



They say that two's company and three's a crowd - but is it really?

Throuples - also known as three-person relationships- have been trending lately as more and more people group together and share their most intimate moments with the two people they love.

The internet has been going crazy recently with lurid headlines about trios who dare to break all the rules and social taboos to eat together, sleep together and be together.

This article follows three of the couples - sorry - throuples - who have hit the headlines lately.

1. The Cosy Throuple From Germany



Meet Natalie Fink, 22 and her two boyfriends from Germany. Natalie and first boyfriend Yannick Gwarys, 22, decided to start dating other people in 2016 before Michael Flamm, 22 entered the picture.

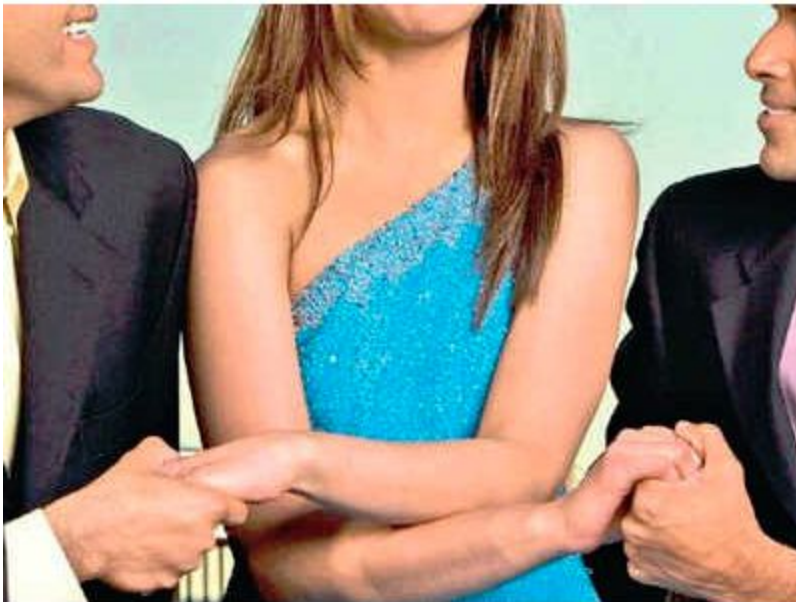
Since Michael came along, the cosy throuple often share a bed and have threesomes, although both men have identified as heterosexual.

Natalie and Yannick started as a monogamous couple, but after watching a documentary on the German artist Max Ernst, who lived in a polyamorous relationship, they decided to abandon monogamy in favour of an open relationship.

The throuple have insisted there is no jealousy in their relationship and revealed their plans to marry and have child. To do that, Natalie will choose which partner to marry based upon what is 'economical'.

Natalie and Yannick had previously engaged in a monogamous relationship in the past but this was not successful, because the other man decided that he was monogamous after all.

2. Meet The Throuple from India



In India, polygamy is still a very radical idea - particularly when it is the woman who chooses. At the tender age of 15, Bhavna felt monogamy wasn't the right fit for her (Bhavna's surname has been withheld to protect her identity).

From a very young age, she had already decided that an open relationship was right for her. Her feelings were only confirmed after she read the bestselling novel, *The Girl With The Dragon Tattoo*.

The novel features a married female newspaper editor who is in a relationship with her husband. After meeting her first boyfriend, she met two other long-term partners aside from her boyfriend, with the full knowledge of all involved.

3. The co-parenting throuple from America



Brooke Shedd and Adam Lyons met at a nightclub and got together while keeping their relationship open. Shortly after meeting, they met Jane Shalakhova, and they have so far been committed to each other for six years.

Both women, Shalakhova and Shedd identify as bisexual.

Together, the trio are raising children. Shalakhova and Lyons have one son named Orion, while Shedd and Lyons have a son named Dante, and Shedd has one son, Oliver, from a previous relationship. Shedd and Lyons also have a baby girl on the way.

Shedd explained that their sleeping arrangements are similar to those who are in monogamous relationships. "Right now, things are kind of crazy because we're sleep-training our infant son, and then I'm hugely pregnant so sleep is uncomfortable anyway, but generally we all share a king-size bed," she said. "Our kids are not allowed in the bed."

All of the Lyons kids are homeschooled, and Shedd believes their experience with having three parents will make them more well-rounded, due to experiencing different types of parenting.

While they have received a lot of backlash online, they said that they are pretty much just like any other normal family.