

Honouring Our Bleeding Living A Woman's Life



Heather Bruce

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About the Author



As a senior acupuncturist who had already been working with people for decades, Heather realised in 2001 that the average person had no idea of how their body ran.

This 2016 edit as an eBook is an updated version of the ‘patients’ manual’ she wrote, originally in three sections. You may have one or all of these below.

Honouring Our Source, Honouring Our Bleeding and Honouring OurSelves.

Whilst some may have an understanding of the bits and how they physically work – the actual instructions given to these bits is not in the physical for an energy worker or anyone who delves into acupuncture and natural medicine.

To assist in your journey towards health you need to know why, when you may be ‘doing everything right’ – especially when you feel that nothing seems to be shifting – there is actually a very good reason for your problems.

Your having an appreciation of there being a lot more to be done than just on the physical ‘reality’ (as Western medicine thus orthodox culture sees it) will then alert you to how you may be actually creating your own pain and ill-health. Ignoring what your body needs you to do will create more of what has got you looking for answers.

By looking after yourself the way all farmers, all gardeners and all of the wise elders whose words we tend to ignore, will give you back the rude good health, the emotional resilience and the life that you were meant to have.

Often this is the very opposite to what the current medical profession are telling you.

Usually it is what your great grandparents would have expected you to do to live well . . . thus it is all based on time-honoured traditions of East Asian (including Chinese) medicine.

You will notice also those “old wives tales” that we all may have discounted when young.

Enjoy!!.

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Introduction:

‘Honouring Our Bleeding’ is the introductory part of any women’s life manual.

“What is going on?” you may ask.

A baby nest is being made – constantly renewed.

When not needed, month after year after decade . . .

So many think people that ‘hormones’ are the problem and that taking artificial hormones is the answer.

What are hormones? The body’s messengers. By shutting bleeding off you may apparently (short term) ease some woes. Without correcting what the messengers were saying you run into other problems.

Perhaps it is time to make peace with your being a woman?

Ingredients

– that was in the section [‘Honouring Our Source](#).

Here we have the process of making baby nests, and what it does to a body when in harmony: and when not. When you know the process, you can happily, and peacefully co-exist with your bleeding years.

Even enjoy your cycles!

Flows

– learn about the [Liver Qi](#) and how you can allow it and thus your ‘hormones’ to be in balance.

All in this work is explained in energy not hormonal terms. Perhaps open your mind to allow an understanding that the physical is acting on instructions. You can work with – not against your natural being. Life becomes easy when you allow your being a woman to exert itself. Learn to flow at peace with your bleeding. This will give you a sense of peace and natural harmony - that so far, you may never have experienced.

Learn to work with, not against the flows of life through you.

Honouring Our Bleeding

In this culture and time, women seem to be only valued in youth and beauty scales (which are both actually biological advertisements for good quality [Jing](#)), thus aging has particular negative self images.

As we age, in other places and times we may have been revered as fonts of knowledge and wisdom, a haven for the younger ones to be with. With the loss of woman's ways of knowing, devaluing age-old observations as 'old wives tales', we have as a culture succeeded in losing our inherent tidal wisdoms. Different cultures see women in different lights – one living close to nature would highly value each woman, as she was the key to the continuance of the line, and carried the knowledge of gathering and home making that allowed the tribe to stay together in lean times.

Honour the stages in your own life. Bring back celebrations and rites of passage. Mark them off in their 7 year stages. Have a 49th not a 50th birthday bash – the beginning of a totally separate stage. Be a force to be reckoned with. Respect yourself and the cycles you are progressing through. Acceptance will follow from others as you honour yourself. Start new family traditions: encourage your daughters and their daughter's to see their fertility as a precious gift to their own, as yet, unborn grandchildren, and honour all our bodies as temples of essence.

To be 'as good as', to hide women's functions creates the situation where we do not honour our bleeding. Pretending to be non-cycling, we discriminate against ourselves – were we to rest, nourish ourselves, and provide ourselves with the appropriate resources, all would feel the benefits, as we would radiate calmness.

Blood is a precious resource – it requires much energy for the body to produce it.

Maybe start asking questions - Are we in fact biologically designed to not start conceiving after puberty? Are we designed to have often a lifetime of periods without once conceiving? Are we prepared to allow artificial regulation of our natural moon cycles, and Blood energy that affect the very fabric of our being?

Are we prepared to allow our, or our daughters', cycles to further deteriorate, and then be 'regulated' artificially, as our food chain, and external environment becomes more polluted, as we live lives of greater consumerism / convenience?

Hormones

Hormones are messengers that tell parts of the body what to do and how to do it.

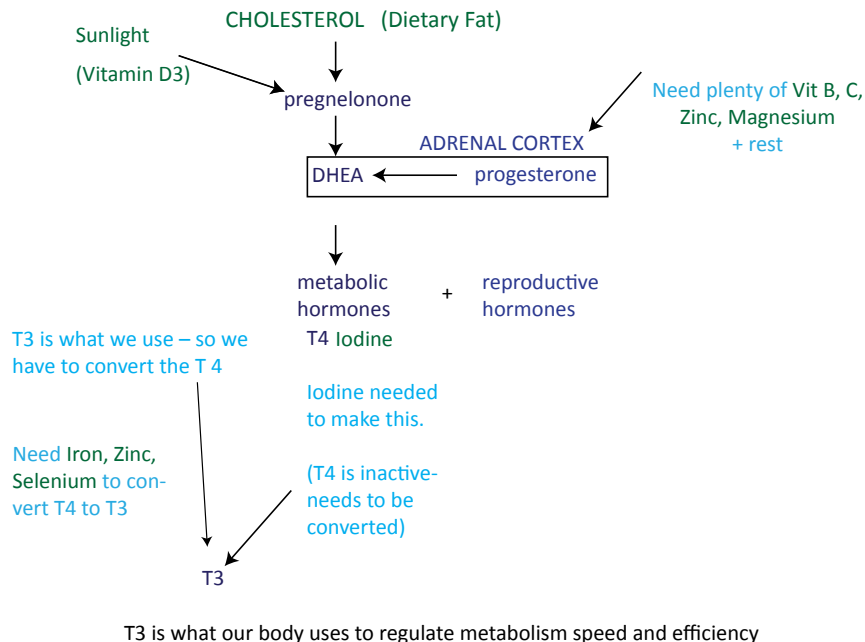
How Hormones are Made (1)					
Vibration					Substance
Life Script	Beliefs	Emotions	Energy	Nutrients	Physical
This life (soul's journey)	Cultural expectations set up what you believe to be 'real'	Freely flowing or dammed up	Extras that clog normal flows (shock, scars, presence of cold etc)	Are they present bio-available or is the body blinded by toxic residues?	Structural incidents and accidents

Hormones are created by the Jing, the gut, the availability of quality nutrients and body flows freely flowing.

How Hormones are Made (2)					
Vibration					Substance
Jing	Gut Working	Emotions	Energy	Nutrients	Physical
The essence bequeathed from our parents added to by our own gut strength	Optimal Qi & Yang needed to ensure the best quality ingredients, including themselves, are made & circulated (see Honouring Our Source & Life Support)	Freely flowing or dammed up?	Flowing perfectly or presence of extras that clog normal circulation (shock, scars, cold etc)	Are they present and bio-available or is the body blinded by toxic residues?	All organs positioned optimally with perfect Qi, nerve, blood and lymph circulation

A two dimensional representation of how a body sustains life. If all to the left is as designed and there have been no incidents or accidents, normal circulation and production should occur.

“Mudmap” of Optimal Hormone Production



Sunlight

Just as the plants need this, so do we, for life. Vitamin D3 is manufactured under our skin in the fat cells.

Fat

A crucial building block for life. The brain and nervous system and all hormones are made from dietary fat.

Going “Fat Free” will ensure ill-health and misery. Reaching for sugar as an alternative energy source will stack on weight, cause inflammation, cholesterol deposits and alter your perception of the world. Eating more fat and zero sugar/foods with a sweet taste will instantly improve every health concern you have.

Vitamin B complex and Vitamin C

Both are water soluble, meaning you need to continually be eating foods containing these as we pee out what we do not need instantly yet they are essential for life.

Zinc and Selenium

Both are micro-nutrients without which life is impossible. These are blocked by the presence of heavy metals within our cells. More on these nutrients is found under “[Raw Ingredients](#)” in Heather’s apps.

Magnesium

[Magnesium](#), is required in all of our body's cells and is used to detoxify stress and chemicals. It is needed to run the heart muscle, all nervous impulses, at least 325 enzymatic activities, feeds our healthy gut bacteria and is lost when we consume sugars, caffeine and other intoxicants. **Magnesium, not calcium, is needed for strong bones and teeth.** Best supplemented by using topical applications of oils/gels initially at least ten times daily on tougher skin such as buttocks and thighs. This usually calms down all pain in the external body. If a prickling or painful sensation is felt, this indicates you have excessive mercury and other [heavy metal contamination](#) that must be cleared. This can be safely, easily and effectively done by using [liquid activated zeolites](#).

Rest

Optimally sleeping within two hours after sunset to reset - recharge -restore our "batteries".

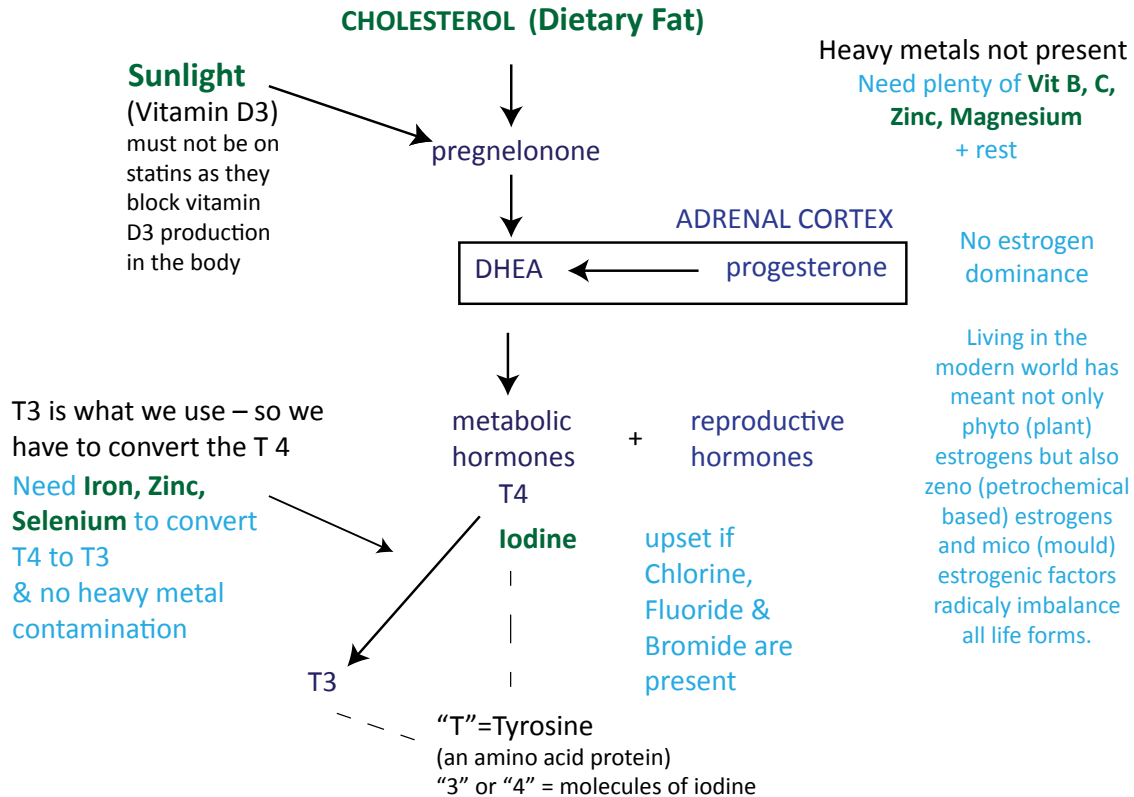
Gut Health

Without salt (never white, always pink or grey) we are unable to manufacture the gastric acid to digest protein. The pH of the stomach should be 1 or 2 or you will feel as though you have stomach acid, heartburn, [GERD](#) and will be taking antacids, (usually [containing aluminium](#)) which do two things: mask your problem and create more. The lack of appropriate acid in your stomach not only prevents perfect digestion, but allows a toxic environment for other disease-creating organisms to take up residence, Helicobacter Pylori being only one possibility. When baking food, we know to keep the oven door shut. Adding [cold into your 'oven'](#) will slow or wreck your own cooking processes.

Iodine

A micro-nutrient without which there is no life. Besides being the major ingredient in all thyroid hormones, iodine is used in the body to ensure appropriate cell death, optimal fluid metabolism, brain, ovarian, testicular and breast development and function. Without selenium, iodine cannot be used to make thyroid hormones. Other halides (fluoride, chlorine, bromine) stop the body absorbing and using iodine leading to all common "health challenges". Hormonal issues such as fibrocystic breasts, PCOS and endometriosis flourish without adequate iodine. The corrupting adjuvants in vaccines, the [legacy pollution](#) that burdens all successive generations plus the pesticides and other chemical residue in the fat cells plus all other aspects of [hormonal disruption](#) leave us with a [body burden](#) that we are passing on to our children. GMO and [glyphosate](#) adds another level of contamination.

“Mudmap” of Hormone Production



Hormonal 'Problems'

As you can see, a dance of life happens. If everything is running as designed, the choreography is perfect and all runs automatically, even brilliantly. However, if one or more dancer falls, trips or leaves the stage the imbalances become immediately obvious.

Energy imbalances lead to the physical markers, the hormones being blamed. I remind you, hormones are themselves physical messengers for our Jing, via the Blood. Bodies heal themselves - when given half a chance.

Using the contraceptive pill or hormonal implants forces a flat line/ artificial cycle onto the body's present distorted version of 'normal'. Using any form of chemical castration may over time create far greater Stuck Qi and deficient Blood, leading to further Stuck Blood scenarios, which become apparent only when pregnancy is desired.

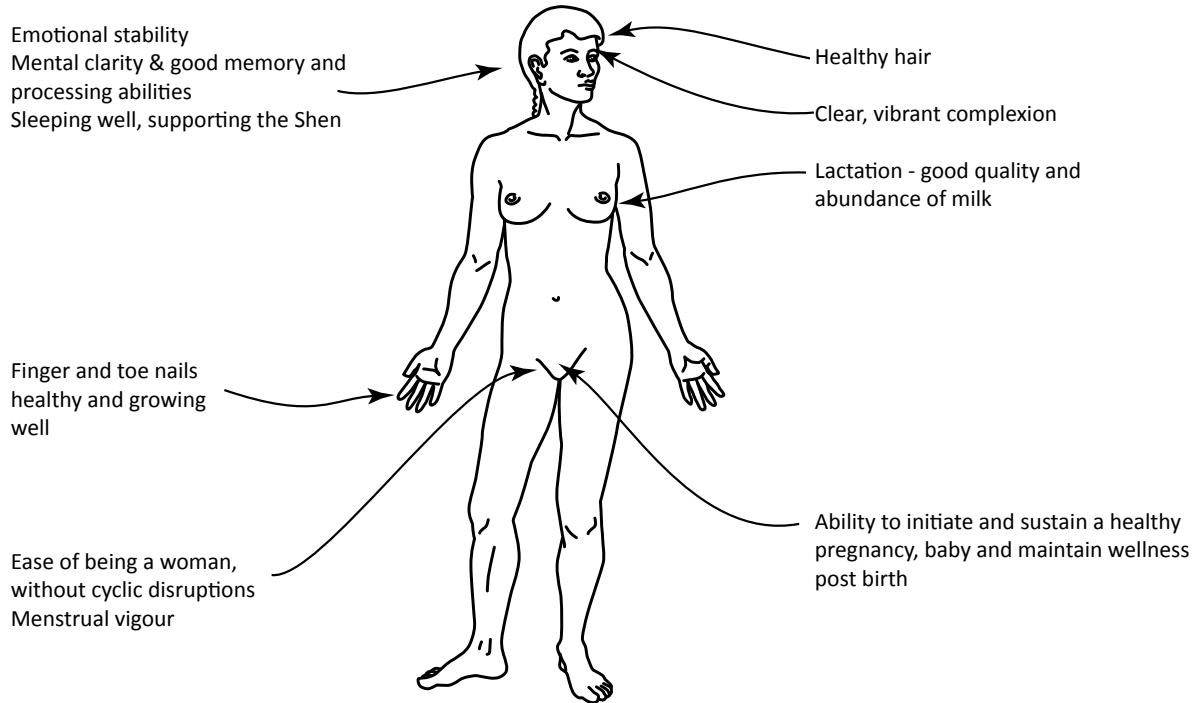
Modern medicine may have further artificial chemical and surgical 'solutions'. Whilst ignoring the body's warnings, using chemicals that force the appearance of normal will have consequences. If you choose to believe those who say it does not matter if you turn off periods until you want them, you run the risk of compounding your already distressed body state.

What tangle will this leave the body in, through to your menopause and beyond?

We may be counseled to take ever more hormones instead of looking at our periods as being monthly report cards of our health and wellbeing. As we age, our Blood energy naturally dwindles and we may be seen to be getting older. We may be seduced into plumping ourselves up, artificially moistening/lubricating and retaining our Blood energy markers – the lustre and youth of our 30's. Likely we may be creating yet more problems.

The liver organ must create and destroy hormones. When we add in those we did not make we are confusing the natural order of life. Suppressing and micro-managing the normal life flows upsets the Liver Qi, causing it to become congested. This gives rise to Stuck Liver Blood which may show up as clotting, overbleeding and emotional issues.

Importance of Abundant Quality of Blood



Ripening of the Jing

Optimal Needs for Each Phase

Baby – can only be made well once. Foundation for life.

Strong potential bequeathed from parental Bloodstock.

- Calm in utero environment to allow this to blossom.
- Safe delivery into independent self-physical mastery.
- All nurturing requirements met, allowing correct early formation.
- Freedom from accidents/incidents that impinge upon orderly life cycle progression.

Young girl – Gradual unfolding of her increased responsibilities as a potential baby creator, as everything she does/ eats will impact upon the health and well being of any children she chooses to bring through. She requires the security of a loving family to unfold as the budding flower that she is - including protection from sexual predation and social harassment, as she matures into womanhood.

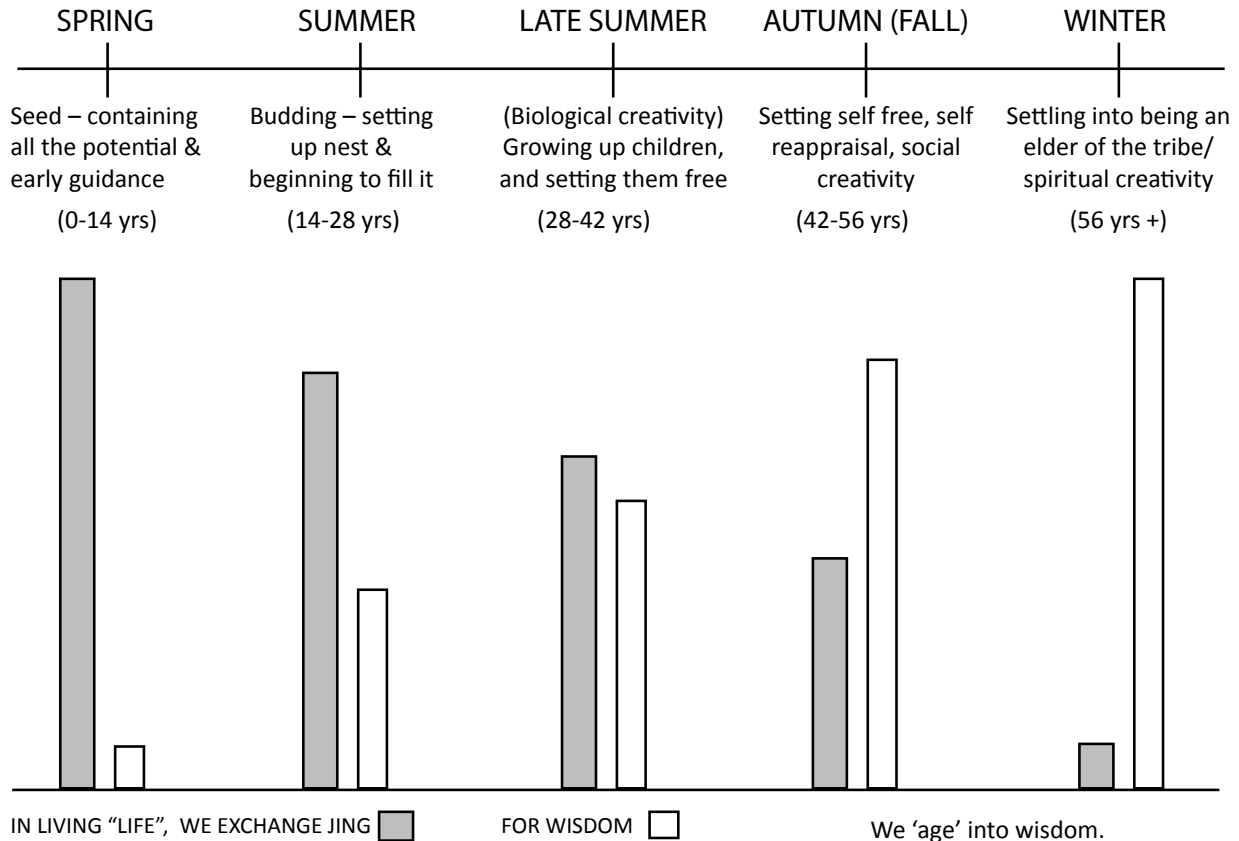
Early adulthood - Partner found, and nest built. Regularity of life, calm, harmonious relationship between, as with common sense of purpose they travel life together. Ability and intention to mutually support self and other's endeavours. Have sufficient resources to complete the generative cycle as monthly her nest empties. Calm flexibility is required so she can bend and grow with the changes throughout her life seasons.

Adult - Ability to integrate, change perspective, redefining self, and her own place within all relationships – with your own parents aging and nearing the end of their life cycle, children maturing and creating their own separate bases. A time of choices – where to place resources to maximise time here.

Freedom to recreate self, as revisiting and reframing the past cycles affords wisdom.

Elderly – The getting of wisdom. Looking within, gradual telescoping the previous wide net that was the life stage. Safety and comfortable surroundings to return gradually to a physically dependent, and possibly debilitated state. Eventual physical departure – hopefully in a state of grace as all is in its own time. **A chance to smell the roses.**

Seasons Within a "Life"



Shen

Our [Shen](#) governs who we are and how we express ourselves. A well nourished Shen allows us to present a consistent countenance to the outside world - it governs our clarity of speech, brightness of eye, coherence of thought, and ability to live in mental and emotional tranquility. To be able to sleep well, hence replenish ourselves on all levels, the ability to think clearly, respond appropriately, and to perceive and react accordingly, are all governed by the amount and quality of our Blood energy, which nourishes our Shen.

What Upsets Our Shen

Loss Of Its Home – in [shock](#), or when another influence has overpowered the Shen, it may seek temporary refuge elsewhere (lose consciousness). An aspect of self may keep the physical vehicle ticking over, as, if the Jing is sufficient, and all other life sustaining raw materials are provided, it can survive, like a car idling in the garage: living in a catatonic/paralysed or in coma/ with extreme loss of consciousness /stroke and on life support.

Loss Of Nourishment – [Blood](#) is the base or foundation for the Shen. If the blood is not circulating, or is lessened in quality or amount, there may be sanity/emotional stability issues. (This may happen over time, with worry, lack of repair/regenerative time out, sleep is not replenishing, just a brain turned off.)

Loss Of Clarity – often as a secondary effect of the two above. Major source of muddy thinking

[Phlegm](#) damp. Clouds of insubstantial phlegm, perhaps wafting up from a turbid digestive system. (A diet of highly damp inducing foods – chilled and cold and raw foods and fluids, overly sweet and /or alcoholic - consumed especially when the body is in a very young/unformed/exhausted/ weakened state, or unbalanced from immoderate and irregular lifestyle/experiences as yet unprocessed. ([Stressed](#)).

Loss Of Grip – either due to heat creating reckless/rebellious Blood energy, or through external invasion.

([Heat](#) creates the Blood energy to become supercharged, and the usual balance and peaceful calm demeanour may be lost. If combined with the effects of stimulants, & the flow-on effects of Spleen Damp forming, Heat and Phlegm energy together may give classic “mad” symptoms, at least pre-menstrually, in preparation for the monthly bleed, when there is a relative abundance of Blood in the body.

Bao Mai

The Shen that resides in the heart can nurture the fetal palace, the source chakras and the pleasure centres through the Bao Mai. This inner channel/vessel meridian /flow of Qi/ energy connects the two hearts: the actual heart organ in the chest – the 4th chakra, and the energy ‘heart’ in the 2nd chakra, the sacral organs.

When Bao Mai is working well, the body and soul are aligned. You need an intact Bao Mai to experience easy relationships with self and others, easy sexuality as men and women, easy periods, easy conceptions, easy births and easy lives. [See more here](#).

Sudden [shock](#), stress and/or severe and/or sustained emotional upheavals may be both the cause and the effect of a blockage of - the Bao Mai inner connection. When the nurturing energies needed to run the body/heart well are damaged or shut off, a troubled soul and angstful life as well as a broken body emerge. [See more here](#).

Besides the obvious loss of joy and inner peace, there may be a now sense of longing: and a deep and penetrating sense of

- not belonging,
- or/and of betrayal,
- or/and of being always disconnected
- or/and of needing to fill a hole – one that we do not even know where it is –
- all of these and more may point to a Bao Mai fracture

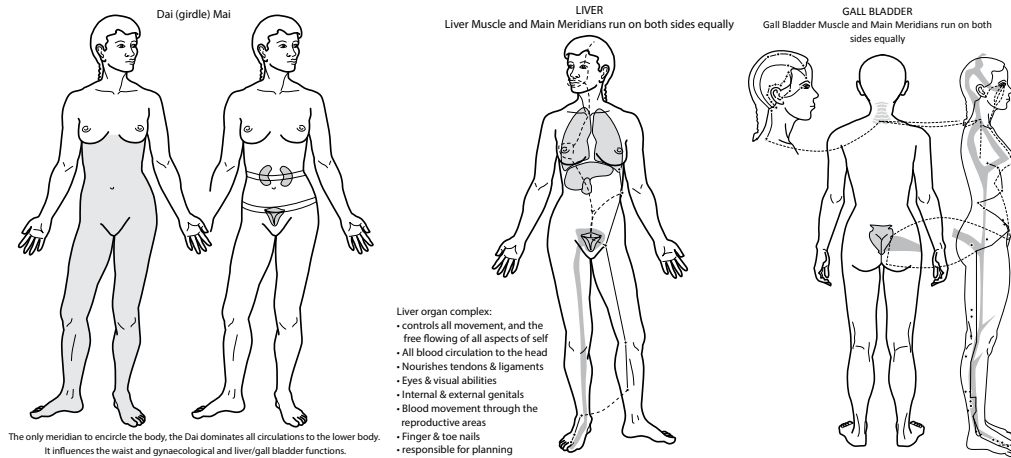
Women whose apparently ‘barren womb’ magics a biological baby when her Bao Mai is restored through an adoptive child arriving at her home. We may know of (or be that one) women with grief from reproductive and life wounds whose life has never been the same since. . . were ‘barren’ until they have something to reconnect them. Men who may have been so hurt emotionally may find that they do not have a vigorous sex life until they go into the inner space where they find and heal their inner deep wounds. (The Fisher King mythology).

The [Rose of Raphael vibrational remedies](#) are designed specifically to assist your healing on this level.

Dai Mai

Coupling the Liver and the Gall Bladder meridians the Dai Mai is the only pathway that runs around the body. The sacrum – so easily fractured as in women it is hinged for easier child birthing.

The pelvis and surrounding tissue easily becomes tightened with the tension stress and distress that seems to follow some women wherever they go. All emotional angst, past invasions of a woman's sense of self and the continual ebbing and flowing of blood and Qi must be regulated by free-flowing energy. When this is blocked the physical body hormones and all emotions show it.

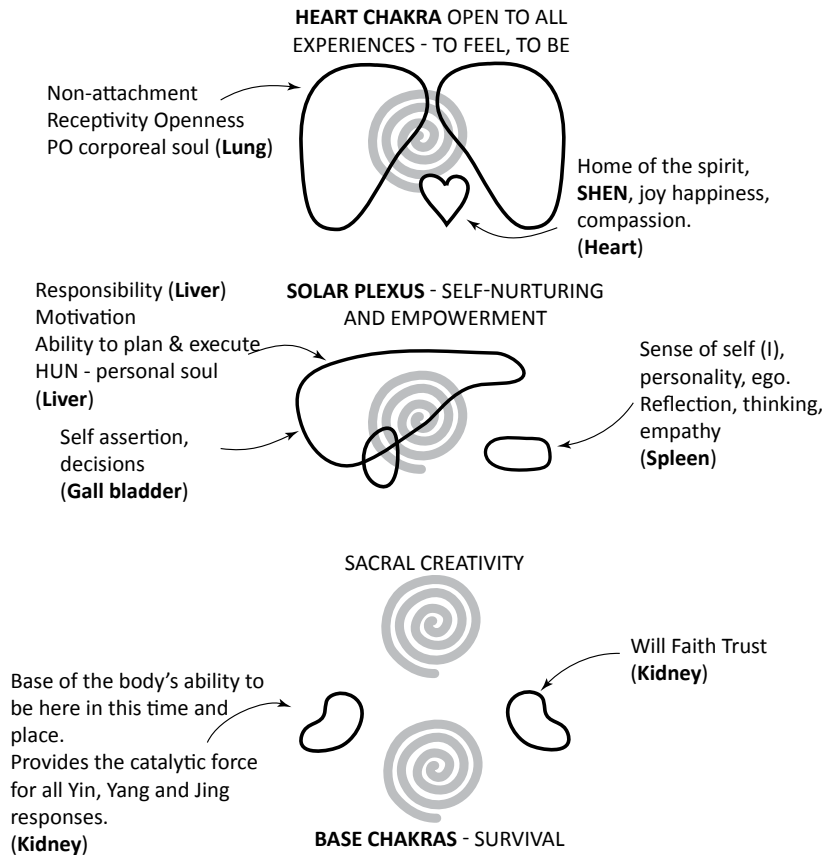


Undoing Dai Mai will allow free expression of self across all tendons, muscles and sexuality.

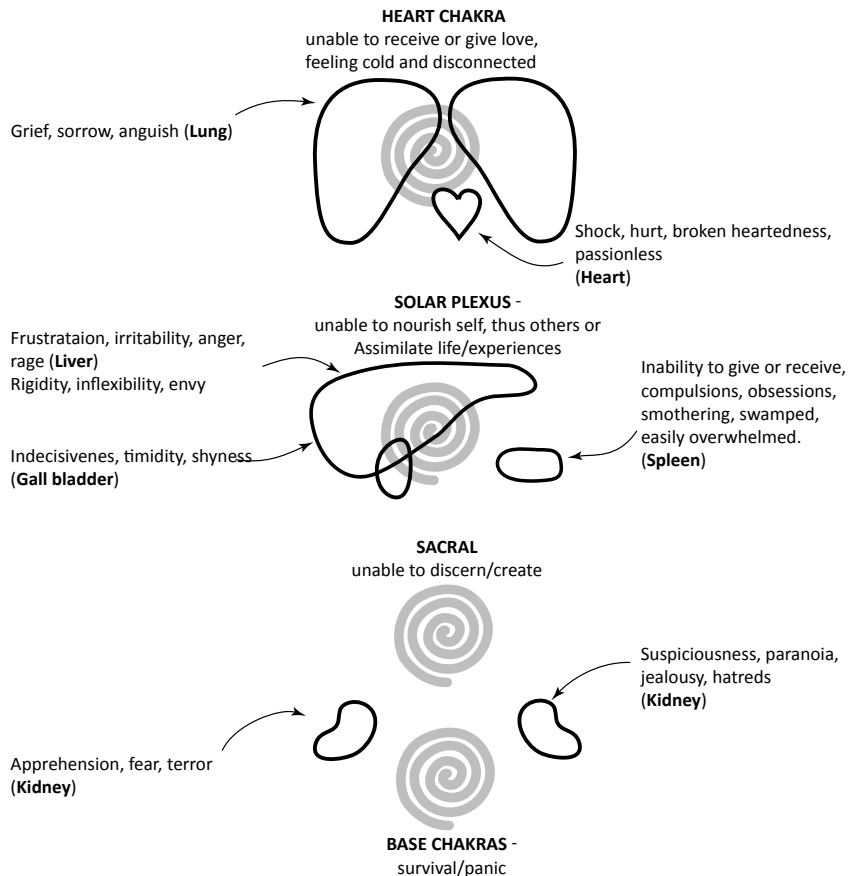
[Massage](#), the [sacral moxa fan](#) and the abdominal massage techniques – Maya/ Arvigo® and Mercier therapies may be of great service here.

You can change your life yourself!

Emotions in Health



Emotions in Turmoil



Breasts and Body Shape

All markers of female beauty are those of sexual attraction, thus maternal ripeness.

The hourglass shape, the long, healthy flowing hair, the radiant complexion, sparkling eyes and long strong nails are all biological markers of strong Jing, Blood and hence genetic health and vigour. [Easy breasts here](#).

The dewiness/ firmness and suppleness of the youthful bud, are often attempted to be replicated by those whose first bloom is past. As women age, the flesh is said to wither. The Spleen energy governs flesh, and Yang holds everything in place. Aging starts at about 7x5 years, dependent largely upon the rate the woman has spent/wasted/ consumed her inherited capital. ([Jing](#))

The breasts themselves are traversed by the stomach meridian, encircled by the liver meridian, and are governed, as flesh, by the spleen complex. The amount of tissue laid down at puberty is determined by your Jing – a pre-set blueprint, but the amount of artificial hormones, unintended chemicals and extra heat/toxic substances may create much more breast tissue than nature intended. To run the body we need [iodine](#) - and this needs access to selenium and without these - the cycles and the breasts are not formed properly.

See more in the ‘raw ingredients’ section of [Heather’s period app](#).

Women’s bodies are designed differently than those who do not have moon cycles. To attempt to enforce a fitness regime upon a body that is weekly undergoing energy and Blood shifts, is to create potential mischief and accelerated aging.

‘Low AMH’ and apparent ‘old eggs’ are simply a report card of what is happening presently – and can usually be rescued with paying attention to honoring the process of Blood production and ensuring the circulation happens through free self expression. Blood flow to the ovaries may be greatly improved using traditional natural techniques.

Post birth, the female form is weakened, and vulnerable, as the structure is in the extreme Yin form.

Women are designed for softness, as opposed to the lean, hard muscularity of a male.

Excessive droopiness and flabbiness are indications that the Yang, especially spleen Yang, has been depleted early. Attention to self-care! Check out what traditional cultures did to help themselves – [perineal steaming](#), and often may transform your aging, periods and life!

Hair

Your head hair is flowering of the [Kidney energy](#).

Your hair's health is an indication of the strength of the Kidney Jing, and its messenger, the [Blood energy](#).

A baby may shed its crop of head hair after birth, eventually growing back a finer, blonder version. In utero, the maternal Jing supported the baby's Kidney complex, yet once born, the effort to support independent life may have placed too much of a drain on his/her developing energy, and has prioritised life over a beautiful patch of thatch.

Those whose children were born with dark hair, often notice the regrowth to initially become a very wispy blond. The thickness and strength of the hair, is totally dependent upon the Jing factors, and as the child strengthens, so does its hair. The gut has to work perfectly for the 'extras' such as head hair to be abundant.

As a child's Qi and Blood production matures, all aspects of self become more adult. By the age of seven years, the adult colour and type and fully growing hair has emerged. Sometimes at puberty (a Kidney energy /Jing marker), it may become curly, or straighten, or possibly change colour. The head hair colour is said in acupuncture to, in some way, reflect the inner balance of the being – red lights, or frankly red hair to denote a constitutional liver Yang fieriness, and underlying Kidney Jing weakness.

Hair falls at different times, often when severe stress resets our inner Jing/Blood balance.

Anything that severely alters the Jing will reflect in the head hair – chemotherapy, radiation, and absolute traumas will create possible hair consequences. The lack of quality Blood energy and ingredients such as [iodine](#) are crucial to support the metabolism ([Yang Qi](#)).

Nails

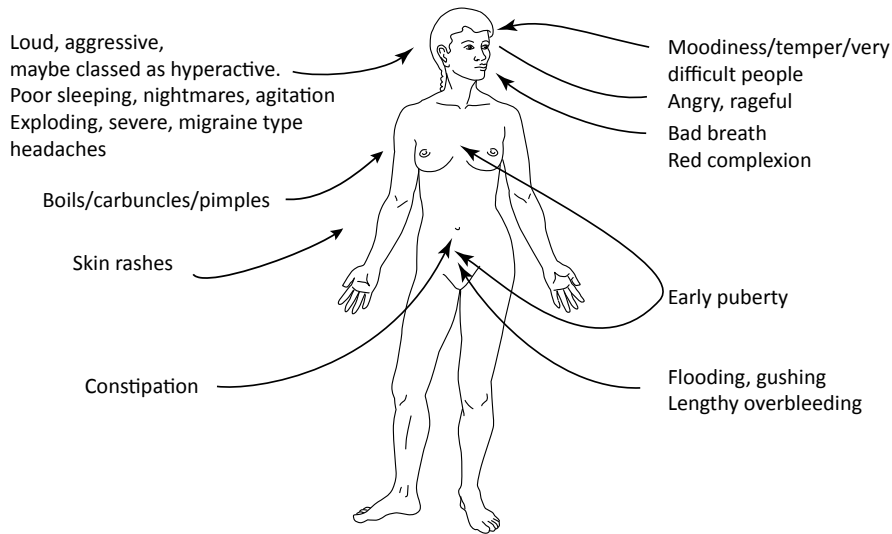
Our nails reflect the strength of our [Blood energy](#), (and the Liver Blood in particular), rather than the state of our Jing.

One of the first changes a person may experience undergoing acupuncture, especially for menstrual management, is growing possibly the best nails (and hair) they have ever experienced.

Improve the ingredients and the flowering of your body will show the world.

Hot Blood

How to get Hot Blood



Be Jing or Yin deficient – through poor gestational history, maternal health or nutrition, exhaustion, over work and over stress, over worry, too many pregnancies, attempts at pregnancies close together.

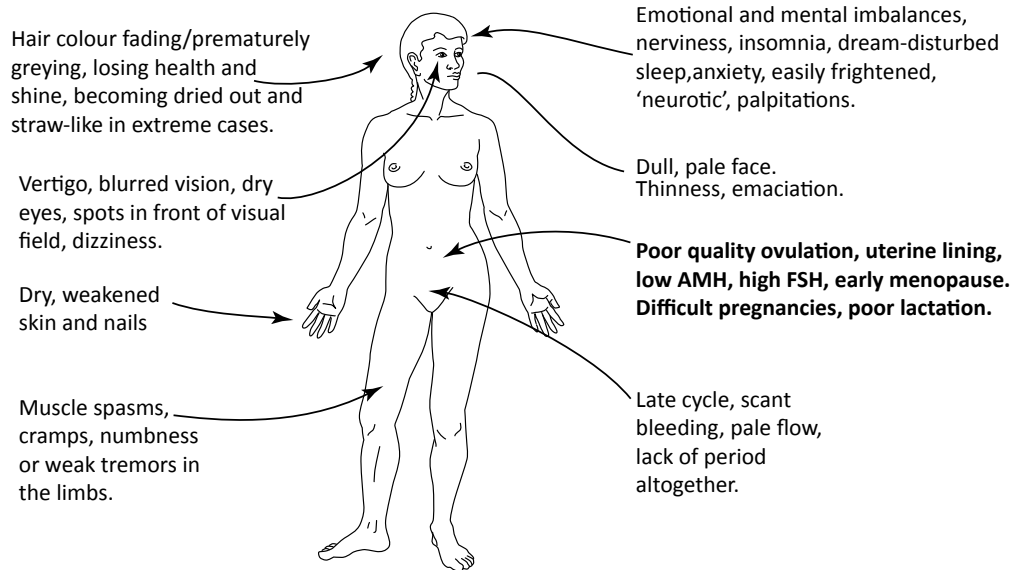
Become Blood depleted – either from above or through over loss of blood, either haemorrhaging, or excess blood loss in continual periods.

Be emotionally upset, irritated, frustrated, and live without resolution of the situation.

Ingest heating foods Anything with a sweet taste or that has any chemicals or that is highly concentrated will require more water to flush this heat and toxins out of your body than you may have available. This in turn will create the condition of Inner Heat and Hot Blood imbalances in your body. Dehydration has happened by the time you feel thirsty. Please drink at least a litre of non-chilled non-tap water before eating in the morning. Aim for three litres daily.

Work or live in hot, drying conditions, or have **a combination of some of these**.

Deficient Blood



Leads eventually onto Yin/Jing depletion and is considered 'aging'

How to become Blood Deficient

Depleted digestive capacity excessive worry, emotional suppression.

Malnutrition (dieting or anorexic/bulimic early life)

Loss of Blood/Blood – especially as a consequence of [Hot Blood](#), often itself there because of Stuck Qi.

Depletion of Yin/Jing

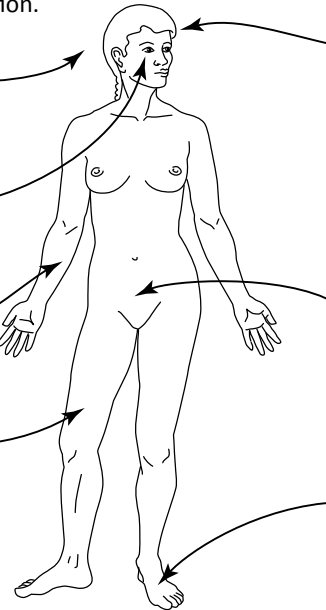
Heat consumes Yin - body fluids and **Jing** - your inner capital. Anything that overly heats or dries, especially if you are overbleeding and continuing to over-achieve whilst exhausted, will create this condition.

Becoming older and thinner and more neurotic, before you need to be.

Early aging, loss of vitality, general withering.

Any premature drying/ withering of inner or external self.

Brittleness of bones, thinning of skin
Generally accepted 'symptoms' of 'menopause'.



Teeth losing their strength, whiteness and health.

Apparent low egg reserve (low AMH)
Temporarily high FSH
Poor uterine lining
Possible premature menopause
Infertility due to lack of good quality ingredients and flow to boost your Kidney Jing

Hot feet, especially at night

Consequent Life Effects

Any of the period problems lead into complications of life, as losing too much blood weakens the already stressed body that was not able to hold what it had. Overtaxing the body leads in time to symptoms, which are usually medicated against – or called ‘aging’ - as the underlying causes continue to weaken the system.

LOSS OF BLOOD leads onto Yin and finally Jing depletion.

Neurotic, panicky, anxious, obsessed people usually have also many of the other Blood depletion symptoms. Sleeping disorders often follow, giving usually very light, or disturbed sleeping patterns, where the natural regeneration is lessened, and a cycle of degeneration is begun – we can call it aging, but it is actually self neglect. It is usually considered ‘fixed’ in prescribing sleeping and anti depressant and hormone replacement tablets, yet the cause of the disease process is still not acknowledged, and continues to create further lack of self nourishment.

LOSS OF YIN - Heat becomes a constant inner companion.

This may be ignored once the medical conditions of diabetes, rosacea, auto-immune diseases, various degenerative and inflammatory states are medically managed. Anything where inner burning and heat is felt has a very serious Yin depletion component. This requires you to [stop damaging yourself](#) and to reverse this trend.

LOSS OF JING – At this level, severe inner damage is occurring.

Hair and teeth are withering, bone and Blood diseases are occurring, as are structural and neurological wasting.

SUB/INFERTILITY begins when normal Qi and Blood production and circulation have been compromised.

EMOTIONAL AND MENTAL INSTABILITY begins as a consequence of not being able to support ourselves. It is likely that our digestion will fail when our self image and food choices take precedence over nutritional needs.

This in turn has us losing too much and/or not making good Blood energy in abundance.

PREMATURE AGING occurs when we over use ourselves in the quest for more, now – living life full throttle, as though there is no tomorrow, giving what we need to others, not seeing ‘selfish’ as survival.

Factors Affecting Puberty

Too Soon: Over Abundant / Over Nourishing Diet/Excess Sugar and/or Toxins

(During the Depression years, the mean age of puberty would have been set at 2x7, which is the biological standard, 30 years ago, in Western countries, puberty at 10 years was unlikely, now considered normal)

Excess heat causing Blood recklessness. See more on [Heather's Periods app](#)

The excessive heat over-revs the digestive system. The 'sick' heat causes the Blood to exit the vessels, with all other heat symptoms present. Sugar (in any form, including cereals), processed foods and exposure to chemicals and heavy metals create the inner toxins and heat which can drive puberty forward.

Too Late

Insufficient Jing – constitutional inherited factors less than optimum, (Jing insufficient massive insult to them, either through premature delivery, and plundering of future stores to sustain independent life, prior to schedule, or through traumatic severe illness/near death crisis. Maybe just not enough ingredients – again [iodine](#) is crucial.

Insufficient Blood – either not making it, (aspect of Jing quality, and malnutrition – especially enforcing dietary and exercise restrictions and regimes on a system geared to build prospective nests) or losing it too quickly to replenish.

Liver Qi Stuck – severely traumatised event/s being repressed to 'put on a brave face', and soldier on – leading to subterranean consequences as the restrained Liver Qi creates stagnant and distorted energy patterns. Possibly ongoing crisis, long-standing turmoil, or one shocking event, all buried, and like a volcano, festering, as normal life is attempted. Stuck Qi leads to Stuck Blood patterns: interrupted flows, and irregularities, eventually masses, tumours.

[Connection Heart – uterus severed](#), shock, extreme stress, heart break, ongoing unhappiness. [Fix it . .](#)

Anything that interferes with the any of the processes of normal Qi and Blood circulation and production will impact, over time and the changing role placed upon a woman, on her menstrual cycle. Invariably, we do not live exactly the way we would wish to be. Inevitably, someone or something thwarts what we thought was 'our plan', and depending upon our view on change, and what is appropriate, we can either get tied up into the Stuck Liver Qi cycle, or bend and flow with our life path.

Optimal Unfolding Of Life

Jing expression allows the passage of a person through life. Constitutional factors, plus a lifetime of habits and choices impact upon the quality of the Jing available as raw ingredients for life to unfold well.

The [Liver Qi](#) freely flowing ensures that the entire organism is in balance, harmoniously functioning on auto-pilot. What are considered to be 'emotional' or 'hormonal' fluctuations throughout a cycle are only possible if good quality nutrients are biologically available (not just chosen to be eaten), and their circulation is unimpeded.

Your energy flowing well depends upon your free expression of who you are.

The physical liver organ is tasked with the production and circulation of hormones, and forming most ingredients. The liver is our chemical life laboratory. The liver also detoxes the entire body.

However the physical liver organ is now negatively impacted by the additives that have been assumed to be 'safe'. The biosphere is becoming increasingly clogged as we pretend we do not have finite resources. We need to individually [clear these away](#). Our [body burden](#) is increasing with every decade.

Upsets

This upper component of the body energetically manufactures and circulates our Qi and Blood. Emotional shocks, broken heartedness, feeling betrayed and unloved, often stored from the deep past, all affect our ability to freely live in the 'now' moment. These buried, unresolved energy parcels block the normal functioning of the upper region. [Unresolved grief](#) weakening the Qi, creating possible failure to successfully nourish the menstrual process.

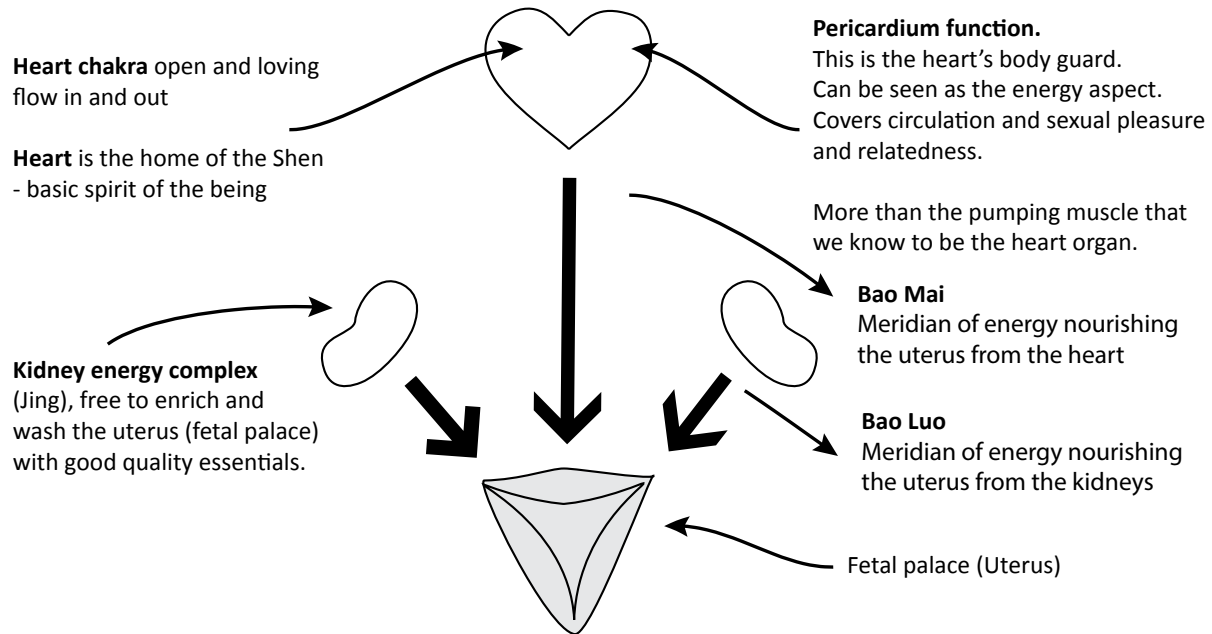
The Liver energy, when upset, can go up, upsetting the diaphragm and/or across to the digestive organs. The heat generated gives you the idea that eating and drinking cold things feels good. Now you are in real trouble, as putting out your digestive fire creates Damp, Phlegm and obstructions.

Various falls and accidents throughout life create structural blockages which further dam up the flow of Qi, blood, lymph and nerve impulses.

Structure does determine function.

Well Woman's Physiology

What Nourishes Your Uterus?

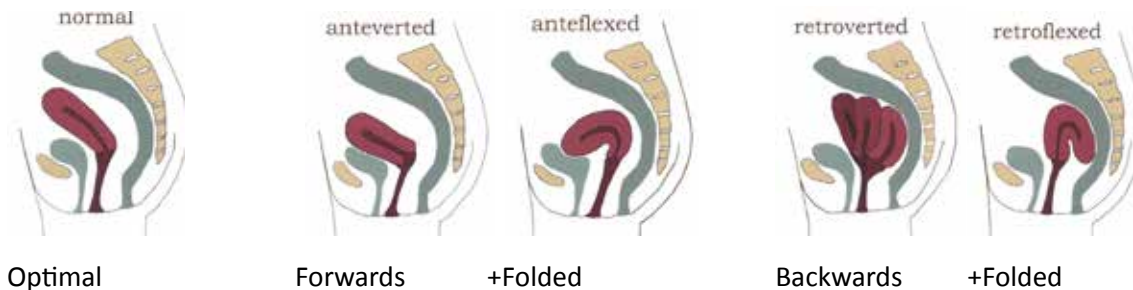


Flows need to flow

All energy disturbances will become physical over time. Through the [cyclic changes](#) that a woman undergoes monthly, the Qi and Blood tides create ever more ripples and stagnations as flows are congested.

For flows to be perfect the organs and the physical structure have to be perfectly aligned. The pelvis needs to be centred and the sacrum intact. Often when a woman or a young girl falls, her hinged sacrum actually cracks.

Over time this creates massive blood and nerve impingement, stopping normal pelvic and uterine nourishment.



Many gyne and urinary problems may be simply assisted permanently through repositioning of the uterus. Many traditional clotures all over the world had women healers who were adept at this. Midwifery was a skill that centred around women' wellness – not birth crisis avoidance.

Find out more through getting [Heather's Period App](#) – a natural health problem solving navigation tool through her and other's resources all found online. Discover a [Maya/Arvigo®](#) or [Mercier](#) practitioner near you and see what she can teach you about self-care. It is all a matter often of – your uterus is actually in the wrong spot and in this dislocation, nothing of you is now in balance. So simple – and [so profound](#).

Uterine Positioning

If your uterus is not in perfect position your life will also be [imbalanced](#).

Normally the uterus leans slightly over the bladder in the centre of the pelvis, about one and a half inches above the pubic bone. It is held in this position by muscles, the vaginal wall and ligaments that attach it to the back, front, and sides of the pelvis. Uterine ligaments are made to stretch to accommodate a growing fetus inside and to move freely when the bladder or bowel is full.

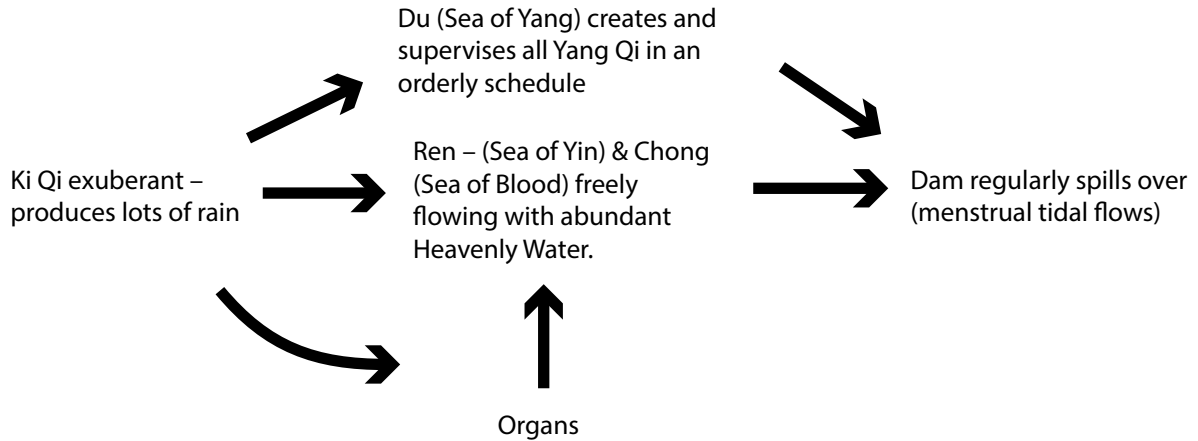
The ligaments and muscles can weaken and loosen, causing the uterus to fall downward, forwards, backward or to either side. A uterus in any of these positions is called tilted or prolapsed. Modern medicine has little or nothing to offer women with this problem. Options may include using the birth control pill, muscle relaxants, or surgery and women are generally told, “your uterus is tipped, but that is normal and don’t worry about it.”

Yet women have many physical and emotional symptoms that can be addressed and prevented with simple, non-invasive massage techniques. All traditional cultures independently relied on their wise women and midwives to reposition their twisted and damaged pelvises and thus disordered organs back into alignment. If this is not achieved as soon as an incident or accident has occurred, the body will try to stabilise through adhering tissues to structures, thus creating further congestion. When your reproductive organs shift, they can constrict normal flow of blood and lymph, and disrupt nerve connections.

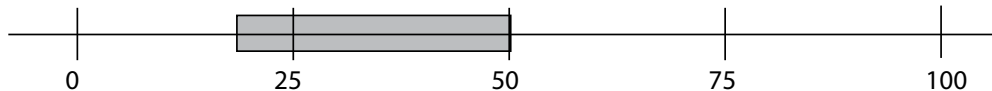
Just over half a kilo (uterus about to bleed) sitting on blood and lymph vessels can cause havoc throughout the different systems in the body. By shifting the uterus back into optimal place, homeostasis, or the natural balance of the body, is restored in the pelvic area and the surrounding organs.

Toxins are flushed and nutrients that help to tone tissue and balance hormones must be restored to normal order. This is essential for healthy pregnancy, labour, and delivery. Old adhesions from invasive treatments to the pelvic and abdominal area, including fibroid tumours, endometriosis, and caesarean delivery can be diminished when addressed by uterine massage. There are many varieties available. [Arvigo®](#) and [Mercier](#) are two that are easily accessed.

Menstrual Flow Is Excess To Body Needs



Qi and blood sufficient quality and amount produced and circulated to fill

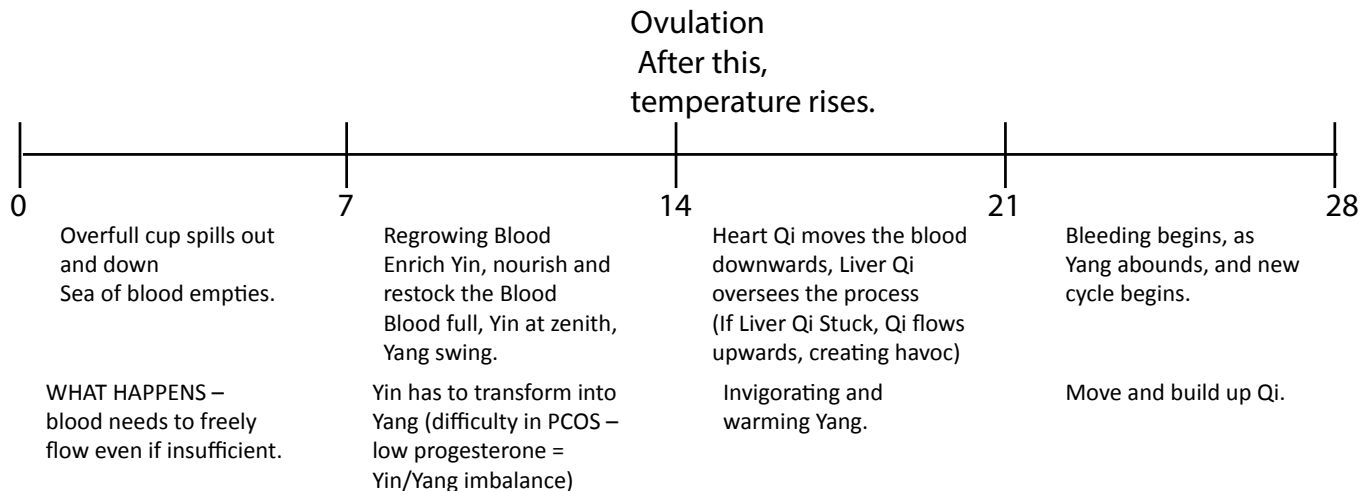


When the body has reached the adult size, and is functioning well, there is plenty of excess Jing and blood being stored, the cup spills over, starting the menstrual tidal flow.

Puberty – 2x7 years

menopause 7x7 years

Actual Qi and Blood Monthly Changes



You need to nourish self well, to assist your body in rebuilding the blood lost.

Rest and be thankful. (Give serious exercise a break, as your **uterus is twice her usual size**. She doesn't need to be tethered better - as with extreme exercise you are creating great organ stress.) You need to respect her process of making a baby nest.

AVOID exhaustion & all instances of cold, overlifting, over exertion, as this is the most vulnerable time of the month.

Getting very stressed, upset, not expressing self, as if Liver Qi is constrained, may have mid-cycle symptoms of Stuck Liver Qi, or from now on – if heat is present through long time, &/or severe Liver Qi turning to very stagnant Liver Blood (endo/fibroids etc).

Leading to crankiness through to outright rage, and possible personality swings. A product of long standing unresolved issues, heat in the system, and blocked normal energy flows.

If heat severe, and/or Liver invades Spleen, Qi will be overcome, and the blood will bust its banks earlier, cascading forth in a gush, wasting precious resources.

Menstrual Self Care – Post and Pre Menstrual Changes

Week 1 – Let the flows flow out. Safely. Rest. Body is in a state of vulnerability. Stop excessive exercise.

As bleeding continues, warm, nourishing regenerative foods to be eaten.

Definitely no dieting restrictions, as the body will take from Jing reserves, which are meant to enhance our later years.

Week 2 – Breathing and exercise, freely expressing one's heart-felt emotions, allows the upper heater to make best use of quality raw ingredients chosen.

Week 3 – Free expression of sexually, as Stuck Qi along the course of the meridian will lead to menstrual disorders.

Say and do anything that frees yourself, as [Stuck Qi creates PMT](#). Stuck Liver Qi always adds into worsening life leads onto [Stuck Liver Blood](#), known medically as endometriosis, cysts, fibroids, ectopic pregnancies and eventual tumours.

Week 4 – Move your Qi.

If you are emotionally blocked, (depending how severely) – this may start up at the instant of ovulation – the bottling up/ festering of self makes your, and others' lives a periodic nightmare. Stuck Qi turns in time to inner heat. The inner volcano rumbles, often for years, all the while wasting the Yin/Jing in the process, especially through causing over bleeding scenarios. Apparent hormonal storms are simply your not expressing your own truth.

The Stuck Qi rages upwards, creating headaches, tension, migraines, and creates the well known 'normal' pre-menstrual disturbances, that may be managed, not removed. Fluid collects, as an attempt to put out the fire in the Liver meridian pathways. Watch what Heather has to say about [Causes of Disease](#).

Discharges, usually damp and hot occur – smelly and often itchy, herpes and other inflammatory conditions may appear – pimples, acne, fluid retention (sometimes 4-5 kg before a period) are all due to having an unhealthy body.

Look to what traditional cultures always showed their women to do (in their initiations into being women) –take care of your bleeding yourself. The [Maya/Arvigo®](#) and [Mercier](#) work along with [perineal steaming](#) as examples: such gentle, easily accessed home help you can do for yourself. Heal yourself through being respectful of the process of being woman.

Process of Bleeding

Sometimes growing into being a woman may also trigger some or all of these:

<p>Soul intention - to cover these issues this time</p>	<p>Beliefs experiences, - all preprogrammed to ensure maximum effect – can't possibly miss the message, THIS time. including maternal biases and expectations, handed down through her lineage. Eventually this message gets TOO LOUD and you have to pay attention as your body demand action.</p>	<p>Emotional responses – assured due to the beliefs, educational framework, and 'reality' the person believes that is running. These may include guilt, shame, revulsion, disgust, fear of pregnancy, memory of past enforced encounters and unwanted attentions.</p>	<p>Reactions to having to perform as others expect a 'good' woman to, perhaps upsetting others as you choose to not be packaged in a comely manner, ensuring male attentions.</p>	<p>Energy responses – Liver Qi is stuck, not flowing, rage inadequately expressed, thus blowing inner energy circuits. Artificial hormones altering the normal bleeding cycles, creating Stuck Blood, libido and mood changes.</p>	<p>External cold staying in the body, Qi and/or Yang depletion, circulatory problems, trauma stored – in pelvis, in the structure, or in your ability to be sexually happy.</p>	<p>Physicality – period pain, irregularities, sexual dysfunctions</p>
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Leakage of past life experiences into this now

A Normal Period

Normal Qi (energy) and Blood production and circulation create a healthy cycle. It comes and goes unannounced. Having a period regularly is not a disease process. Menstruation is not a curse.

Being a woman is not supposed to be a challenge or in any way intrusive.

Every 28/9 days, there should be a show of fresh red, clean blood. Starting slowly, building to a steady flow, not clotted, not gushing, not stopping and starting, not changing colour or texture. Periods should happen with no trouble - no mood swings, no headaches, no bowel changes, no fluid retention, no breast soreness, no abdominal, back, thigh, leg discomfort or pain - just bleeding that is turned on and off. Cleanly. No dribbling – just red flow on and then off. No pimples, no massive weight or life changes. Just regular, uneventful bleeding, over four to five days, without hassle.

Problems Pre Period

Any changes pre-menstrual are the result of Stuck Qi, as in the pre-bleeding phase. Your Qi must move, to allow the relative damming up of the extra blood to not mess with the normal bodily functions. If the Heart Qi is not able to send the Qi downwards, much counter flow symptoms will be experienced – nasal bleeding, rushes of heat, and possibly Blood energy, up to the head. This when added to the Liver Qi Stuck, Liver Yang rising situation might produce dazzling migraines, exploding headaches, and immense life disruptions.

Fullness in the upper body will be felt as tender and swollen breasts (see course of the Liver meridian), and extra fluid in the brain, giving classic pre-menstrual mood swings.

Excess heat generated through the unexpressed emotions may result in hot red face, acne, pimples, constipation, cyclic bad breath, agitation and, with Stuck Liver Qi, temper outbursts and rages.

[Stuck Liver Qi](#) results in all energy and Blood moving erratically. Swelling, vague distending feelings, bloating, fluid retention, digestive upsets and feeling totally out of sorts will result. Emotionally, unexplained irritability, leading to cranky behaviour and contrariness, and depression.

The severity dependent upon the concurrent amount of heat present.

Problems at Period Time

Menstrual bleeding should be a simple matter of a moderate tap turning on and off every 28 days, with no fuss, or life disruption, past the need to wear [menstrual aids](#).

At this time, the Qi has to move the blood, out of the body. Whatever interrupts the flow of Qi, and thus Blood, will create what we feel as ‘menstrual problems’. All symptoms we experience at the onset of bleeding are due to the Blood energy being unable to move, as intended – being called ‘Stuck Blood’, by acupuncturists - endometriosis, dysmenorrhea, fibroids, cystic ovaries, by the medical profession, and being experienced as possibly late and definitely clotty flow, and severe period pain. This includes ‘hormonal’ issues which are actually Stuck Liver Qi.

Rather than ignoring a body’s warning signs by using pain killers or artificial hormones, we could choose to undo that which is blocked, allowing all aspects of being a woman to become easy again.

STUCK QI – Not enough Qi to move the Blood, including the Qi not moving correctly – blocked by emotional turmoil, cold invasion (with possible Yang Qi depletion constellation of symptoms), being on the artificial hormonal products, which, over time themselves create Stuck Liver Qi, and deficient and Stuck Blood. Gives conditions of - swellings, bloating, digestive upsets, distension, fluid retention, irritability, moodiness, vague pains and aching, worse with emotional and sexual stress, irregularities in cycle, including stopping it.

STUCK BLOOD – From Stuck Qi above, and /or from trauma – actual physical, sexual, surgical interventions, leaving old accumulations of Blood, scar tissue, accidents, physical obstructions. Gives conditions of – severe, stabbing pains, in fixed locations, possible relief with passage of clots, dark, lumpy flow, bad acne, purplish tinge, cold hands and feet, circulatory problems, severe headaches, and possibly all of Stuck Qi symptoms above, plus cold invasion/ Yang depletion, of pains better with heat, worse if cold. Check out what [Arvigo](#)® and [Mercier](#) practioners can do.

HOT BLOOD – is created from any stagnancy situation, or overheating due to emotional (back to Stuck Qi), or ingestion of heating substances, insufficient pure water consumption, and Yin depletion through over work/ worry /living with unresolved issues (back to Stuck Liver Qi again). This gives rise to over bleeding, a short cycle, lengthy bleeding and a woman being very irritable, angry, hot and bothered, with poor sleeping and agitation.

(This is not either/or – you can have bits of all.)

Safe bleeding - why care?

1 – Use only [safe intimate care products](#).

This alone may alter all the ‘problems’ that you have had when bleeding. The majority of store bought products are not useful, practical or safe.

Too many products will show up as changing colour if you add tap water to them – try it yourself – see the [discolouration and wonder](#) - what chemicals are coming back up inside me?

Is this part of my [apparently broken reproductive process](#)?

2 – **No chemicals** – the vaginal skin is highly vulnerable and has its own pH and self cleansing ways.

3 - **Allow the flows to flow out.** No blockage on the way through.

This means the cups and the sponges and the tampons are all impeding the natural order and may create backflow. Similarly all traditionally based cultures banned sex when bleeding. Flow is to be out of the body at the bleeding times.

4 – **No cold additions anywhere at any time.** Flows need to flow. This will create congestion, leading to pain. All Asian cultures, Indian and most other traditions all banned all cold and cool activities and foods, fluids forever around girls – as this addition would be stored in the body to mess with her flows of bleeding.

5 – **Ensure that you have enough ingredients to actually run a women’s body.** Blood energy comes from a combination of the good resources you were bequeathed with ([Jing](#)) and the orderly ways that you were raised to respect and revere your food factory and what it does for you – make great [Blood energy](#).

6 – **Please respect the seasons of your month and life.** All things happen in their time. A period is the report card of the last month. Menopause is a report card of the bleeding years. You are in charge and can change all.

Hormones carry messages. They are only as balanced as the nutrients available and circulation freely flowing. Adding in extra chemicals to pretend they are your own messengers is bound to create, at best, a state of inner confusion.

Commercially available menstrual care products often leak minute quantities of [known hormone disruptors](#).

Self Care/ Self Rescue

1. **Become conscious.** We arrive alone, and will leave so. Look after yourself, as you are all you have. 'Rescuing' others allows them to not grow and mature and keeps us from looking at our own issues.
2. **Learn to prioritise for self.** Learn how to mean 'no', without guilt.
3. **Shut off external judgments,** fuelled by inner expectations, and take time out to discover self, and what your true path is. ("Selfish" programmes installed throughout history are there to ensure our children's survival – we all put mate and children before self). In today's social climate, being both mum and dad, and women over doing everything is wearing them out. Others may choose to stand back and let this happen as it suits them (sloth/their path of apparent least resistance)).
4. **Reset yourself** - return to normal functioning – need to truly rest to regenerate.

Rescue your Blood. Do not listen to anyone who tells you that over bleeding is normal. If you feel weakened after menstruating, it was too much for you. If this means getting a hysterectomy done, after attempting to 'go natural', please remember that it is NOT natural to flood/gush/bleed more than 5 days every 28, and to be dragging yourself around exhausted. Neither is it natural to be pumped full of the latest new miracle hormonal preparation – far simpler to rescue yourself. Please [see Heather's self-help courses](#).

Seek assistance to correct and restore Yin/Blood depletion/imbalance.

Sleep more and eat for life, not taste. Simple, natural life habits that everybody had in the past, such as walking in the sun and spending time with your extended family, just 'hanging out', maybe gardening, will help to rest your sanity.

Stop trying to reverse/halt the aging process. Our Jing is spent on the getting of wisdom. Once we have adolescent children, it is important for both them and us, that we nudge them gently towards independence – we have the cycle of self discovery to wise woman ahead, and they need to live through their lives.

Gently accept self – time moves forward, with it new gifts, if we have made room for them.

'Mother' yourself - give to self, not them. Be more kind to yourself and follow your own seasons.

Hurting?

Pain anywhere reflects a blockage, either at that level/area or elsewhere.

Stuck Qi –vague sensations, moving location, feelings of fullness or distension, aggravated by emotional upset ('Stress').

May be resolved by passing wind, massage, exercise, deep breathing, sexual orgasm, emotional release, or apparently (short term) eating chocolate and/or drinking alcohol/caffeine.

Stuck Blood – actual pain, piercing, stabbing, knife like, fixed definite location, worse with pressure

Cold – may feel cold to touch, is worse with cold, better with application of heat.

Damp – maybe numbness, full, possibly moist feeling on skin. Worsens with humidity changes, results in collections of material – cysts, discharges, also deformities on joints.

Wind – moves about in location. May be present with itches, worse in windy weather, or very changeable circumstances.

Heat – may have a fever, the local area is hot, possibly reddened, heat aggravates it, and the application of cold may relieve. Body may place fluids there (inflammation) to try to protect tissues from scorching.

Qi depletion – relieved by pressure. Looking or feeling unanimated, listless, with sinking feelings.

Blood depletion – Bloodless complexion, dragging pains, may come on during the bleeding, afterwards, dull aching, possibly with other Blood depletion signs

Yang depletion –you may have embedded [cold](#), and some of the other Yang functions may also be dwindling – digestive and [Qi and Blood holding is incompetent](#), all extremities may be cold. You may require warmth constantly.

Yin depleted pains –are far more severe. Locations deep within the body, tissues are becoming starved of nourishment.

Jing pains – at deepest levels of the body – life is being endangered.

When Does It Hurt?

Before period	At the start of the period	During/afterperiod
Qi Stuck	Blood Stuck	Blood depletion

Stuck Liver Qi

Flows must flow. Emotional disharmony creates [Stuck Liver Qi](#).

Anything that triggers off the 'hard done by' button, that starts us feeling unappreciated, overlooked, thwarted, or not getting what we feel we deserve, will start this process – and it then impacts on 'hormones' - they tell the tale.

- Depression, frustration, anger, irritability Sighing, feeling of something caught in throat
- Full feelings in chest, need to take conscious breaths, feeling as though being stifled.
- Poor digestion, appetite, nausea, belching, acid stomach, abdominal bloating, discomfort and pain. Bitter taste in mouth
- Pre-menstrual symptoms – turning into another person, breast lumpiness, tenderness, swelling, mastitis. Swelling and full feelings in lower abdomen, Vague, crampy, full feelings.

Oddities in your period – irregular schedule, interrupted flow, (starting, stopping and starting again) darkish in colour, period pain, classically prior to Blood flow. Sometimes ovulation symptoms, especially pain then are all Stuck Liver Qi.

If heat is also involved – (likely) - there will also be pimples and constipation.

- Nightmares, feelings of heat, Rages, violent headaches,
- Possible gushing and flooding, with over-loss of Blood.
- Vaginal itching, smelling, discharges, with or without apparent diseases (e.g. herpes).
- Possibly painful, burning sensations in vagina, even with apparently sufficient lubrication.

With Blood depletion

- Dried out, hot feeling menstrual flow, possibly purple/black, with dried out clots.
- (Plus all mentioned previous symptoms, plus very easily upset, quick to anger, headaches with dizziness and possible heat, dried out feelings, scant flow, muscular cramps and spasms, tension, neck & shoulders.)

How To Liberate Stuck Liver Qi

BE
YOUR
SELF

SAY IT

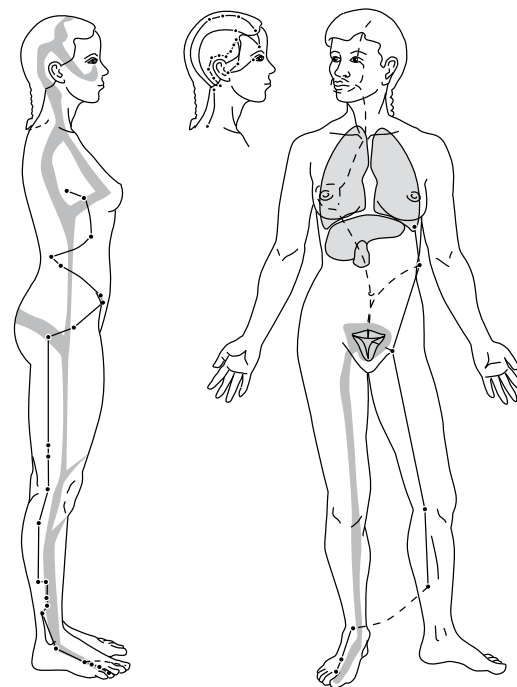
Hiding yourself is not 'nice', but dishonest, and whilst 'not hurting anyone, may be a programme our parents were given, this is a different century and what is being less than who you are costing you?

FEEL IT

Allow yourself to enter the areas you have previously had out of bounds and explore all of who you are.
(If not now, when?)

MOVE IT

(General exercise - group sports, running, anything except sitting about feeling as though it is all too hard).
Sexuality - liberate it.
It is your Stuck Liver Qi creating your Stuck Blood/period problems/unhappiness - why wait for Mr/Ms Right? - pleasure yourself)



GALL BLADDER

AND

LIVER

Liver Muscle and Main Meridians run on both sides equally

Stuck Blood

This is an acupuncture term for any condition where normal circulation has been altered, and masses are creating blockages, which result in classic ‘Stuck Blood’ pain. Stuck Blood usually results from compromised sluggish Qi flow, often from old traumatised sites from past injuries, bruises, accidents and surgical interventions.

Stuck Blood pain is in a fixed finite location, is stabbing and knifelike, and usually is severe

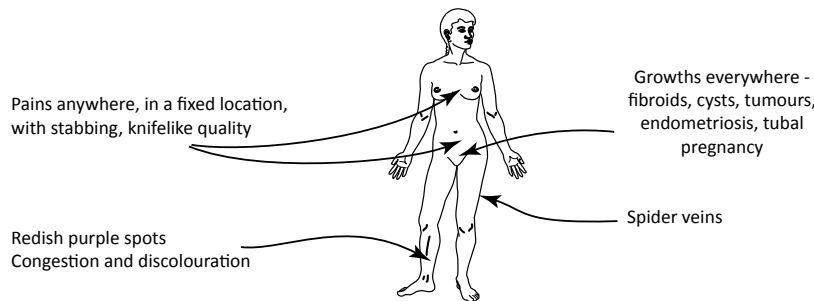
Medically, the terms, ‘**endometriosis**’, ‘**cysts**’, ‘**fibroids**’, ‘**tumours**’ and ‘**blocked tubes**’, all explain the actual physical end results of not flowing/blocked up/stuck energy (Qi), that have congealed into something that can now be ‘proved’ to ‘be’ there. (As if the intense pain, often throughout the month, or with sexual contact is only a believable condition, once it is ‘proven’ to be there.)

YANG (more energy aspect)
STUCK QI

(more physical aspect) YIN
STUCK BLOOD

“Stuck Qi” may be at the level of the meridians, flesh, organs, skin level, emotions – it may be mixed with cold and damp that has entered and stayed on, it may be enhanced by non desired and/or non orgasmic sexual contact. This may be further dammed up by the medical scarring left through exploratory and therapeutic surgery.

“Stuck Blood” eventually becomes physical masses, before which, it may be seen as red/purple spots on the tongue, over the body, unsightly broken capillaries and veins, especially on the lower legs and feet.



'Stuck Blood' is the beginning of a lifelong battle with Blood clotting and serious diseases.

'Stuck Blood' is often a continuation of long-standing Stuck Liver Qi (not being 'happy with'). Solid manifestations take shape over a long time span. Prior their formation, the disordered energy disturbances may have been felt by the woman as changes in her normal menstrual flow - emotional, mood and physical variations from what she has been accustomed to.

The final presenting solid masses may come in a variety of shapes, sizes and degrees of severity. They will be named medically, depending on their location and physical shape. The physical manifestations may be removed, but the energy instructions/reasons behind their appearance are still there. To grow all over again.

Something is blocking normal circulation and production of Qi and Blood for you to have Stuck Blood.

Whatever it is creates changes that may be noticed as deviations from menstrual health. Temporary answers, for your period and 'hormones' as 'quick fixes' can be manufactured. Artificial hormones may be administered. Surgical procedures may appear to be solutions: possibly only to find that the body's energy distortions. Imbalances recreate the structures or similar or newer conditions than those that were supposedly 'fixed'.

Maybe ask instead ...

Why did the body grow them there?

Under what perfect conditions was this process encouraged?

What needs to be altered to avoid its reoccurrence?

Switching to a drugged state 'auto-pilot' may short term make life seem controlled, even more comfortable, but what will be the price, long term – or when possible pregnancy is desired? What would have happened in a different era?

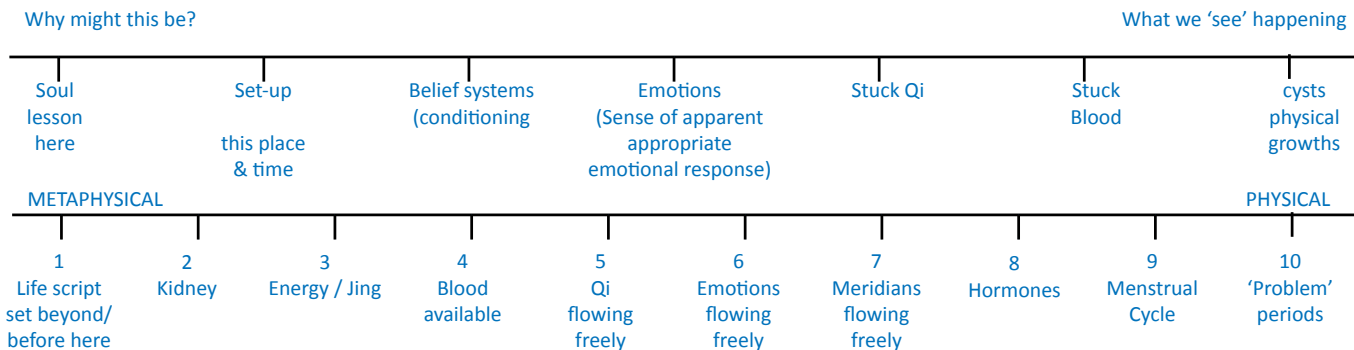
Stop trusting those using any medical or other **model that plays with your natural life flows and rhythms.**

Hormones are only messengers. What messages when there are not good quality ingredients to make your Blood and keep you working perfectly? Chemicals (pharmaceutical drugs) are poor substitutes for nourishing food.

Seek help from a holistic and respectful integrated self empowering system of self care.

Pelvic, vaginal, sexual or [birth trauma](#) may create diabolical menstrual conditions which, regardless of efforts to resolve, may continue to re-establish themselves, until the underlying energy disruptions are untangled.

Stuck Blood is a long-term problem in the actual physical body. Natural assistance may need to be enhanced with more gentle traditional ways of healing. You may need to consider many modalities plus dietary changes, also pulling out what is blocking your life flow flowing. Investigate [Arvigo®](#) and [Mercier](#) therapies.



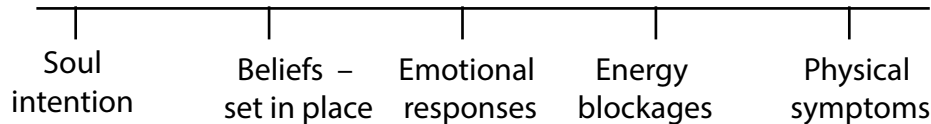
Period pain/menstrual/menopausal disturbances (10) are temporarily eased by taking a pill (8). Eventually the creating forces - blockages found in (5), (6), (7) - burst through the artificial cycle, setting up different related body dysfunctions.

The originating issues - constitutional factors (2), (3), (4), have not been attended to, and you are still battling on, under difficulty - hence impacting directly down the chain of command.

Further body imbalances are wrought through having artificial cycle imposed.

How to Move Our Own Stuck Blood

Generally, Stuck Blood sites also carry shock and trauma energy that requires releasing



Attention more to the left hand side of the line, (involving true self exploration, uncovering the hidden secrets, which you may have partially buried), is also more likely to free up the torrent of vitality that has been locked away with the original trauma. This may feel scary at the onset, yet is so worthwhile.

Menstrual problems, especially those from the very first period, often bred from a troubled childhood, possibly with unwanted sexual attention, and the resultant Stuck Liver Qi. Festering angst/rage/fury/shame/horror, and actual physically Stuck Blood (from traumatic injuries) mean that life is tricky.

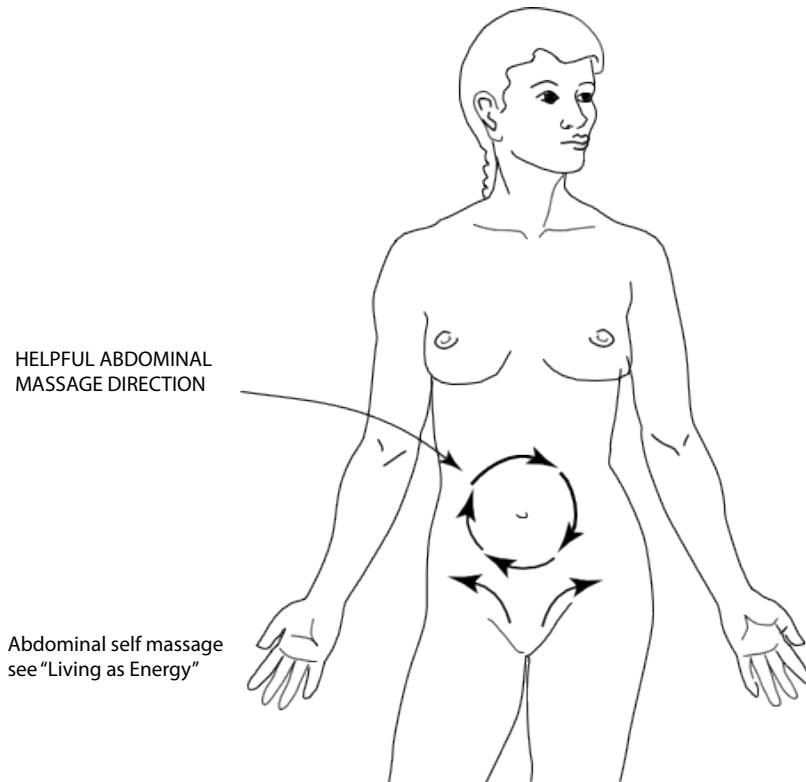
Tissues may appear to heal. However, the energy fields have extensive libraries of instant replay. They constantly rewind and you find yourself reliving damaging times. You become cluttered with subterranean messages of avoidance strategies, binding self into eddies of time warp. All the while, living as though we were here in this present, yet stuck, with the splintered-off parts of self, in limbo, creating further imbalances.

Please see how you can [assist yourself](#). More on [spiritual bathing](#) and healing past trauma in [Bao Mai](#).

Anything that may open you up to air the old, dank pathways will free the meridians and energy fields to return to the pre incident well blueprint. Visualisations, meditations, counseling, [reframing](#), energy healing, Reiki, polarity and acupuncture may all assist to reshape the emotional/energy distortions.

Physical techniques, deep tissue and massage work, [Maya/Arvigo®](#) realigning frontal and the back structures, and of the [Mercier](#) abdominal work in undoing scars and adhesions, also using [organic castor oil](#), gentling techniques, herbs, and [steaming](#), all may work in tandem. [Self Rescue kits](#) and [courses](#) available from [heatherbrucehealing.com](#)

Self Help



Exercise regimes that respect the female form and its tidal nature.

Breath work will help you get back in touch with yourself.

Visualisation and meditative work will allow you to settle down, and thus restore your ligaments and flows to their normal positions.

Integrated ligament normalisation in the form of [Maya/Arvigo® Mercier](#) work may surprise you and are worth seeking out before exploring more orthodox women's health solutions.

Physical options – Pilates, Callanetics, Feldenkrais, Bowen and Alexander techniques, osteopathic and chiropractic manipulations, lymphatic massages, any physical assistance to passively realign.

Tai Qi, Qi Gong, yoga, any Eastern exercise form, encouraging the union of the breath, body and intention.

Bladder And Prolapses

Few understand the pelvic bowl and the role of the ligaments as the [Maya/Arvigo®](#) or [Mercier](#) practitioners do. Please seek someone in your local area, regardless of what else you also do. Straight physical prompting may not be helpful. Please also see [Barbara Loomis' insightful work](#) and download her free eBook when you visit her site.

It is the function of the bladder organ to hold the urine that is transformed by the Yang Qi, and held in place by the Kidney Qi. Anything that weakens the overall Yang may target this holding function, especially if the person has already [weakened Spleen Qi](#). (This is evident in a history of prolapses – see below, haemorrhoids, haemorrhages, varicose veins, and possibly flooding with periods).

Heat is discharged by the body through the urine. If Stuck Liver Qi and emotional heat are excessive, this may give classic urinary tract infection symptoms, often without bacterial presence. (Being irritated/'pissed off').

Obstructed urine, cloudiness, dripping, weak stream, and incomplete voiding, are all symptoms of a [Damp](#) accumulation. Damp creates heat, and together these give the energy of infection. Stuck Liver Qi may create both the Damp, by insulting the Spleen energy, thereby weakening it, and/or providing the heat, as stored up unexpressed emotional charges. Is not being yourself worth all the drama?

A weakened bladder function is often rectified with generalised acupuncture treatments. Chinese herbs to strengthen the Kidney Qi, and Spleen Yang may also be helpful. Yoga and various physical therapies – good osteopathic or Feldenkrais practitioners may be additionally helpful. Living with this forever as though it were 'your lot' is unnecessary.

Find a [Maya/Arvigo® worker](#) to help you help yourself. So easy when your uterus is realigned.

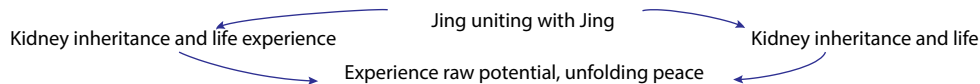
Again, excessive Blood loss will not allow your body to repair itself, and is often at the root of the accelerated aging processes. Structural damage from child birth may have been exacerbated through the [use of cold packs](#), or any cold entry, post baby or surgery, through the weakened Yang state that created the difficult birth scenario originally, or by the presence of the scarring which is blocking normal healing, nurturing Qi. [Take the cold out for good](#).

Generally not following self respect, following older wisdoms about being in a woman's body even just wearing a faja, taking 40 days 'off' after having a baby, taking time off to rest when bleeding and generally Honouring Your Bleeding may guarantee you end up with a drippy, drooping inner life.

Conception/Gestation

The growing fetus is naturally shielded by the maternal energy fields and her physical body.

The union of the male and female Jing seeds another being's foundation.



Hopefully the fetus is also respected sufficiently to be in a clean environment, with sufficient Blood energy to nourish it until it is ejected to begin its own life path. See thenaturalpregnancycoach.com. There is no need for prenatal testing in the form of blood tests, fetal scans, or any other interruptions if you are following a natural, conscious life.

Listen to the wisdom of the Jing. Sleeping away the day may mean that the prior maternal health problems are corrected as part of the pregnancy package. Pregnancy is one of the pivotal times when we can either repair ourselves, or create huge energy rifts within.

The pregnancy process creates a state of imbalance for the mother's body. Temporarily there is more Blood energy, and actual blood in her body. This means there is more heat, more dampness and more Liver Qi circulating. There is also a lessening of Kidney energy for her use, as it is very busily creating new life. These factors combine so that any pre existing imbalances may possibly create pregnancy health problems for her. The 'usual' normal ones of tiredness, morning sickness, and aches and pains, including "ligament stretching" and 'baby brain' are all actually warnings that more and better quality ingredients are needed. A [natural pregnancy](#) is one where there are no symptoms – just a growing belly and breasts and no period.

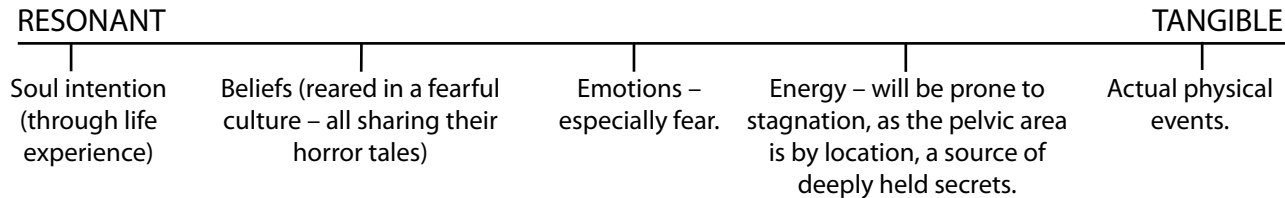
The first three months place an enormous strain if the mother has started with less Jing (older, or in weak health initially), or expects to continue working full time whilst her body restructures to allow her to manage a healthy full term pregnancy.

Threatened miscarriage, bleeding in pregnancy, premature membrane rupture and premature delivery are mainly created through maternal Blood and Jing depletion. (Lack of Qi, [Hot Blood](#), and [insufficient Jing](#) are major worries). By insisting on carrying on, regardless, is a perfect recipe for the depletion states and whilst believing we are beyond the energy limitations, we may forget that baby suffers. And that it is our twilight capital that we are spending in advance.

Birth

Birth is a pivotal time, for all participants. It is highly important to create a safe, relaxed and happy environment, energetically, for the entry of the new being. The imprinting that occurs then is primal, as for all mammals. A flowing, joyful energy exchange between the two who physically created the baby, at the time of its independent arrival often gets lost in all the fear and terror that seem to surround such a normal event.

Ensuring the baby exit (pelvic/sacral area) is ready to open is crucial. Look to the [practical, safe and effective work here](#). Download and start at any stage for more comfy pregnancy and afterwards. Having sufficient good quality ingredients all through the pregnancy will come in handy now and for breastfeeding. All of [these posts](#) are there to assist you.



Pain may also be as there is less Blood/nourishment getting to the tissues = is reaching the uterine muscles, and they are responding to this with pain messages. [Also see fingertip rescues](#) as it will assist dad/partners to relieve this.

Much care must be taken to ensure that [no cold is present](#) – no bare feet, sucking of ice, air conditioning with no clothes on, or eating or drinking anything cold at any stage. Cold energy invading causes hardening and contraction, and thus creates stagnation, giving more pain, especially post natally, during breast-feeding. [Not a mother's friend](#).

[Cold remains lodged in the body](#), especially if very weakened at the time of arrival, and may, at birth, alter the woman's entire medical history from then on. If you revisit your own health time frame, you may well find in factoring in external climatic invasions, that mischief has been visited upon you.

Postbirth

Even the easiest birth with minimal Blood loss, and no invasion of cold or draughts, creates a huge drain on a woman's body. The fetal palace, newly empty, is to be cleansed of residue, restored to its pre-pregnancy state. At the same time Mum's body gears up to nourish her baby ([4th trimester of pregnancy](#)), the Chong Mai (Sea of Blood) is to instantly create nourishment for the new baby, from the same resources the maternal Blood is made.

New mum needs to restore her equilibrium, replenishing herself, regardless of the sleep interruptions, and life adjustments necessary. She may need debriefing, as the experience of becoming a mother can be a shock to the previously ordered and self absorbed life most had created for themselves, prior to baby invasion.

Eat well – not to quickly retain shape, but to nourish the new one. Even if choosing to not breastfeed, the immediate post natal period is still pivotal in regaining a possibly new post pregnancy healthy balance.

No lifting more than the new-born's weight. This means not the baby, in a capsule, at an odd angle. Her recently stretched body needs time to recover, the Spleen Qi and Yang require careful attention - prolapses, incontinence and over bleeding post natively all stem from incorrect care and attention to the state of the mother's presently weak Qi.

All cultures gave mum at least a 40 day 'lying-in' period of grace – where all others looked after her as she gradually and gently healed after the exertion of making another person. Get your copy of '[The Golden Month](#)' here.

Avoid all cold activities, foods and fluids. After birth, cold can penetrate easier and to a much deeper level.

Sleep – is the way we all heal/regenerate. Babies need a lot of it to develop and grow. If they are [unsettled/ screaming](#), there is a reason. It is possible this is not yet immediately apparent in the tangible world of the medical framework, yet may be very obvious to a good chiropractor or osteopath. Maybe spiritual bathing is appropriate – definitely vibrational healing drops benefit all – see the [Welcome Baby Kit](#). Best to [not to break your baby](#).

[Birth shock](#) will ensure the nervous, hence digestive, hence everyone's systems are on edge, and help is needed.

Please look to other traditions of mother centred care and gently [transition out of being a maiden into a mother](#).

Lactation

(See [Heather's extensive breast work](#))

For easy breast-feeding, as for menstruation, Qi and Blood production and circulation must be excellent.

Qi not smoothly flowing. Being resentful/angry about anything around the birth will impact upon the lactation ease. Anything not expressed, and resolved about anything, especially the birth, and the new life, will greatly affect flows. If the birth created massive Qi depletion (exhausted), shock (weakened Shen), or Blood loss (worsening both previous conditions), there may be extreme lactation difficulties, even in an otherwise extremely healthy mother.

If Qi is stuck, tension felt along the course of the Gall Bladder and Liver meridians will possibly stop the let down response. Along with consciously breathing and relaxing, getting someone to massage the upper back and arms may help. Even pressing the tight spot mid shoulder muscle yourself may help release milk that isn't flowing. Confronting yourself and expectations not met, and realising what you are doing is having what amounts to an inner tantrum, as a new mother, may be also beneficial. Stuck Qi at breastfeeding, plus exhaustion, leads into the loss of her sense of humour, perception, and then easily into [mastitis](#) and possible breast abscesses.

If Blood energy is depleted, especially if the usual pre-pregnancy food selection is continued, poor Blood quality for both Mum and child will result in maternal emotional, mental and sleeping disturbances, and cranky mum and baby. And Dad. [ACTION watch all breastfeeding footage here.](#)

Enlist sensible, practical, non-invasive assistance. Women need to learn to become mothers. All cultures provided a ['golden month'](#) to allow mum to repair and to bond.

Supplements of good quality B Complex, topical iodine, vitamin D3, Magnesium, and Chinese herbal Blood tonics easily restore abundant milk, maternal well being.

Sitting down to feed, with at least 3 glasses of fluid, a good protein snack, and possibly a good book, to distract one, may work wonders. Meals must be warm and nutritious: cereal and sandwiches do not make good Blood, although they may quickly fill Mum's stomach, and be easy. Plenty of fat, veges and lots of protien are needed to make milk.

Avoiding all 'windy' foods, caffeine, stimulants, chilli, curries. **Varying your diet** (you are no doubt addicted/allergic,

and will recreate this in the child, via the milk) may be all colicky babies need to recover.

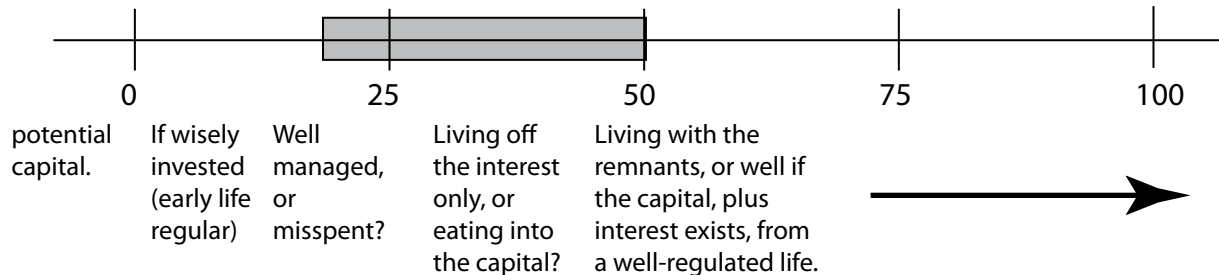
Living past Our Middle Years, and Gracefully Aging

Menopause is one of the four pivotal times when we may correct previous imbalances, or create vastly new and riotous ones within our Jing template. At this point in our lives, women are often juggling adolescent children, straying mates, and aging parents, all of whom are going through their own initiations.

Women may see that it is time to move focus, in their own lives, living for self, rather through others. Thus attempts to redefine self may be met with resistance from those who were very comfortable with mum 'helping out'.

How we have tended ourselves over the years will now show in the quality of our life as we age. If we had been dieting/ partying/over- bleeding/over functioning and generally being superwoman, this may have worn us out early.

Returning to the pre-cycling days of our childhood may well be the best years of our lives. If we resolve the experiences we created in those years, reframing 'our lives' and then live according to our current season, we may well become the wise women that this time affords us.



What next?

See what else Heather has produced for your enhancing your own life

There are so many sites all linked from here <http://heathersays.com/links/>

Look to her natural health problem solving apps <http://heathersays.com/apps/>

Take her home help – [self empowerment courses](#)

Always people knew what to do – granny medicine kept us all alive.

This was based in the garden,

the kitchen

and the wealth of handed down wisdoms that got us all to here.

Time tested.

Love your life!!