

Triple Warmer, Gallbladder & Liver

Japanese Focus

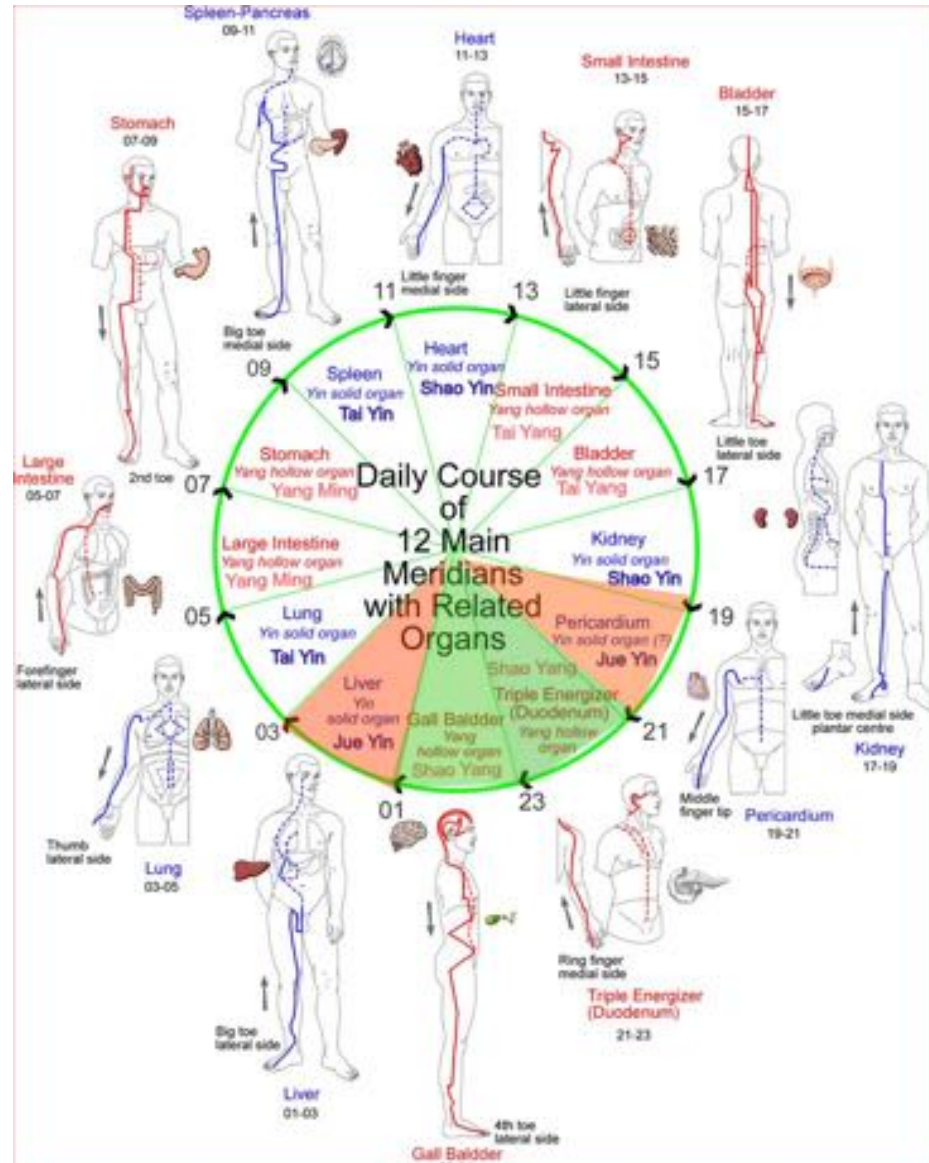
Joseph Audette, MD

+ Triple Warmer: Shao Yang Meridian of the Hand – Trajectory

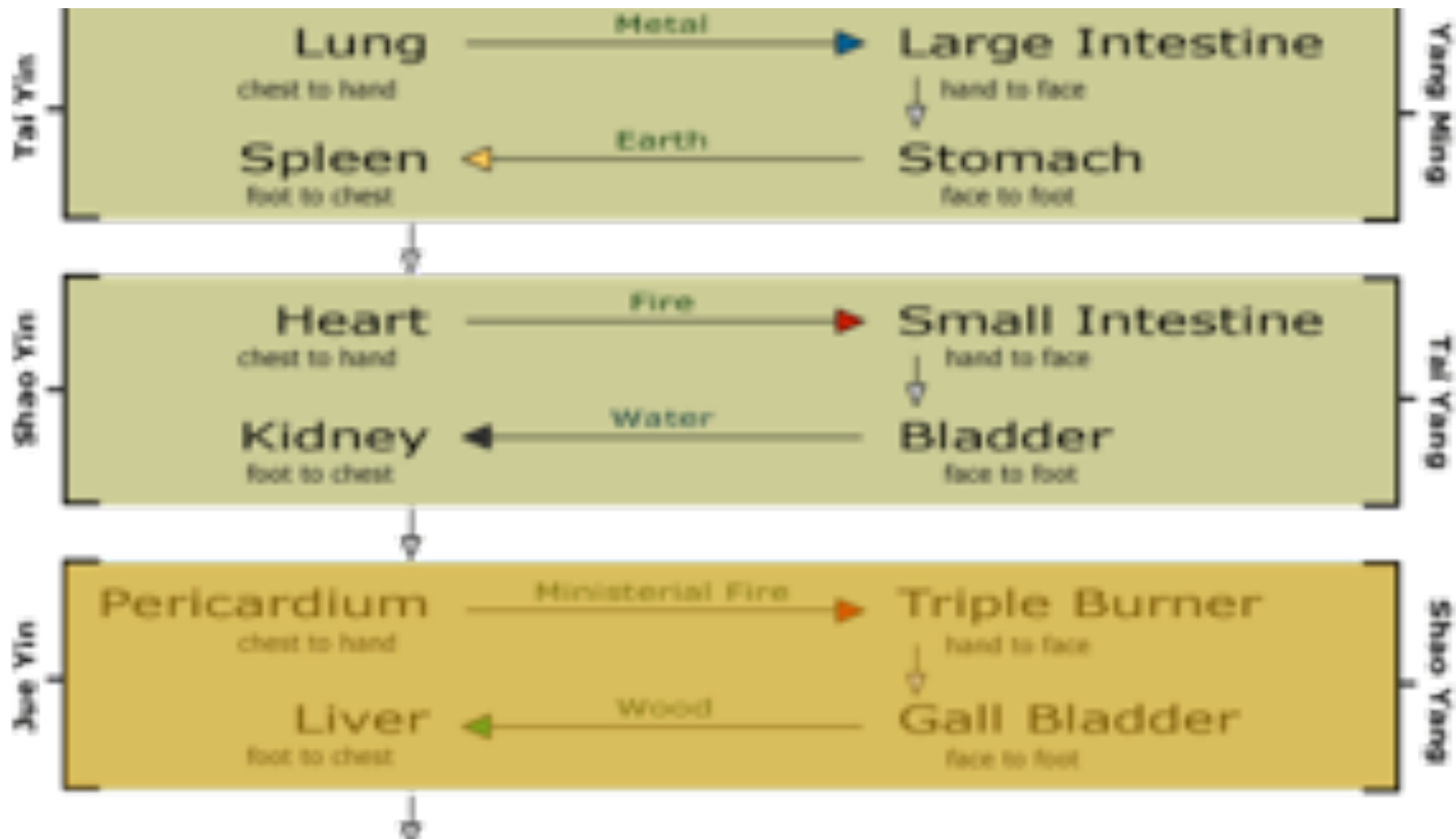


+ Triple Warmer Energetics

- Yin Pair – Pericardium
- Energetic Circuit
 - Shao Yang of the Hand (Triple Warmer) and Foot (Gallbladder)
 - Connect to Jue Yin of Hand (Pericardium) and Foot (Liver)

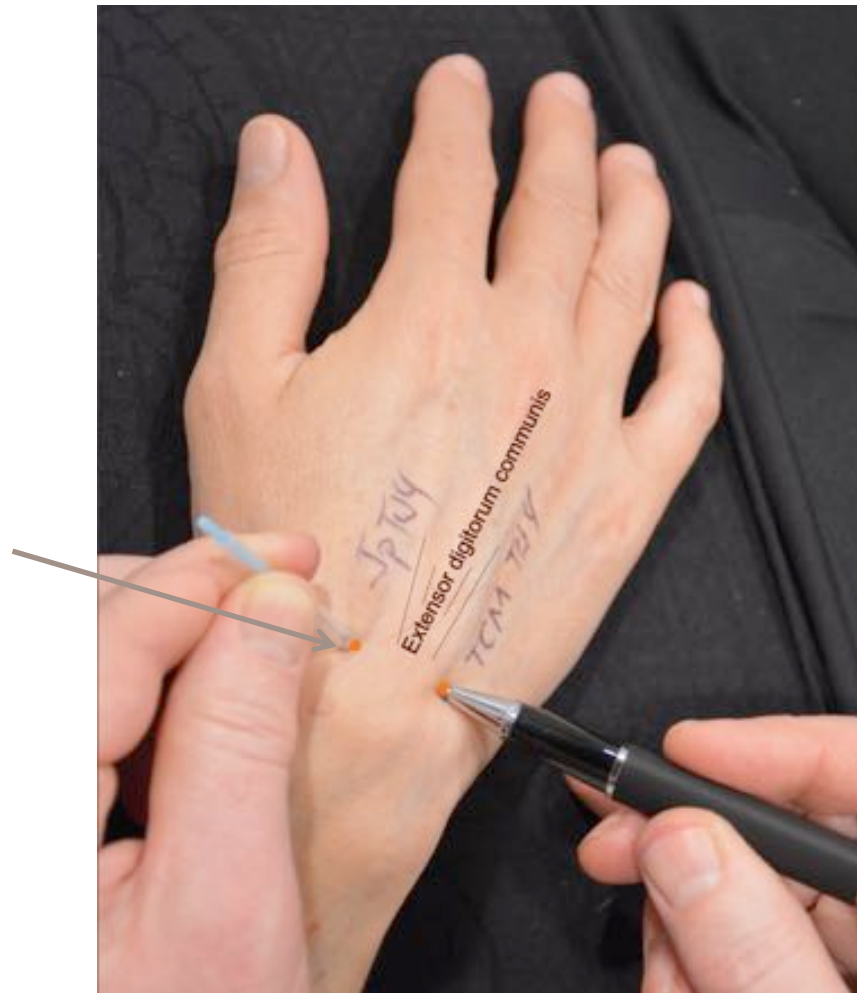


+ Meridian Energetics



+ Japanese Triple Warmer 4

- Triple Warmer 4
 - On the dorsal transverse crease of wrist, in depression on ulnar side of the extensor digitorum communis tendon
- Japanese Triple Warmer 4
 - On the dorsal transverse crease of wrist, in depression on radial side of the extensor digitorum communis tendon
- Functions
 - Yuan Source point
 - Lymphatic congestion issues
 - Problems with food absorption
 - Calf cramping



+ Japanese Triple Warmer

- Triple Warmer 8 (Sanyangluo – Three Yang Connection)
 - 4 cun proximal to TW 4 between radius and ulna on radial side of extensor digitorum communis
- Japanese Triple Warmer 8
 - On line divided in 3 sections between TW 4 and the elbow, TW 8 is at the junction of 1st and 2nd division



+ Japanese Triple Warmer 9

■ Triple Warmer 9

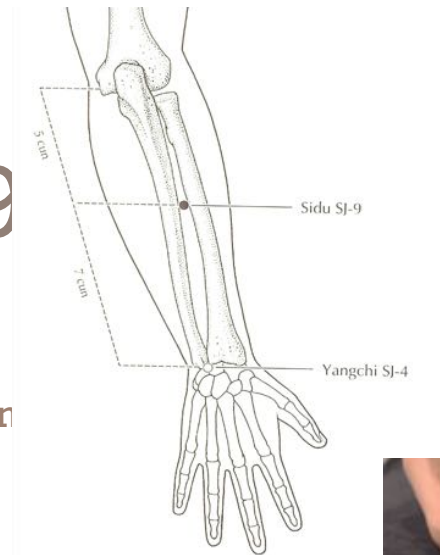
- Between radius and ulna bones on line drawn between TW4 and lateral epicondyle, 7 cun proximal to TW 4

■ Japanese Triple Warmer 9

- Between radius and ulna bones on line drawn between TW 4 and the elbow, located in a depression at the junction between the 2nd and 3rd portions of that distance

■ Functions

- Called 4 rivers point, connects to 4 oceans in body (Sea of Blood, Sea of Qi, Sea of Water and Sea of Grains)
- Part of Shao Yang treatment of autonomic dysfunction
- Part of vertebral artery treatment
- Helpful for Ear infections (w/SP7)

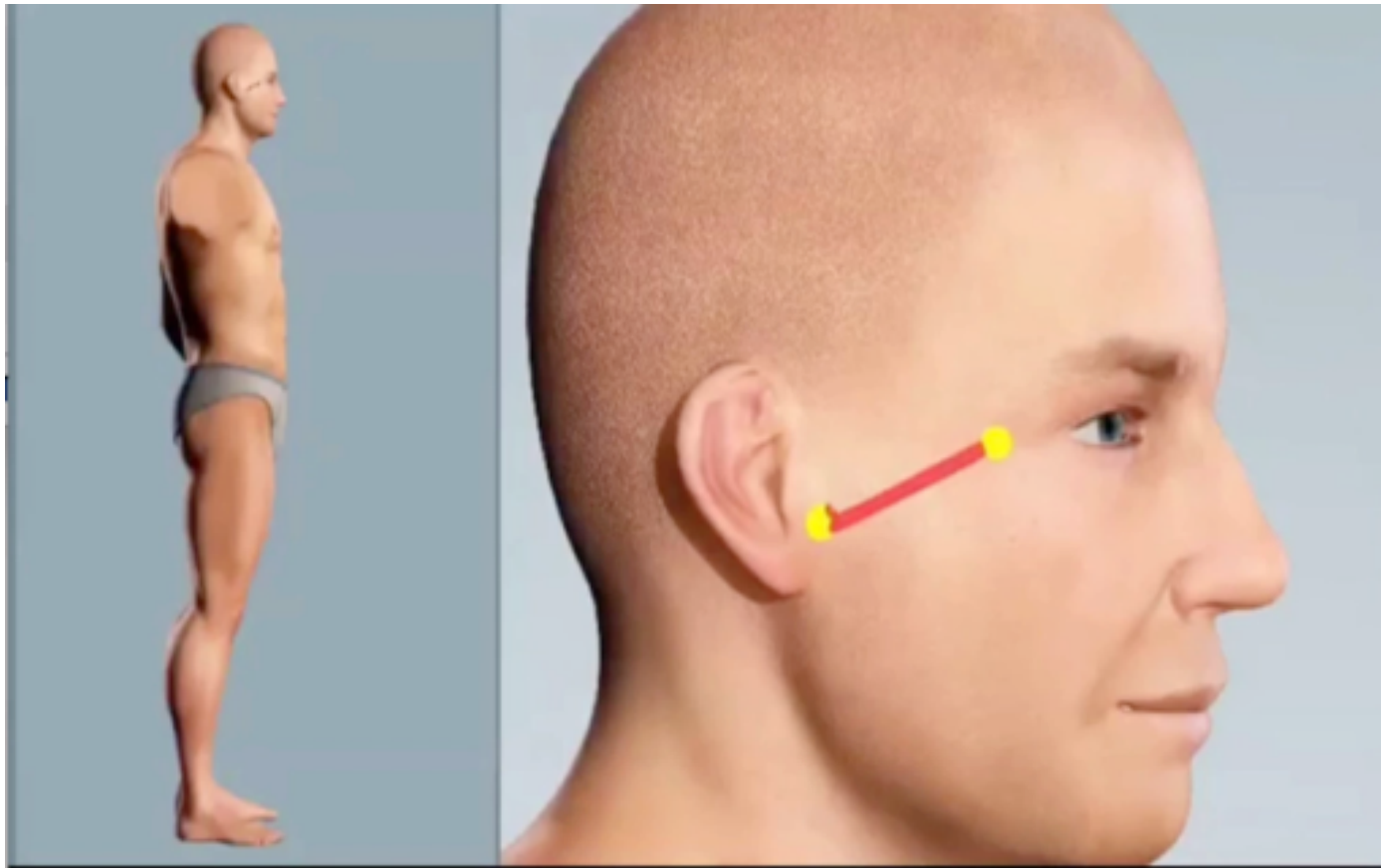


+ Triple Warmer 23

- Triple Warmer 23
 - In depression on the supraorbital margin at the lateral end of the eyebrow

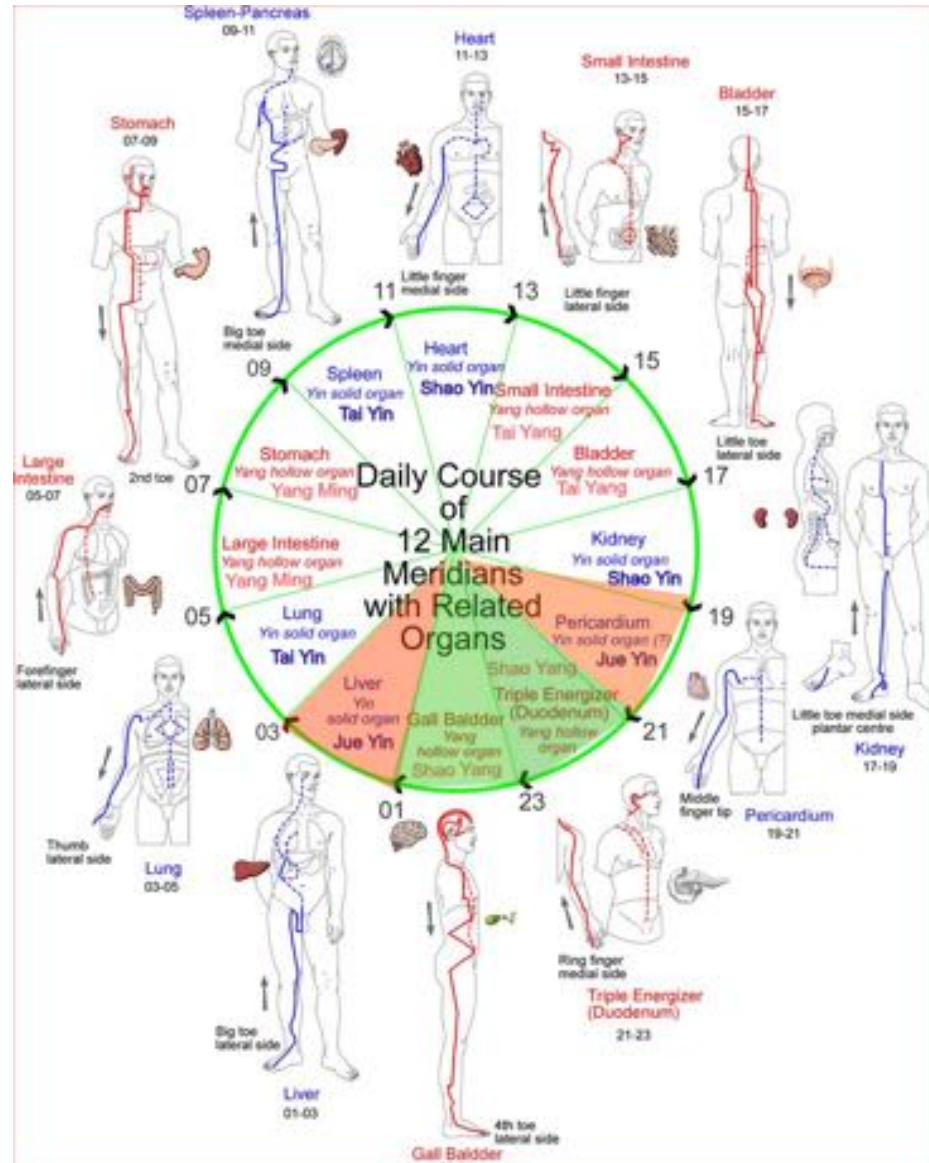


+ Gallbladder: Shao Yang Meridian of the Foot – Trajectory

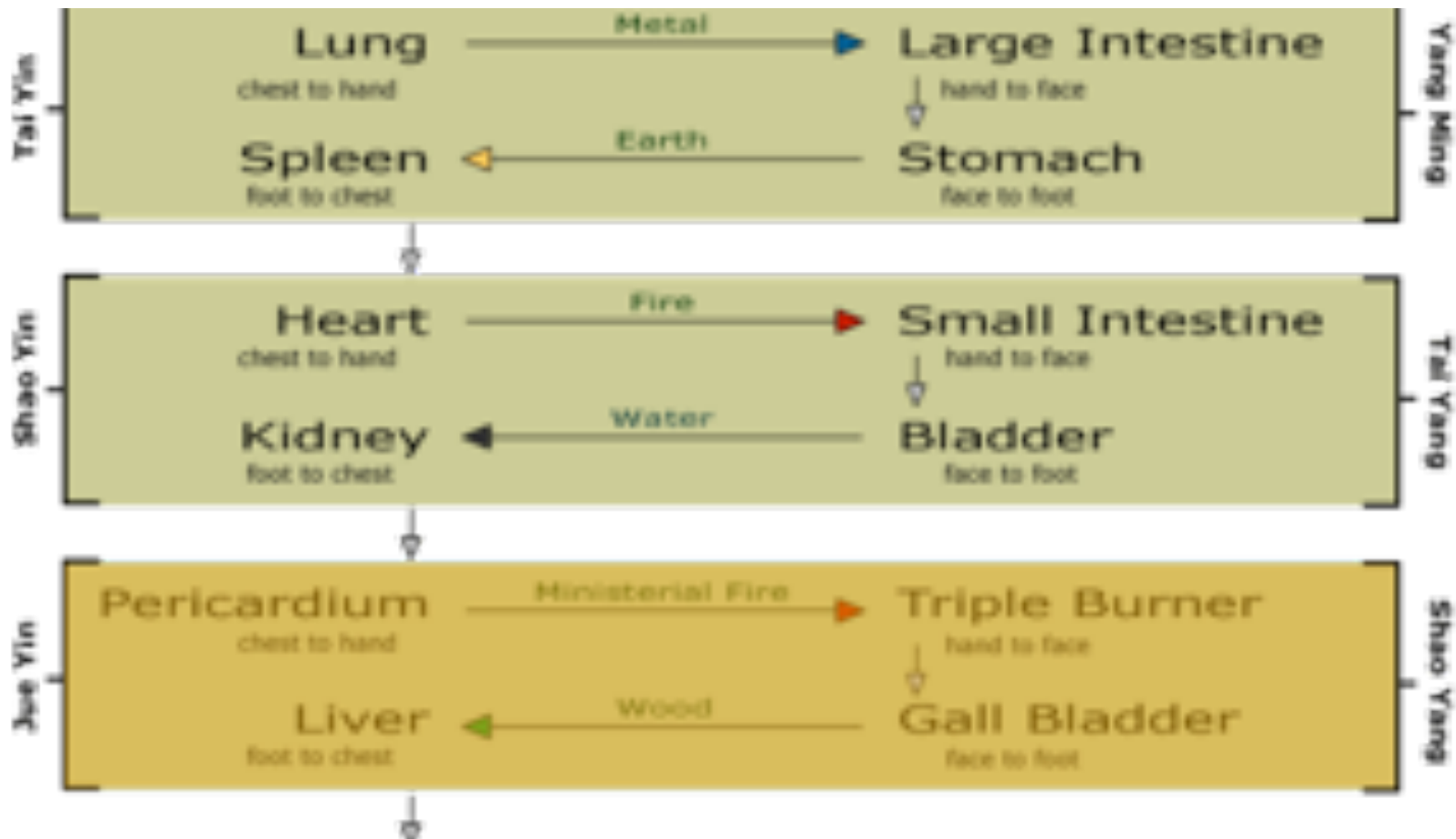


+ Gallbladder Energetics

- Yin Pair – Liver
- Energetic Circuit
 - Shao Yang of the Hand (Triple Warmer) and Foot (Gallbladder)
 - Connect to Jue Yin of Hand (Pericardium) and Foot (Liver)



+ Meridian Energetics



+ Japanese Gallbladder 31

■ Gallbladder 31

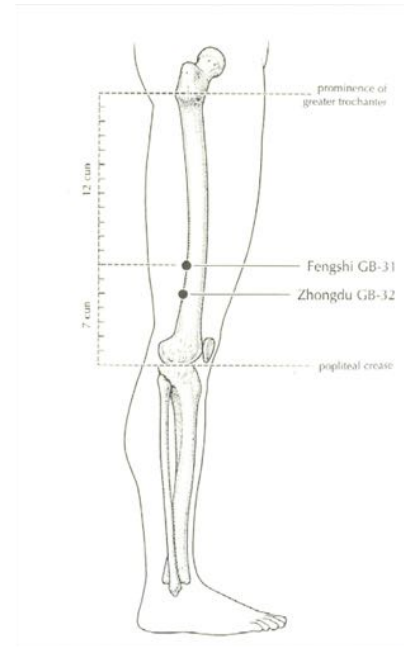
- On the lateral aspect of the thigh, directly below the greater trochanter of the hip, 7 cun superior to the popliteal crease

■ Japanese Gallbladder 31

- Hukaya's GB 31
- With patient standing erect or lying flat, bring hands close to the sides of the legs, then the point is found at the tip of the middle finger, just posterior to the iliotibial band

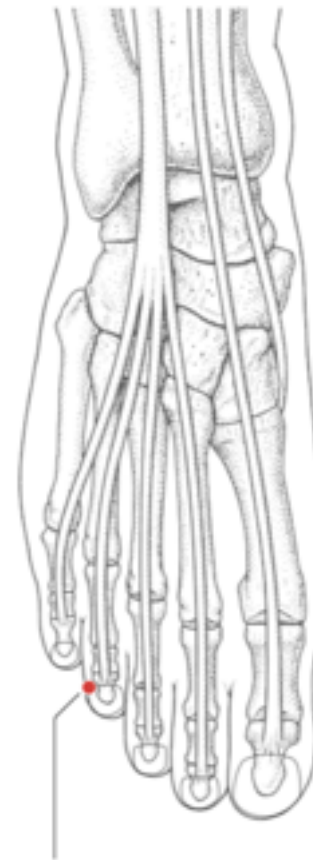
■ Functions

- Releases tension, pressure pain in piriformis muscle
- Part of visceroptosis treatment
- Helpful in pelvic pain issues



+ Gallbladder 44

- Gallbladder 44
 - Last point on meridian
 - On lateral aspect of 4th toe at corner of nail bed
 - Metal Point



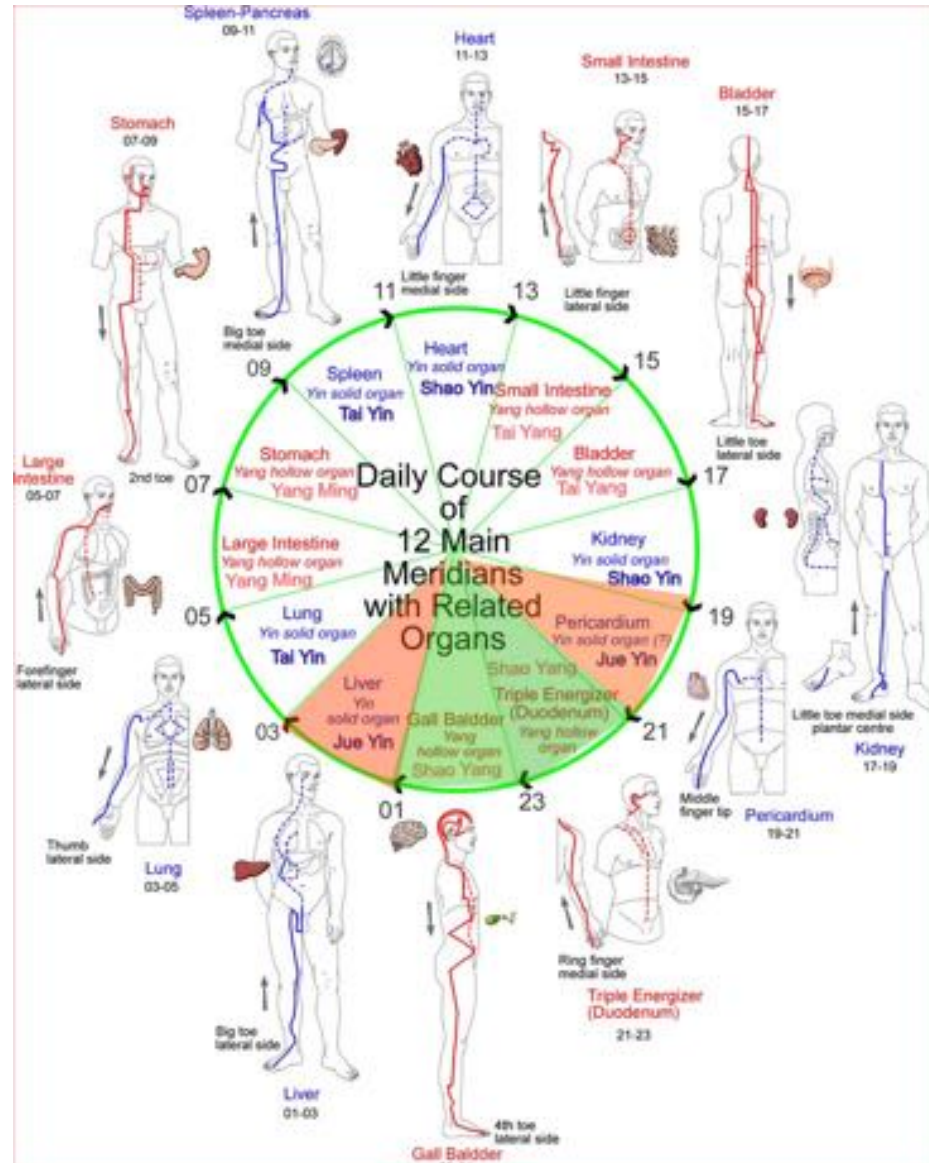
Zuqiaoyin GB-44

+ Liver: Jue Yin Meridian of the Foot – Trajectory

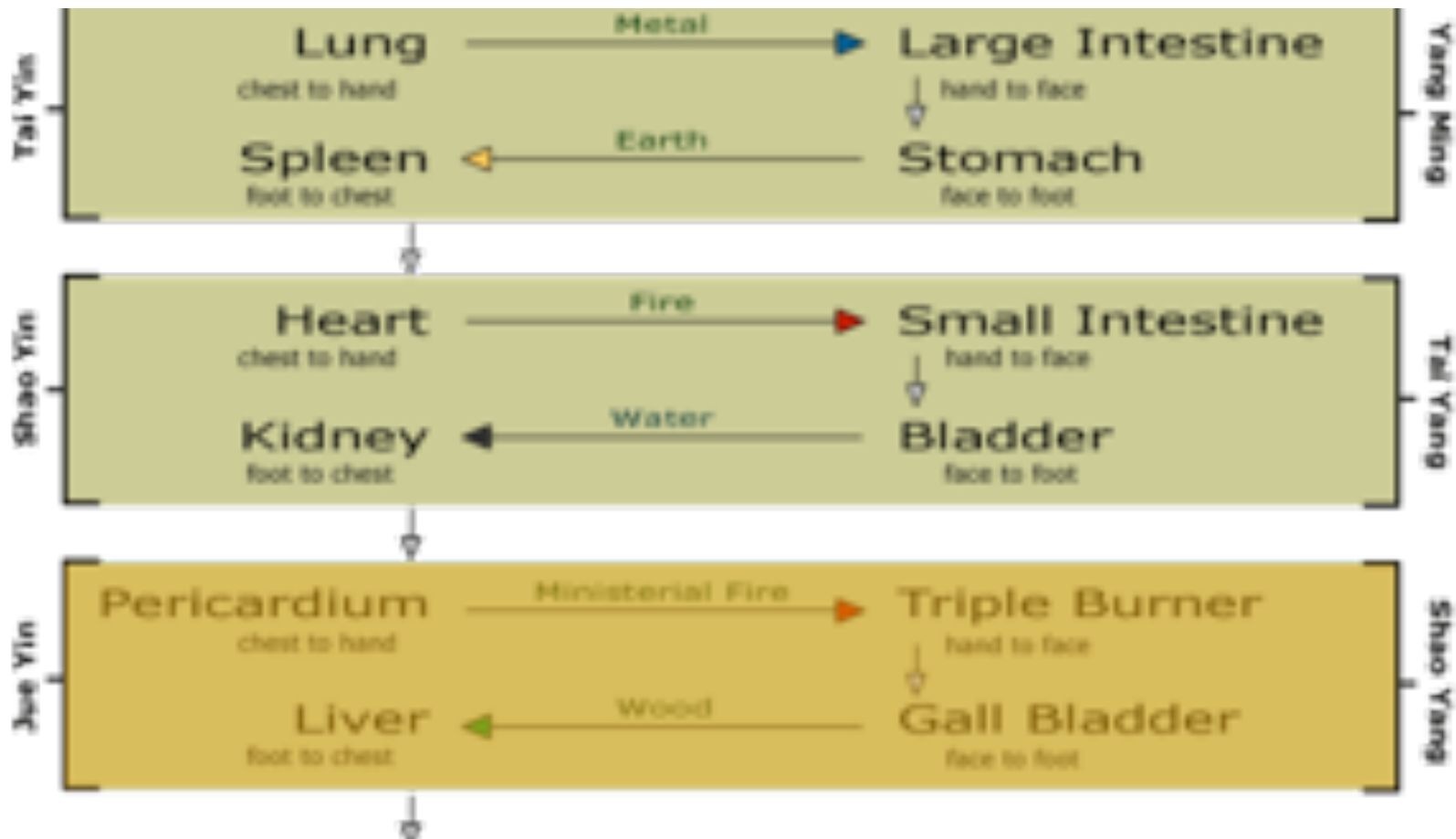


+ Liver Energetics

- Yang Pair – Gallbladder
- Energetic Circuit
 - Jue Yin of the Hand (Pericardium) and Foot (Liver)
 - Connect to Shao Yang of Hand (Triple Warmer) and Foot (Gallbladder)



+ Meridian Energetics



+ Japanese Liver 1

■ Liver 1

- On dorsal lateral aspect of big toe, on the point found where the lines meet by drawing a line along lateral border and base of the nail, 0.1 cun from the corner

■ Japanese Liver 1

- 4 possible locations including the TCM location, 2 more just proximal to this location and one just proximal to the middle of the nail bed

■ Functions (right side)

- Cardiac conditions
- Liver deficiency conditions
- Right sided neck pain at the C3 level
- Shoulder blade pain on right side in region of BL 43



+ Japanese Liver

■ Liver 5 (Ligou – Woodworm Canal)

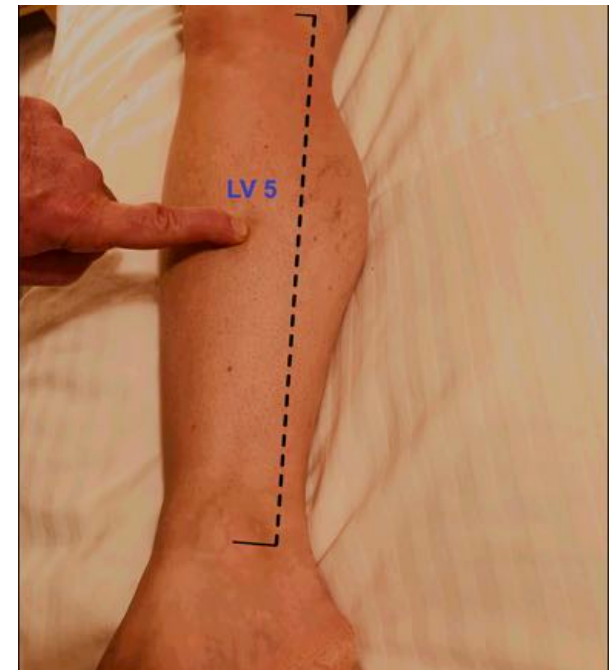
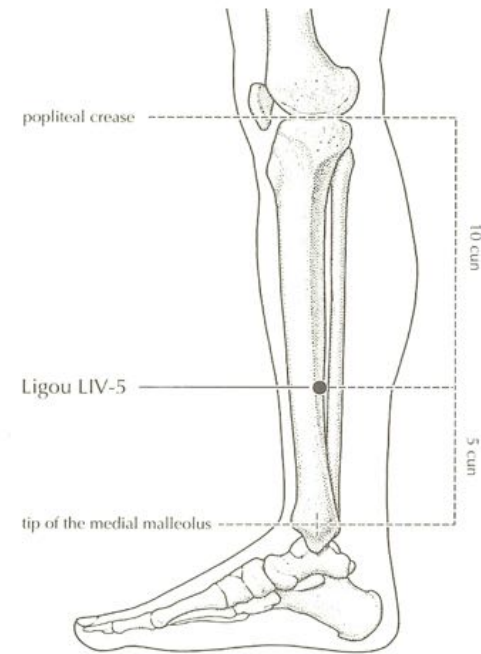
- 5 cun above the prominence of the medial malleolus, just medial to the crest of the tibia, in the depression between the crest and the medial gastrocnemius muscle

■ Japanese Liver 5

- Halfway between the tip of the medial malleolus and LV8, on the tibia bone. Find a depression in the bone or an area of pitting edema. Where nutrient artery enters bone.

■ Functions

- Reproductive organ issues
- Urinary bladder inflammation
- Liver detoxification

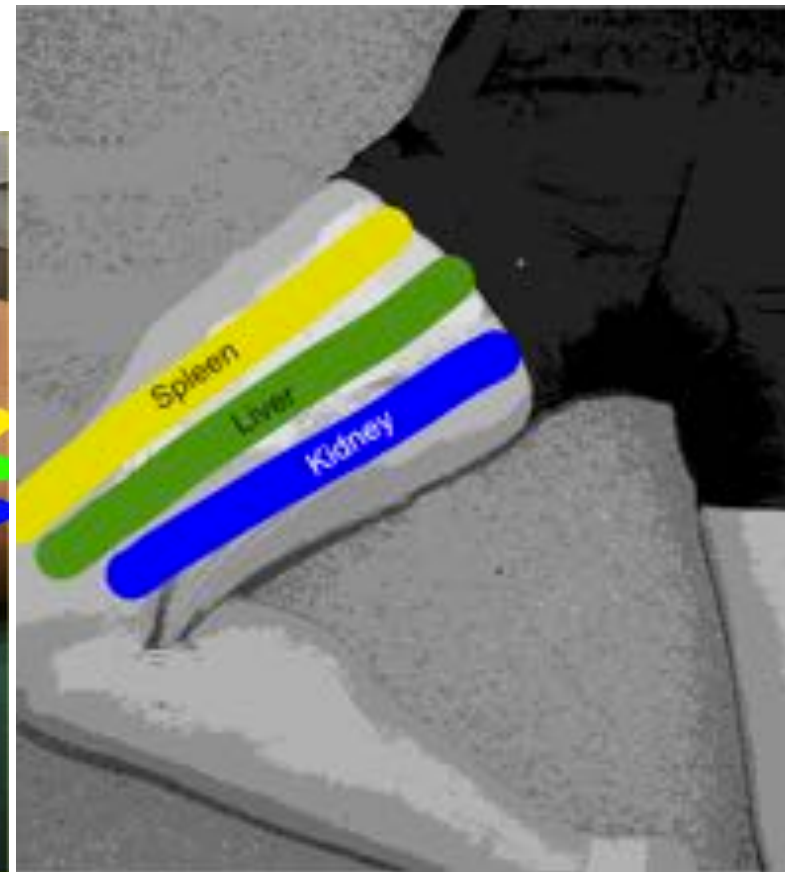
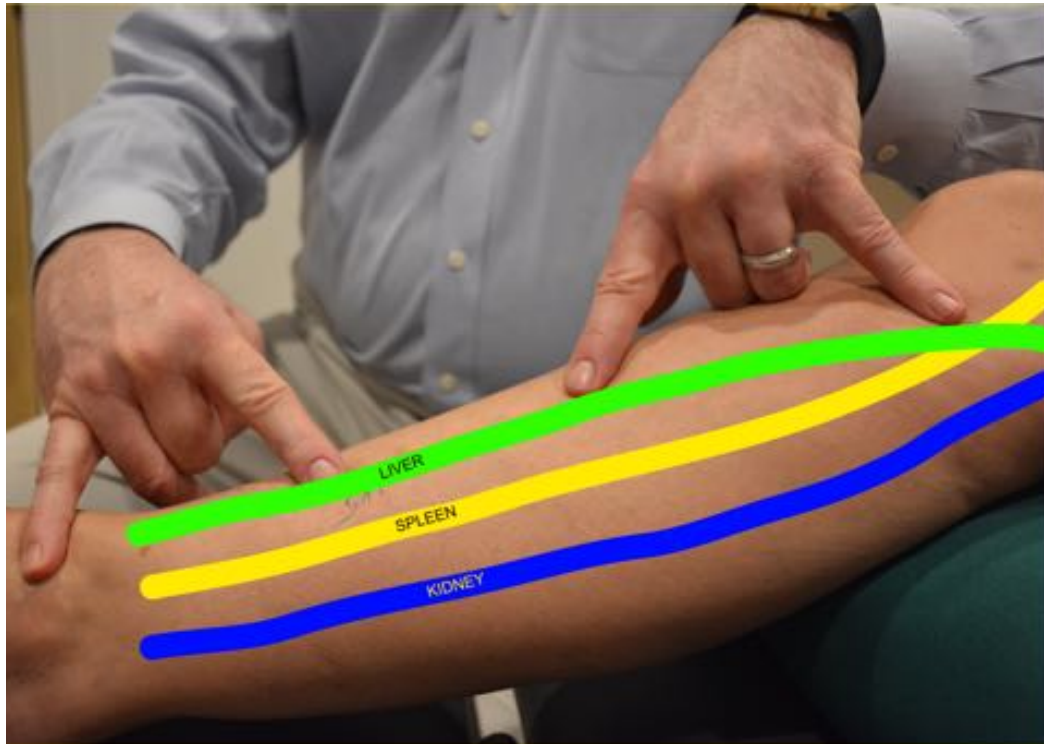


+ Japanese Liver 5

- Japanese Liver 5
 - Bony hole often found by dividing distance between medial malleolus and knee into thirds, point found as depression in bone at distal third



+ Liver Pathway in the leg



+ Liver 14

- Liver 14
 - Last point on meridian
 - On mammillary line, between 6th and 7th ribs, 4 cun from midline
 - Liver Mu point

