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# Acupressure - Triple Burner (San Jiao) Meridian

(Wash Hands Before Acupressure)

The Triple Burner (San Jiao) (SJ) channel/meridian is often used for reducing fever; benefiting ears treating tinnitus, deafness due to heat; clearing heat from eyes, neck, throat and tongue; treating side headache. The primary Triple Burner (San Jiao) meridian pathway is shown in Figure 1, so are all the acupuncture/acupressure points (23 in total). **Please consult your doctors and acupuncturist when you need medical treatments.**

Each session repeats 32 (4x8) to 64 (8x8) times. The pressure should be gentle but firm.

1. Press SJ-3 (Figure 2): This point is located on the dorsum of the hand in the depression just proximal to the fourth and fifth metacarpal-phalangeal joints. It is used to treat ear disorders, e.g. tinnitus, sudden deafness, due to any pathology, and clearing heat. Use the thumb to press and make small circles.
2. Press SJ-6 (Figure 3): This point is located 3 cun from the wrist, in the depression between the radius and ulna, on the radial side of the extensor digitorum communism muscle. This points is often used in treating constipation. Use the index or middle finger to press and make small circles.
3. Press SJ-20 (Figure 4): This point is located on the side of head, directly level with the apex of the ear then the ear is folded forwards. It is used for side headache. Use the index or middle finger to press and make small circles.

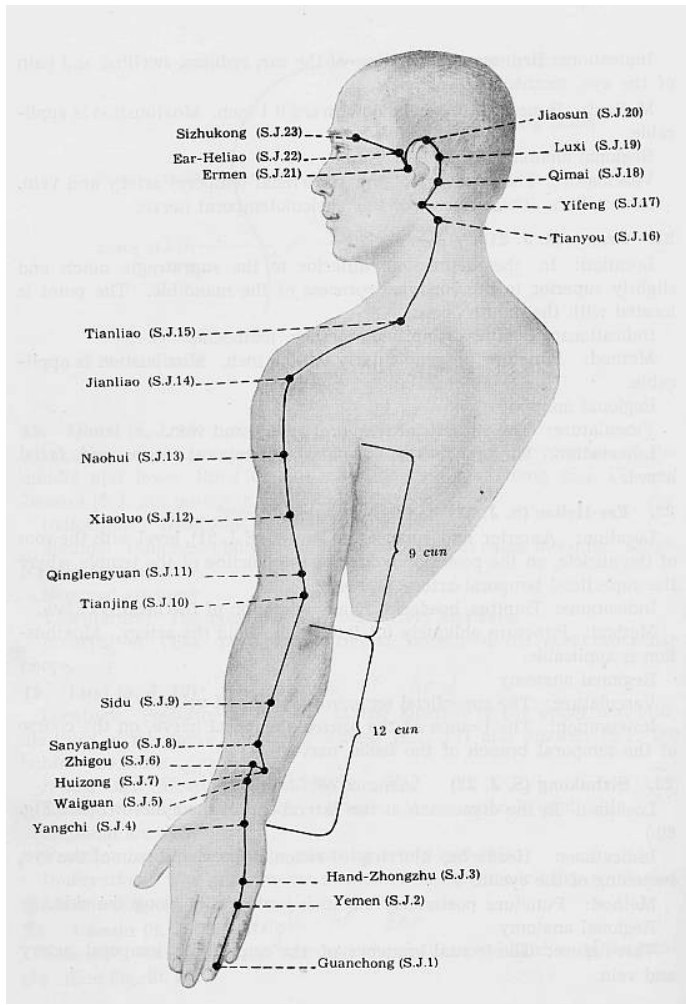


Figure 1

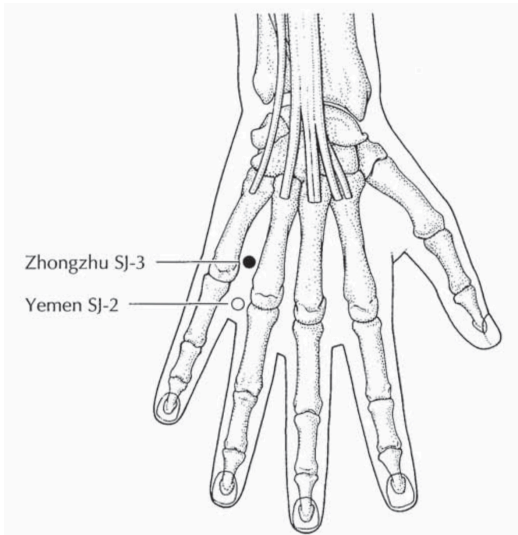


Figure 2

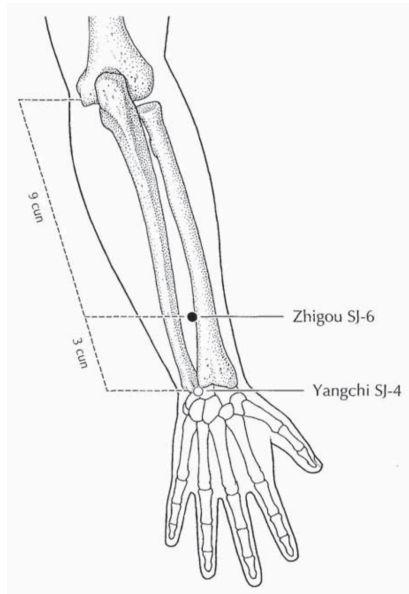


Figure 3

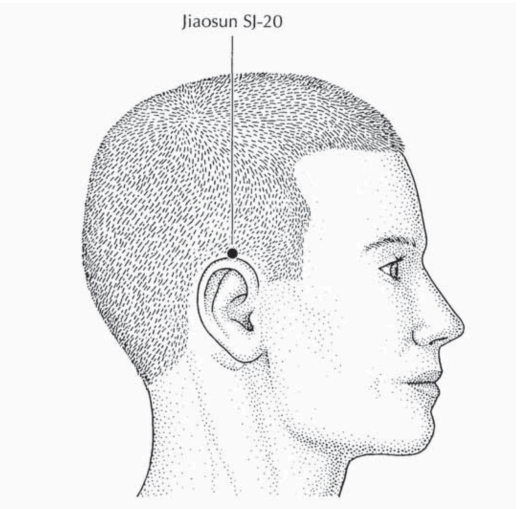


Figure 4