So now we're going to talk a little bit about the triple warmer meridian and the triple warmer as a system.

So sometimes you hear this referred to as the triple warmer. Sometimes you hear it as the triple burner. Sometimes you hear it as a triple heater and also as san jiao, which are Chinese words translated into English. San is three and jiao is burner. It is one of the least understood and most confusing of the East medicine systems because it doesn't have a physical organ like all of the other systems. It is more like the container, for the body. The other yang organs are containers for their system such as the stomach for food, the intestines for processing, the gallbladder for storing bile etc. The Triple Warmer is like the mother container.

The location of the triple burner is just under the surface of the body. So the triple warmer would be under the skin, similarly to the superficial fascia. **Its function is communicating from the inside out, and the outside in.**

Temperature changes. As people who live in a northern climate (hands up), our triple warmer tends to be more taxed than people who live in warm climates, and I am living testament to that right now because I've been in a warm climate for four months and I come home here and it's six degrees Celsius and raining and damp.

And, you know, maybe if I've been cold all winter, this would feel like really mild weather. But to me, it just feels like my triple warmer hasn't been working very well because it hasn't had to. So my thermometer is not working very well. I'm tired, and my body feels tight and sore. I'm wearing a lot of clothes, and I'm cold. So the triple warmer is understood to be involved when we are receiving interior exterior information.

Weather changes from the outside. People who don't sweat often have some kind of issue with water metabolism. This is related to the triple warmer system, the communication system is malfunctioning and we can see other issues such as urinary, kidney, metabolic, ticklishness, trauma or abuse survivors.

Treating the triple warmer meridian on both forearms using gua sha can help to balance the triple warmer meridian.

The symptom of not sweating often goes deeper. if you're exercising and not sweating you run the risk of getting overheated, passing out, putting stress on the heart and the kidneys because we're not releasing heat and water. Because you are not releasing water, there is probably a tendency to not drink enough water which can again stress the same system.

This simple treatment may have an impact on any of these symptoms, if the triple warmer system is involved. The points on the rest of the meridian are also impactful and it is a great meridian to scrape.

All of the systems also have an **emotional aspect** to them as well. And so the triple warmer has to do with our relationship with the outside world.

So. I'd like to tie this in a little bit. This is something that I figured out many, many years ago, which really struck me because the triple warmer is really closely related to trauma. People who have experienced trauma have often had their boundaries crossed in a previous period in their life. And this energy has not been rebalanced.

I use tickling as an example of this, because believe it or not, tickling can be, is not always, but can be a form of abuse. **If the recipient of tickling does not want to be tickled (says no), then you are actually crossing the line of an emotional boundary with them.** And I hate to say this, and some of you may be thinking, Oh my gosh, I never thought of it that way before.

And that's okay, because you didn't think of it that way before. Don't, don't get upset by it, but understand this moving forward in your life, right? Consensual tickling is okay
Some people like to be tickled a little bit. It feels good at the beginning. It's funny. It makes you laugh. But it actually causes people to have a trauma response that when someone is crossing their boundary later on in life that they will actually smile or laugh.

And it's like a reminder from when, you know, sometimes when they were tickled when they were young or when they were hurt when they were young and they weren't allowed to express their hurt.

I know this isn't Gua Sha, but Gua Sha can help this. It's incredible because a lot of the time people get shut down, right?

They get shut down on this exterior and we see it connected with really tight fascia in the body or really open fascia in the body, which is also not good because then it's like you're too open. People who sweat too much sometimes. So it can go either way. But this communication is where the triple burner, that's, that's its system, that's its function.

You may be wondering where I got this information from… 25 years of clinical experience. I noticed early on that sometimes a client would have a ‘spot’ that could cause them to have an extreme reaction. Pain, screaming, ticklish, crying… there are so many reactions, but they all seem to be trauma trapped in a superficial space. Having said this, not all of these trapped emotions can be resolved by applying gua sha to the triple warmer meridian. There is potential of helping the somatic response of these traumas with gua sha.

The Sanjiao or the triple warmer is broken up into three sections. The upper burner, the middle burner, and the lower burner.

We talk about the **upper burner** dealing with the spiritual, ethereal, intuitive aspect of our being. The energy that's coming from above, and also the electromagnetic energy within the body. The nerve impulses that travel through the body and these, these signals. Maybe we can qualify these as electromagnetic signals.

The **middle burner** is associated with our core energy, our core body temperature, our digestion,, our day to day functioning. It's the earth energy. It's how we interact on the physical plane that we're in.

The **lower burner** is our deep core energy is related to our constitution, what we're born into, but also our resources. Our resources can be changed to a certain degree, but ultimately we're all born with a certain amount of resources and it **has a lot to do with the kidneys, adrenal glands and the water metabolism in the body and also our life force**.

The three burners need to communication between each other, and if they are not we can often see visual cues in the body. If you look at a person and if they're weak in the upper, sometimes their upper body shoulders and head look a little bit constricted.

If there's imbalance in the middle part, they may be thicker through the center of their body. And you may see water retention in the lower part of the body. It shows up physically in the body as well.

When we're looking at the actual meridian or channel and its **pathway. The San Jiao channel** starts in the fourth finger, ring finger, interesting … relationships, and runs up the wrist and up the lateral aspect of the arm.

So it runs, it runs sort of between the area in the fascia, the area between the bicep and the tricep, sort of along the lateral aspect of the deltoid, on the lateral side of the acromion, and it travels inside and it goes to the thymus. The thymus is related to hormones, and the Endocrine system (lower burner).

And then it travels up the side of the neck and in and around the ears. So how we receive information. A lot of the time **tinnitus** is related to the triple warmer. So we can treat the triple warmer channel and sometimes it can help tinnitus. And if you're in the gua sha for the head and the face, you have this acupoints course which talks about these points on the triple warmer channel.

You can also treat these points on the arm and then it goes inside the ear and to the outer and the inner canthus of the eye, which connects to the bladder meridian. So that's the end of the triple warmer channel. And of course the bladder meridian is related to the lower burner, as well as water metabolism. The inner canthus of the eye is where tears come out. I always find it very interesting how it's all connected.

When you first learn about the triple burner, they talk about the pot of rice cooking on the fire, and that the upper burner is the steam, so it's the thoughts, relationships, connection to spirit, and then the middle burner is actually that pot of rice, so it's like where the source of the energy is coming from, and the lower burner is the fire, it's like that eternal flame that we have.