



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistc Healthcare

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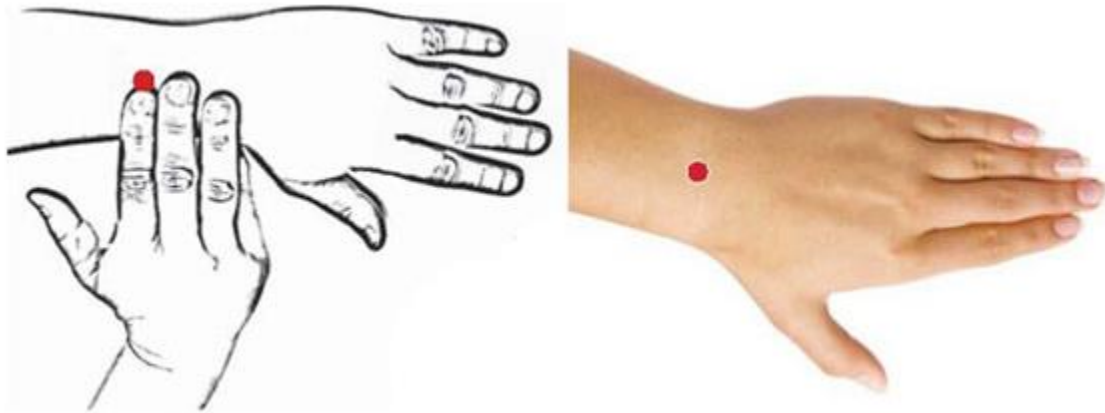
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Warm Up Your Triple Warmer

A simple way to warm your body and boost your metabolism is to briskly rub the palm of one hand over the triple warmer point (number 5) on the opposite forearm. Then switch and rub with the opposite palm on the other forearm.



<https://www.lifecoachestoolbox.com/index.php/restoring-the-energetic-coordination-of-the-brain>

Simply rub briskly causing friction to warm that acupuncture point.

When you look at the back of your hand place your 4th finger at the bony wrist area in the middle of your forearm and then the third finger next to it then the index finger. The three finger widths away from your wrist will be triple warmer number 5 point. You will feel a small indentation between your two forearm bones, the ulna and the radius. Focus your energy over that point, but of course you'll be covering much of that forearm area.

Try this if you are chilly and need a quick warm up. It is especially helpful if you climb into bed and the sheets are cold. Just rub each forearm as described and you will be amazed at how quickly your entire body warms up.