



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Meridian-Organ Correspondence TRIPLE WARMER

Organ / Meridian	Primary Correspondence	Secondary Correspondence
Triple Warmer / (Yang)	Beardall: Lesser Yang	Paired Meridian: Pericardium (Absolute Yin)
Associated Glands	Thyroid, Adrenal	Thymus (Chakra)
Associated Body Parts	Thorax, Pelvis, Abdomen	All Organs, All Meridians Autonomic Nerves, All Teeth, Jaws
Element	Fire	Aversion to Heat
Time of Day	9PM - 11PM	Late Night
Season	Summer	Brightness of Sun
Emotion	Confusion	Paranoia, Muddled Thinking Unstable Emotions
Sense Organ	Tongue	Sense of Taste
Color	Red	Ruddy (Rosy) Complexion
Taste	Bitter	Arugula, Black Radish, Collard Greens, Dandelion, Endive, Kale
Sound	Laughter	
Smell (odor)	Scorched	Cooking Smell
AK Muscle	Teres Minor (Thyroid)	Infraspinatus, (Thymus), Sartorius, Gracilis
CK Acupoint (and related)	Large Intestine 4	Small Intestine 8.6, Stomach 31.75
Functions	Circulate Chi, Help Fluid and Hormone Metabolism	Balance Metabolism
Dysfunctions	Hormone Imbalances, Lack of Mental Clarity, Autoimmune Disorders	Abdominal Distension, Edema, Frequent Urination, Bedwetting
Chakra	Throat (Vishuddha), Chakra Sound "aye"	Blue, Self-Expression, Communication, Integrity (Bach: Oversensitive), Musical Note A
Spinal Level	Cervical 7 (C7)	Lovett Relationship - Thoracic 11 (T11)
Essential Oils	Cypress, Frankincense, Jasmine, Lemon, Myrrh, Neroli, Ylang Ylang	Awaken, Clarity, Gathering, Grounding, Present Time, Valor