The Triple Warmer Meridian is responsible for the movement and transformation of various solids and fluids throughout the system, as well as for the production and circulation of nourishing and protective energy.

It is a functional energy system, involved in regulating the activities of other organs, composed of three parts, known as 'burners', located in thorax, abdomen, and pelvis.

The Upper Burner controls intake, the Middle Burner controls transformation, the Lower Burner controls elimination.

The Triple Warmer Meridian

The Triple Warmer Meridian (also known as Sanjiao/Triple Burner/Heater/Energizer) is a yang meridian and paired with the Pericardium Meridian

Element: Fire
Peak Hours: 9 pm - 11 pm

Physical Imbalances: Disorders of the side of the head, ears, eyes and throat as well as diseases involving the regions through which the meridian runs (gallbladder meridian, pericardium meridian, small intestine meridian)

When balanced: Consciousness is stable and the mind's intent is benevolent and kindhearted. Emotion of joy.

Triple Warmer Meridian Route

The Triple Warmer Meridian originates from the tip of the ring finger, by the outside corner of the nail, passes between the knuckles of the fourth and fifth fingers, on to the wrist. From here it ascends between the two bones of the forearm (radius and ulna), through the tip of the elbow, and up the back of the arm to the shoulder.

It moves forward into the chest to connect with the pericardium, the upper burner, the abdomen and the middle and lower burners. Re-emerging from the chest at the collarbone, the meridian ascends the side of the neck and around the back of the ear. One branch rises internally to meet the gallbladder meridian on the forehead, then descends to join the small intestine meridian on the cheek.

The superficial branch continues to the front of the ear and crosses to the outer corner of the eyebrow, where it again joins the gallbladder meridian.

The Fire Element
The Rhythm of Summer - Fulfillment

The energy of a Fire Element person is like wildfire, spreading in every direction with a rapid, random and wild rhythm. Summer people act from their heart. They are warm, empathic, joyful to exuberant characters. They are charismatic people with the ability to pull their surrounding out of self-imposed limitations and spread confidence. They talk with laughter and skip in their walk. They often talk with their hands, arms or even entire bodies. When Fire Element people are stressed, their joy and passion may turn into panic and hysteria.

Meridians:

Heart and Small Intestine Meridians
Triple Warmer and Pericardium Meridians