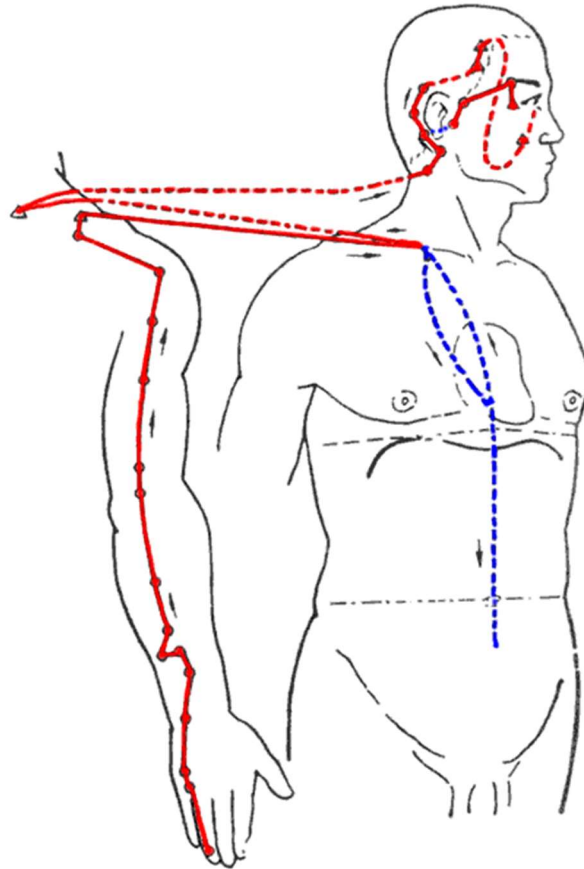




TCM BODY CLOCK X

By Chunchieh Bruce Sun, CAc, MSOM, Dipl OM



10. Triple Warmer Meridian (9 PM to 11 PM)

The Triple Warmer Meridian begins at the outer tip of the ring finger and goes along the back of the hand, wrist, forearm and upper arm, until it reaches the shoulder area where it branches off. One branch travels internally into the chest and passes through the pericardium and diaphragm uniting the upper, middle and lower warmer. The other branch runs externally up the side of the neck, circles the ear and face, and finally ends at the outer end of the eyebrow where it connects with the Gall Bladder Meridian.

In Chinese, the Triple Warmer is called San Jiao. San means “three” and jiao means “burnt”. San Jiao refers to the cavity between the body and the internal organs. It divides the internal organs into three areas, namely the upper Jiao (heart, lung) and the middle Jiao (spleen, stomach, liver, gallbladder) , Xia Jiao (kidney, large and small intestine, bladder, reproductive system).

The Triple Warmer acts as a vital connection between the 3 parts of San Jiao, keeping them

working in harmony. It regulates water metabolism and the energy connection. Recently, scientists have discovered a new organ-like structure in the body called the interstitium, which is a network of chambers attached to the major organs of the body which is very close to San Jiao.

Disharmony of the Triple Warmer Meridian leads to symptoms like abdominal distention, swelling, urinary incontinence, difficulty urinating, sudden loss of hearing, and ringing in the ears (high pitch typically). Pain in the throat, eyes, cheek, back of the ear, shoulder and the upper arm can occur as these structures are located along this meridian's pathway.

Ideally people should be asleep between 9 and 11 pm, the time when the human immune system rests and detoxifies. A large amount of Qi and blood flow into the “lymphatic vessels” and the San Jiao through the Triple Warmer Meridian during this time.

Padding on the Triple Burner Meridian helps stabilize mood and endocrine system, and treats various symptoms caused by the imbalance of the Triple Warmer Meridian.

©June2022, Chunchieh Bruce Sun, CAc, MSOM, Dipl OM offers acupuncture and Chinese medicine services at The Ommani Center. He's available for appointments on Mondays and every other Thursday. Call our office at (262) 695-5311 to schedule an appointment. Bruce is always open to speaking with people in advance to discuss any care concerns.