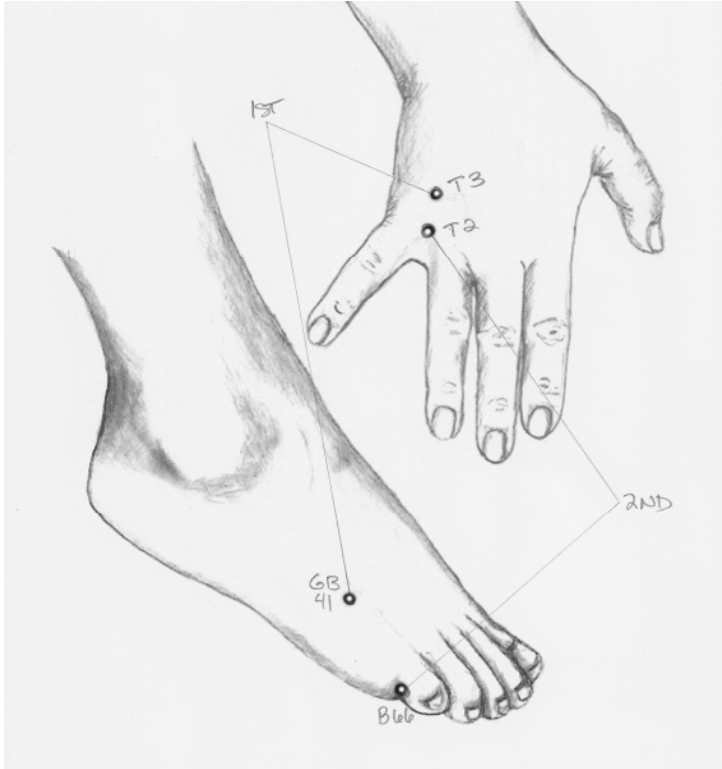


## TRIPLE WARMER MERIDIAN

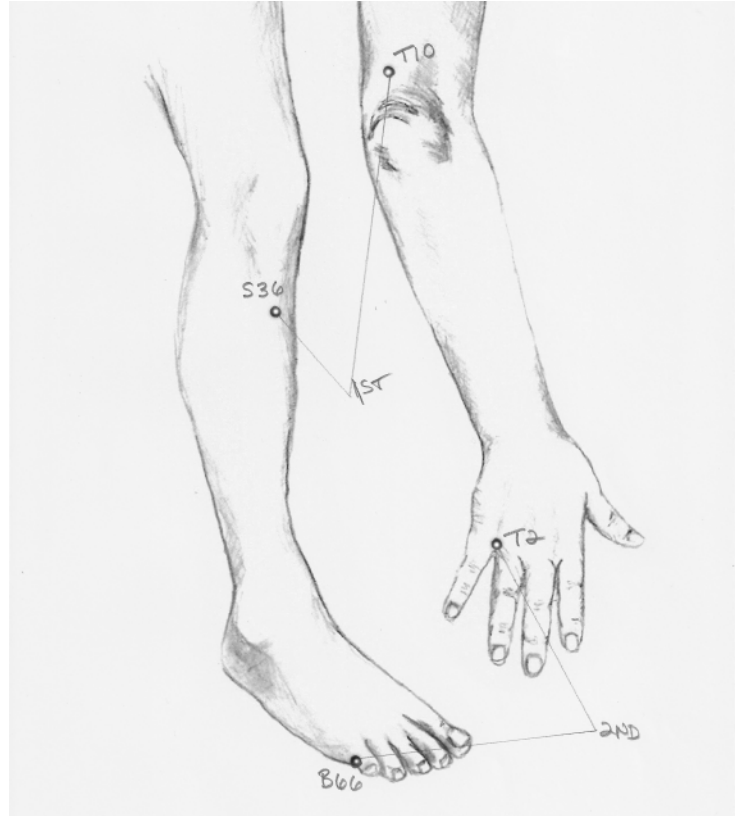
### Strengthening Points

Restore Meridian by  
Adding Energy



### Sedating Points

Restore Meridian by  
Releasing Excess Energy



From Donna Eden's *Energy Medicine* (rev. ed.). Tarcher/Putnam, 2008.

[www.LearnEnergyMedicine.com](http://www.LearnEnergyMedicine.com)

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