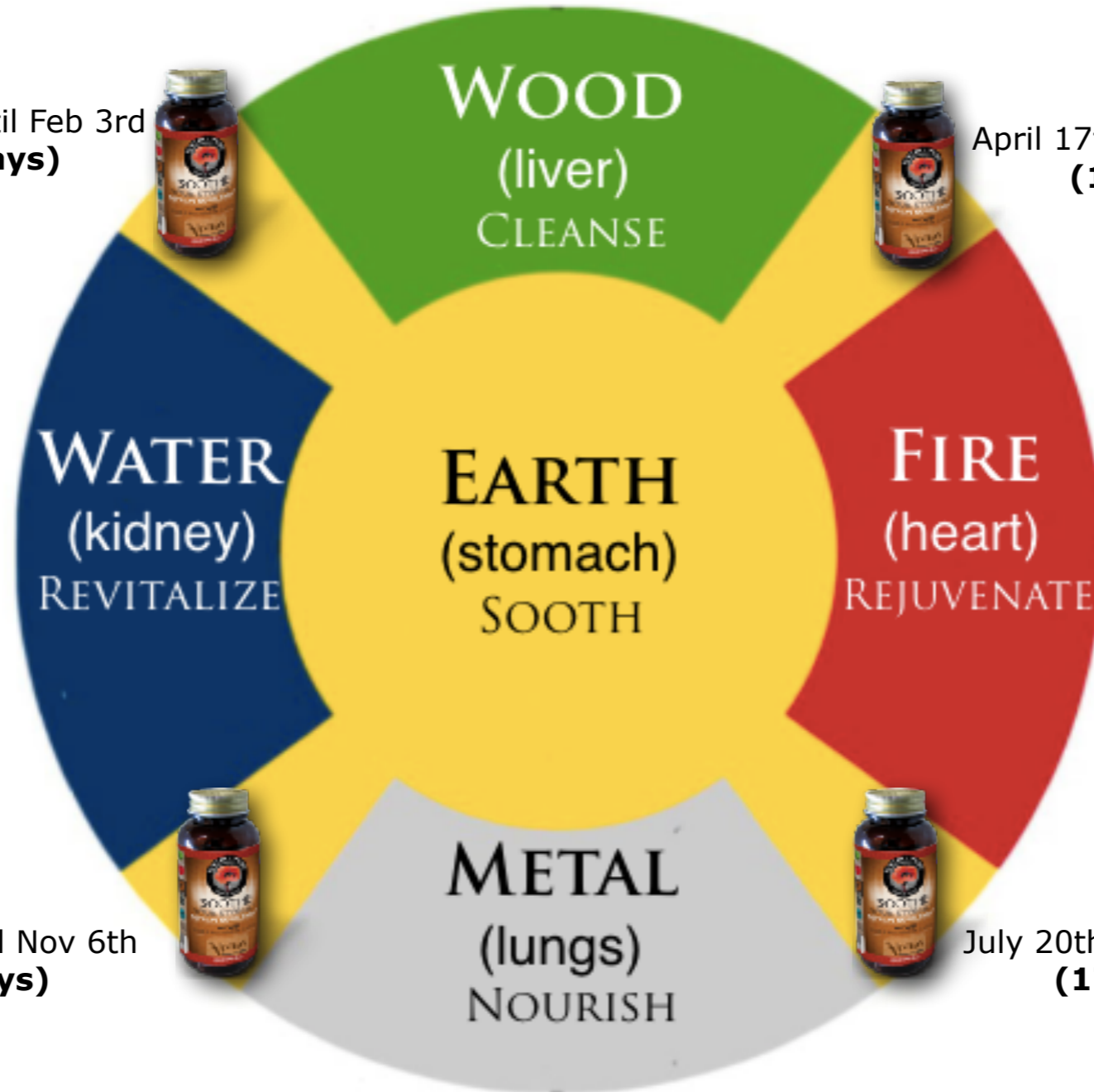
April 17th until May 5th
(19 Days)



Nov 7th until Jan 16th
(71 Days)



May 6th until July 19th
(75 Days)



Oct 20th until Nov 6th
(17 Days)



July 20th until Aug 6th
(17 Days)

August 7th until October 19th
(74 Days)



Autoship Order

February 1-

Liver



**Feb 4th until April 16th
(72 Days)**

March 1-

Liver



**April 17th until May 5th
(19 Days)**

April 1-

Stomach



May 1-

Heart



**May 6th until July 19th
(75 Days)**

June 1-

Heart



**July 20th until August 6th
(17 Days)**

July 1-

Stomach



August 1-

Lungs



**August 7th until October 19th
(74 Days)**

September 1-

Lungs



**October 20th until November 6th
(17 Days)**

October 1-

Stomach



November 1-

Kidney



**Nov 7th until Jan 16th
(71 Days)**

December 1-

Kidney



**Jan 17th until Feb 3rd
(18 Days)**

January 1-

Stomach

