The triple warmer system and the fascia

In my practice of East Asian Medicine, an understanding of the intricacies of both the fascia and the triple warmer system, I've come to **appreciate how important it is for the superficial fascia to be smooth and working well for optimal fluid conductivity.**

As bodywork practitioners, we have the opportunity to work with this fascinating system using techniques like gua sha.

Sometimes, **pain** in one area of the body can actually **originate from elsewhere**. When you examine the second image of the fascia, you begin to grasp how even a small adhesion or knot in the fascia can cause changes and tension in various regions. While substantive research confirming the exact laying of the fascia in different areas is lacking, the connections between fascial disturbances and pain are increasingly recognized.

Back when some of us delved into bodywork 15, 20, or even 25 years ago, fascia wasn't a prominent topic of discussion. Our focus was primarily on muscles and tendons, believing our efforts directly influenced them. However, as our studies persist and our understanding of the body deepens, we've come to realize that much of our work operates on the fascial level. The pressure stemming from adhesions within the fascia can indeed impact muscles and tendons, yet often it's the fascia itself that presents the primary issue.

Early on in our understanding of fascia, the idea of breaking down the fascia was really popular. I still hear practitioners saying this. **We don't want to break down the fascia**, thats our structure. If we worked at it hard enough we may be able to if there was some underlying issue, but we certainly don't want to break down the fascia.

We want to smooth out the fascia. We want to help the fascia. We want to help the fascia lay better on the body. We want to lubricate the fascia. We need to hydrate. We need to be putting essential fatty acids in our bodies so that there's good lubrication. So the fascia is soft and supple and flexible and that it is moving, gliding easily in our body.

So this is a little bit of different approach than what some people might have explored, but this is where Gua Sha comes in. We can work on the triple warmer system with the intention of distributing the fluids better in the body and and the triple warmer meridian in the forearm is incredibly effective area of the triple warmer meridian to induce a sweat.

Overall, we begin to observe how the interaction between the triple warmer system and the fascia unfolds.

So, when we're working on the fascia we're working unidirectional strokes moving away from the heart and the head, and trying to soften and smooth out the fascia.

Unlike meridian therapy techniques such as shiatsu, in gua sha we are always working medial to lateral, following the course of the tissue .