

# Reduce Anxiety, Stress and Overwhelm

Utilizing Triple Warmer Meridian

## An Options to Health eBook

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# Options to Health eBook

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*Thank you for taking the time to read this eBook. I continue to study the complex aspects of the nervous system in order to understand it better and offer you ways to reduce the feelings of stress, anxiety and overwhelm.*

*My philosophy for teaching and sharing information has always been to keep it simple. That goes for healing, too. If the tools for getting into a healing state are simple, it is easier for you to incorporate them into your daily routine.*

*My take on simple:*

**Something Impossible Made Possible with Less Effort.**

*If you have any questions or want to reduce stress or effects from stress or trauma, please contact me.*

*Thank you,*

*Ginger*

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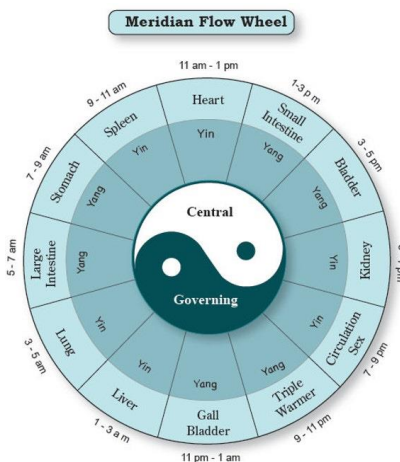
# Triple Warmer Meridian Intro

I've chosen Triple Warmer Meridian (an energy pathway) for this eBook because I am still supporting clients through the experiences of stress, worry, anxiety and panic. The past two years have been extremely hard on everyone and the more tools you have for reducing stress, the better.

Triple Warmer, also known as Triple Burner or Heater, is the meridian in charge of survival: fight, flight, freeze. Donna Eden, author of *Energy Medicine*, suggests that Triple Warmer impacts the immune system and your ability to manage stress.

The following pages will offer energy techniques for calming this meridian in order to feel less stress, overwhelm, anxiety, fatigue and be better able to handle the demands of life.

For best results, find an acupuncturist who has studied and understands the complex meridian system.

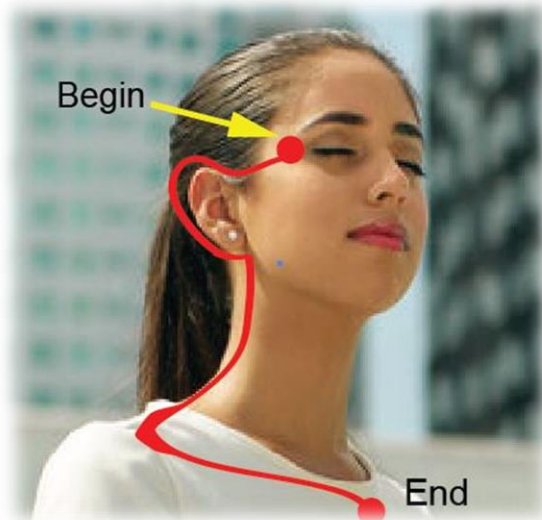


# Smoothing Triple Warmer

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To quickly reduce stress and renew your energy, do the following exercise.

1. Start with your fingertips at your temples;
2. Take a deep breath and release;
3. On your next inhale, drag your fingertips up and around your ears;
4. On your exhale, bring your fingers down your neck to your shoulders;
5. Press your fingers into your shoulders and then, when ready, drag your fingers down to the middle of your chest over the heart area.
6. Repeat several times.

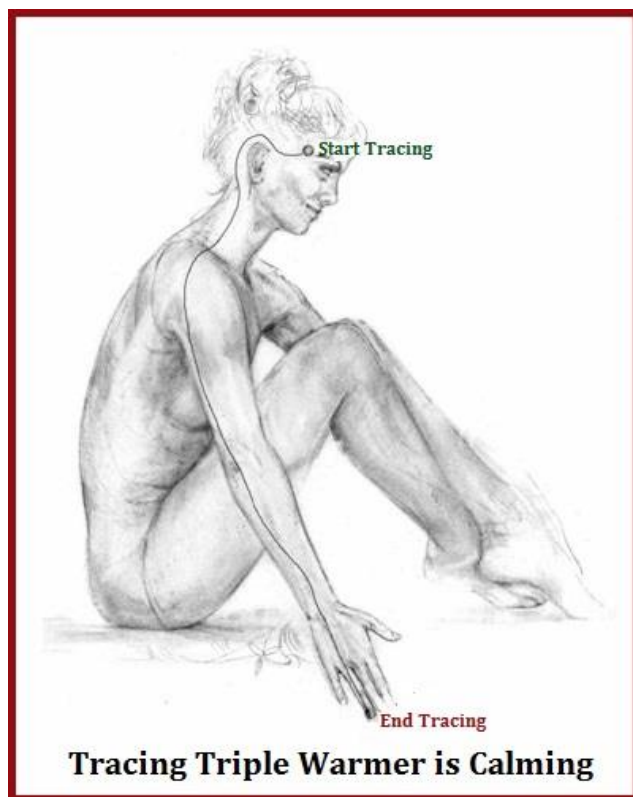


# Sedating Triple Warmer

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Tracing the meridian backwards can reduce excess energy or stress and can bring a sense of relaxation and calm to your body. It is very helpful right before going to sleep.

1. Take a deep breath in;
2. Using the opposite hand, begin at the temple, trace down over the ear, around to the shoulder, to the elbow, and around to the 4th (ring) finger;
3. Pull off finger;
4. Trace the meridian slowly 3 times;
5. Repeat on the opposite side.



# Triple Warmer Hug

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When feeling anxious, agitated, stressed or upset, the triple Warmer Hug will help you to feel calmer, more centered, focused and present.

- Place your right hand over your left rib cage (over the spleen);
- Place your left hand over your right elbow (on triple warmer);
- Take several deep breaths;
- Change hands and repeat with your left hand over the liver.



# Tapping the Gamut Point

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To reduce stress, anxiety and/or fear, do the following while tapping, massaging or holding the Gamut point:

- Close your eyes for a few seconds;
- Open your eyes;
- Keeping your head still, look hard down to the right;
- Continuing to keeping your head still, look hard down to the left;
- Slowly roll your eyes in a full circle in a clockwise direction, imagining that you can see each number on the face of a clock;
- Then slowly roll your eyes back in a full circle in a counter-clockwise direction;
- Hum about 5 seconds of any song that comes to mind;
- Count to 5 out loud;
- Lastly, hum about 5 seconds of any song again.





# Mellow Mudra

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This is an energy exercise that decreases a reactive energy pattern. Adding humming or singing activates your Vagus nerve and puts you into the parasympathetic nervous system state of rest, relax, digest.

1. Bring your thumb over your index finger;
2. Place the 3 fingers remaining on your forehead;
3. Breath deeply, hum or sing while holding this pose.



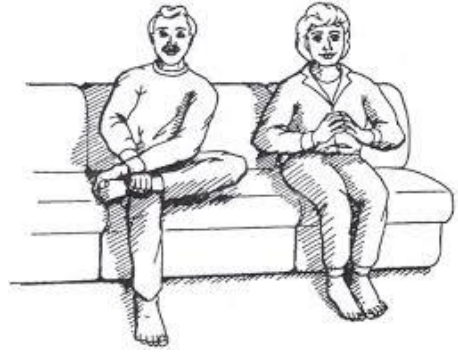
# Hold the Neurovascular Points for Triple Warmer

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To calm your response to stress and bring in positive energy:

- Place your thumb, index and middle finger in a cluster together and put in the “V” at the bottom of your throat;
- Place the palm of your other hand on your temple area.
- Take a few deep breaths;
- Switch hands.





# Cook Hook Ups

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The Cook Method, developed by Dr. Wayne Cook, a chiropractor and expert in electromagnetic energy, is an exercise that helps shift energy from the survival center in the left back brain region (the CIA) to the reasoning center in the midbrain.

This shift decreases stress, improves reading ability, helps create clear listening and speaking skills, increases attention span and improves overall balance and coordination.

## Part 1

- In a sitting position, cross your LEFT FOOT over your RIGHT KNEE.
- Place your RIGHT HAND over your LEFT ANKLE BONE.
- Wrap your LEFT HAND around the ball of your foot so that your fingers reach around the little toe to cover the top of your foot.
- Put your tongue on the roof of your mouth and breathe in through your nose. As you breathe out, let the tongue relax.
- Repeat the breathing 7 times.

## Part 2

- Release your leg and sit comfortably.
- Put your fingertips together and breathe as above 7 times.

This exercise can be done any time you feel sad, angry, frustrated or confused. Emotional centering is just one of many wonderful rewards with Cook Hook-Ups.

# An Exercise to Reduce Anxiety

## 5 – 4 – 3 – 2 – 1

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When experiencing anxiety, it's important to feel that you have control of something! Experiment with the exercise below and discover if it reduces the symptoms that you are feeling.

5 – What are 5 things you **SEE**. Example: See the pictures on the wall, see the cat sleeping on the couch, see the sun shining through the window.

4 – What are 4 things that you can **FEEL**. Example: feel the cold floor, feel the fur on your dog, feel a breeze blowing, feel the texture of your sweater.

3 – What are 3 things you **HEAR**. Example: hear the refrigerator dropping ice cubes in the tray, hear the cat purring, hear cars driving by.

2 – What are 2 things you **SMELL**. Example: you smell bacon you just cooked, smell the orange you peeled.

1 – What is 1 thing you taste? Example: toothpaste from your toothbrush.



# Parasympathetic Essential Oil

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To help spend more time in your parasympathetic nervous system healing state of rest and digest, I highly recommend the Parasympathetic Essential Oil found at Vibrant Blue Oils, founded by Jodi Cohen.

Place 1 drop of the oil behind each ear and reduce your body's stress response.

You will find many informative blogs written by Jodi on her website. The topics that she covers are numerous.

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



# Triple Warmer Flower Essence

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Tree Frog Farm, on Lummi Island in Washington state, has a collection of flower essences called Organ Energy Meridian Blends. There is one for each meridian. A comprehensive description is given for each flower essence.

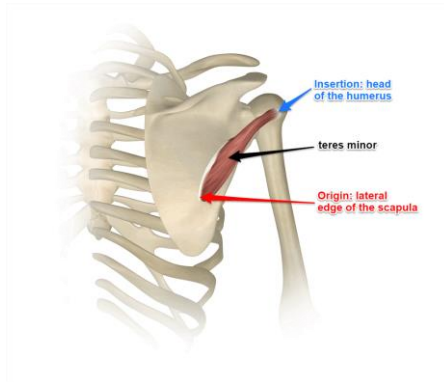
Take 3 – 4 drops, 2 to 3 times a day: under the tongue, in water or on the palms of your hands.

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

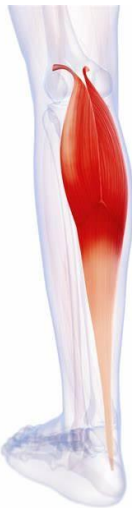


# Muscles Associated with Triple Warmer Meridian

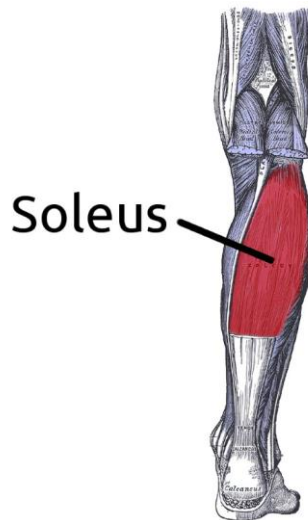
- Teres Minor
- Sartorius
- Gastrocnemius
- Soleus
- Gracilis



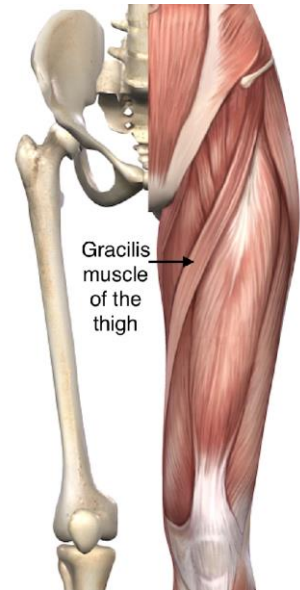
Sartorius



Gastrocnemius

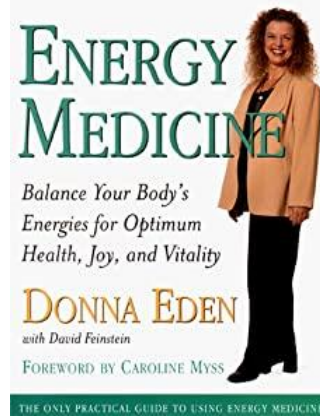


Soleus



Gracilis  
muscle of the  
thigh





# Resources

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- Donna Eden is one of the best energy workers. Her books, *Energy Medicine*, *Energy Medicine for Women* and others include a wealth of energy exercises as well as detailed chapters on the physical and energetic body. You will find numerous YouTube videos with Donna and her two daughters. Her website: [www.edenmethod.com](http://www.edenmethod.com)
- Another tremendous energy worker is Prune Harris. She has a wonderful British accent, her demeanor is calm and she is an accomplished teacher. She has many YouTube videos, as well. [www.pruneharris.com](http://www.pruneharris.com)
- If you want to gather more information in the holistic world, go to: [www.healthmeans.com](http://www.healthmeans.com) There are many free videos and also opportunities to access summits covering all areas of health.
- I continue to create eBooks because I love sharing information. If there is a particular topic you would like me to focus on, please give me a call or send me an email. A list of my eBooks that are available for free are included on the next page.





# Available eBooks

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If you wish to receive any of these eBooks, please send me an email.

***The ABC's of Energy Exercises*** – From **Aura Soma** to **Zip Ups**

***The ABC's of Energy***: Flower Essence Edition

***The ABC's of Self Care***: Put Your Oxygen Mask on First

***The Highly Sensitive Person's Self-Care Guide***: A Beginner Tool

***Flower Essences***: An Introduction

***Muscle Testing 101***: A Starter Kit

***It's In Your Head*** – Unlocking the Secret to a Balance Brain

***Enhancing the Health of Your Nervous System***

***52 Weeks to a Healthy, Happy, Calmer You***

***I Love You But I Don't Get You***: A Face Reading Introduction for Creating Healthy Relationships

# Ginger Bisplinghoff

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I have always loved gathering information and passing it on to family, friends, students, clients and even strangers who will stop and ask me a question. I like taking something complicated and finding a way to simplify it.

There are many ways to heal. It is important to take what resonates with you, give it a try and see how you feel. Then, try something else. My eBooks contain energy exercises and suggestions for rebalancing your body: physically, mentally, emotionally and spiritually.

**Remember:** for your body to heal, you must be in a healing state.

In an *Options to Health* session, I utilize 40+ years of nursing experience and information gathered in both the medical and holistic world. I help you identify and release the block at the root cause of any situation, trauma, challenge or relationship through the bio-feedback tool of muscle testing.

Feel free to contact me: [Ginger@OptionstoHealth.com](mailto:Ginger@OptionstoHealth.com)

Wishing you a calm, centered life,

*Ginger*

