

# **Honouring Our Source**

## **Sustaining our human life**



**Heather Bruce**

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First published in 2002  
ebook edition 2016

Creating Living Energy Pty Ltd  
PO Box 314, Carina Qld 4152, Australia  
Phone: +61 7 3899 2274  
email: [heather@heatherbruce.com.au](mailto:heather@heatherbruce.com.au)  
web: [www.heatherbrucehealing.com](http://www.heatherbrucehealing.com)

National Library of Australia  
Cataloguing-in-Publication entry:  
Bruce, Heather  
Honouring Our Bleeding  
ISBN: 978-1-922065-94-0

## **Dedication**

**To everyone who has allowed this book to be birthed  
- particularly those whose paths have crossed mine,  
who have assisted in my learning by allowing me to appear  
to be healing and/or teaching them.**



## About the Author

As a senior acupuncturist who had been working with people already 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.

To assist in your journey towards health: so you 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.

Your having an appreciation of there being a lot more to be done than just on the physical (reality as medicine and orthodox culture sees it) will then alert you to how you may be actually creating your own pain and ill-health – by ignoring what your body needs you to do.

Often it 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 (and Chinese) medicine.

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

**Enjoy!!.**

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## Introduction

Part of the book 'Living In It' written in 2002 for patients to understand how a well body works, "Honouring Ourselves" the final section in the trilogy departs from the standard acupuncture theories and takes the reader into a model that may help them reframe/'make sense' of their lives. That reality we all carry in our heads may not be all there is. Enjoy your journey!

I suggest we widen the 'goalposts' a little, to question the beliefs that run the energies that allow us being here in a body. Please do not expect to sit down, and 'get it' all the first time.

You may – it may be as the answer to a prayer. If some of it challenges what you believe – please be aware that I am trying to do this. Reacting to our lives gets us what we have – a need to change.

If we think we can just pay someone to 'fix' us – we eventually come to the realization that we are the creators of our own lives – here is maybe the beginning of your own sense making.

After standing and hearing myriad stories, usually from those who could not cope, and in living in my own interesting times as an acupuncture teacher and practitioner, I got to thinking.(I didn't 'get it' overnight, either).

Some parts may totally mystify you initially. Sit back, and just open where you will, and start reading.

'**Living In It**' written as a reference manual - for when you feel you have tried everything else, done your best, and still nothing seems to work/make sense.

"*Living In It*" is a sister edition to "**Living as Energy**", and is designed to be read in conjunction with it.

Three [posters](#) "[Inner Alchemy](#)", "[Unfolding Jing](#)" and "[Reunion](#)" are tied into each of the three sections of this book, and are also available.

A [guided meditation CD](#) (now MP3) was devised to be another step in a searcher's quest to assist themselves.

(2016 addition)

We live in interesting times.

It would seem that the voracious novel reading: the science fiction that I consumed as a teenager was to set me up for this life now. We could be forgiven for thinking that we seem to be living in a 'B' grade movie.

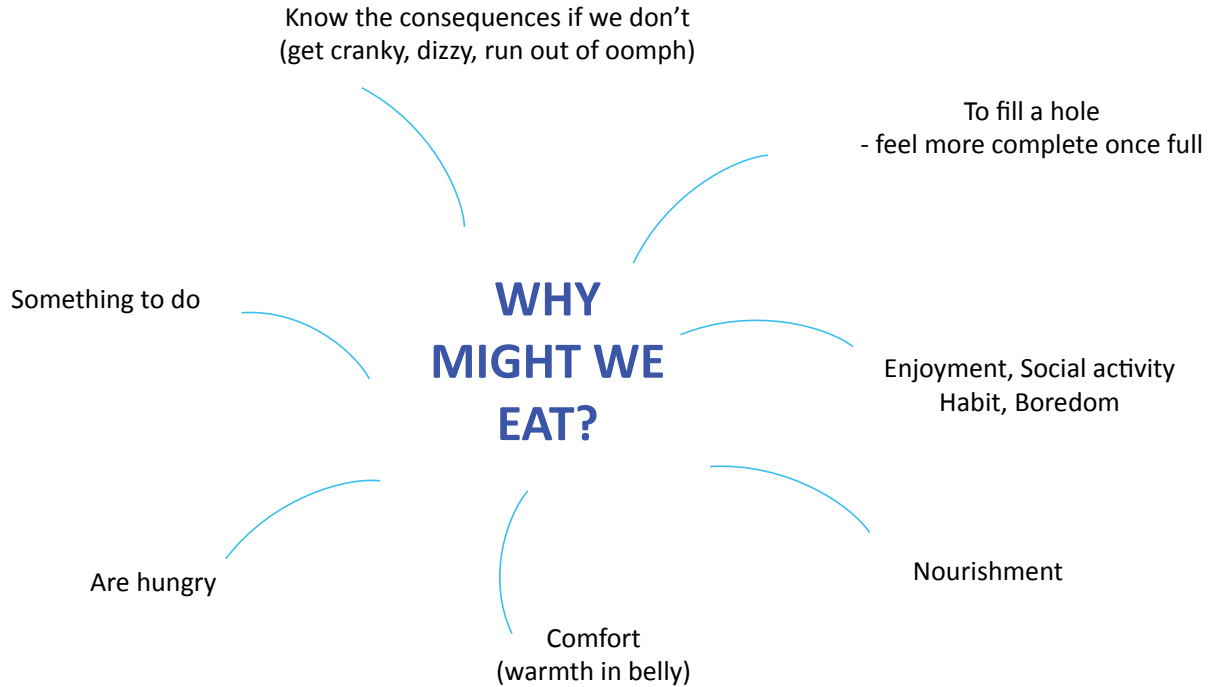
This is becoming more of an interesting challenge as parents become less 'at one' with the orthodoxy and less amenable to being controlled. Watch the vaccination bullying/loss of real science into what is essentially a religion, and a form of mass thought control as a great example. This divisiveness - much like the Middle Ages and flat earth like arguments, may set older, wiser parents up against their adult children's need to feel as though they belong to their own 'tribe' of peers.

We may discover too late that being 'good' got dangerous/unsustainable.

Here I present a way that the more conscious people may wake up - and light up their own lights.

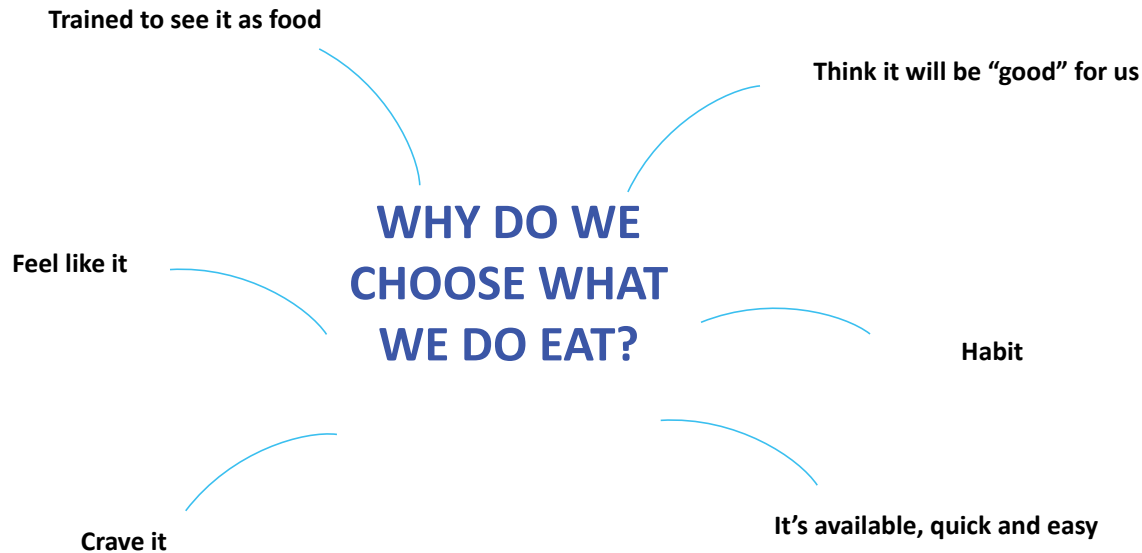


## Why Might We Eat





## Why Do We Choose What We Do Eat?



### Why Do We Feel Hungry?

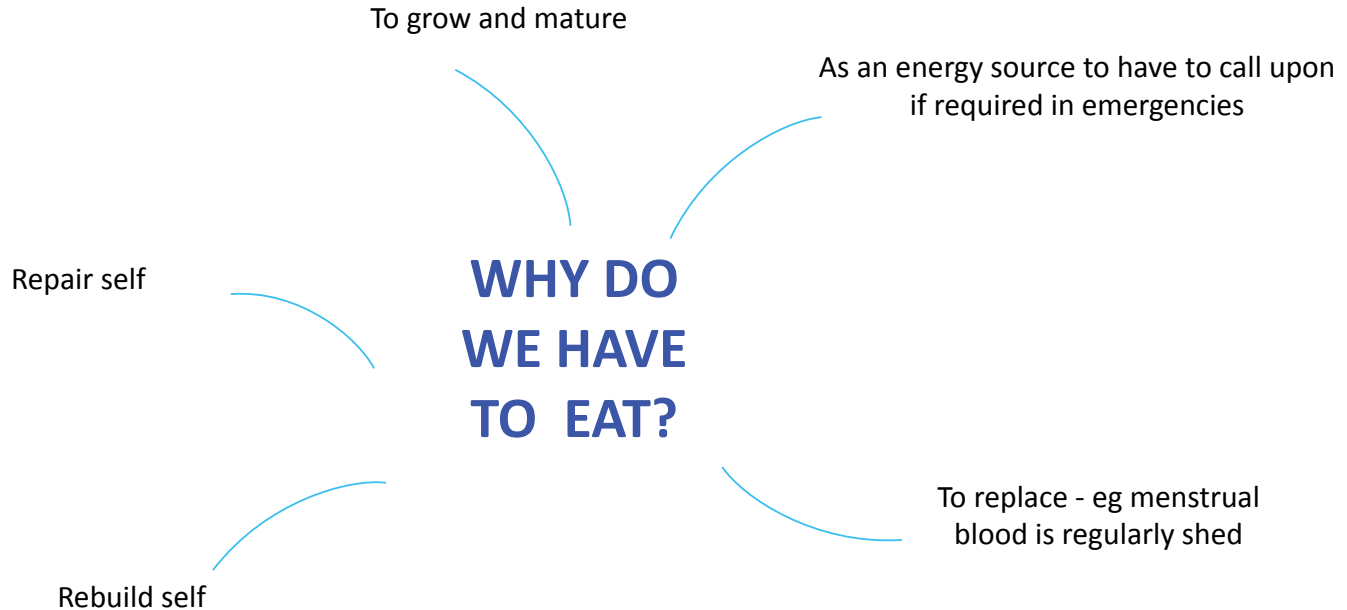
The Spleen Yang is strong, and has run out of fuel.

**Over hungry** – is burning too fiercely, either consuming all too quickly – fast metabolism – it is a false fire fanned by the emotional heat stirred up by the ‘stress’ of [Liver Qi](#), burning, like a festering wound, or rumbling volcano, as we all pretend everything is ‘just peachy’, when it is anything but. Called also [Stomach fire](#).

**Not hungry** – [Spleen Qi](#) and Yang are insufficient, usually dampened down with phlegm that obstructs all natural settings, hence feel not hungry, though in great need of more fuel.

**Hungry at odd times** – body out of balance – see “how to normalise”.

## Why Do we Have to Eat?

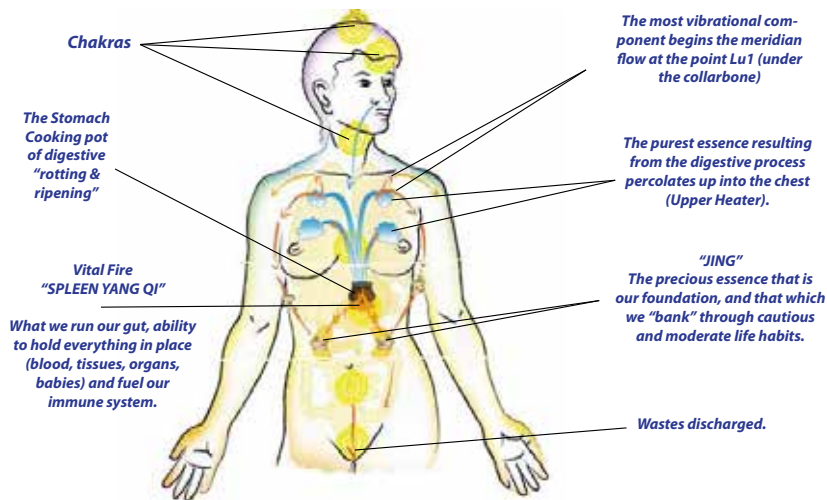


To maintain life processes – it takes energy to be here, even if resting – breathing and maintaining body temperature is burning off fuel – like a car idling – will use less petrol than if driving along, yet is still using it.

## What Happens When We Eat?

### *Simplified Explanation of what happens when we eat*

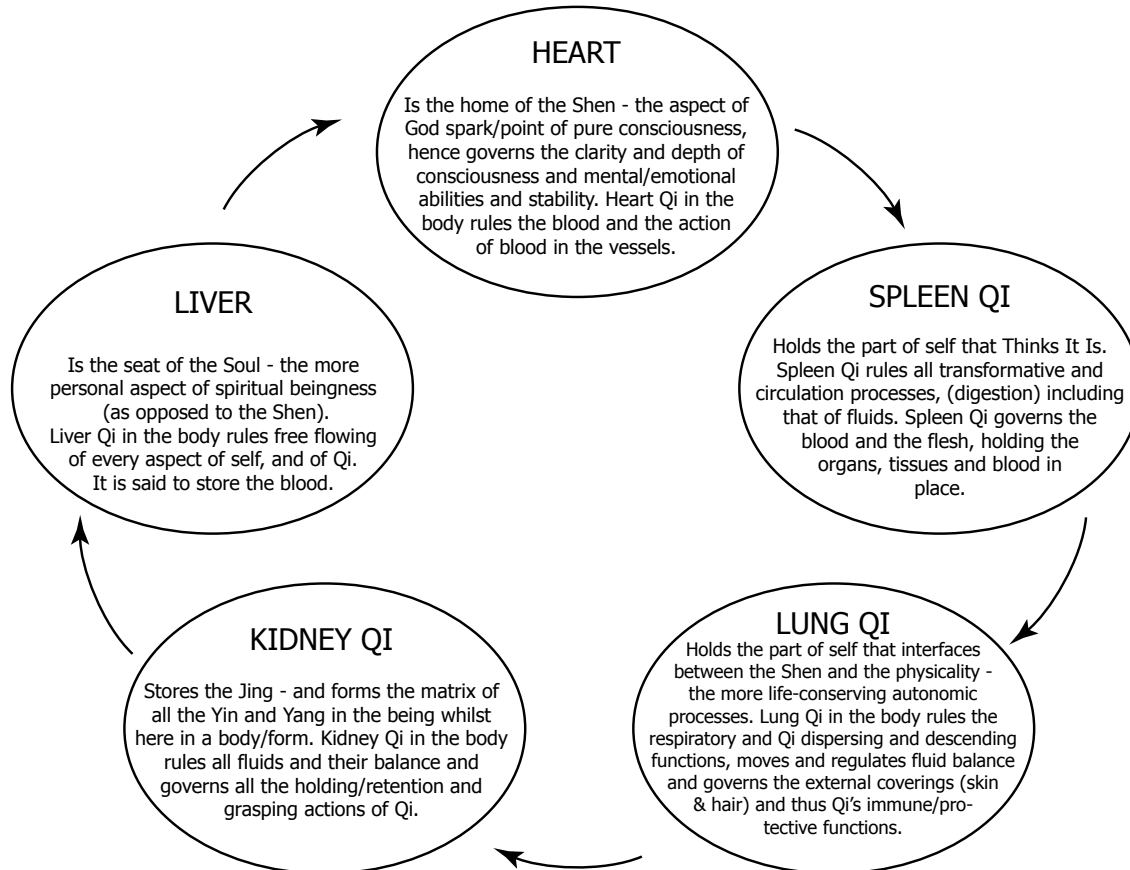
*This is an energy, not physical (physiological) explanation of the production and circulation of Qi (energy) and Blood.*



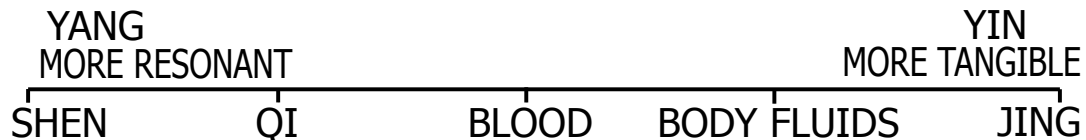
Spleen Yang, fuelled through the [Kidney](#) store of Yang, fires up to begin the transformation process, to allow the more resonant components to rise, the more tangible and thus denser ones to travel downwards.

[Qi](#) formed by the action of the spleen/pancreas and Stomach energy with the assistance of the Kidney Jing. The combined action of the cosmic Qi and inherent Qi of the chest upon the energy components from initial digestion, forms the meridian Qi that starts its external circuit at the acupuncture point under the collarbone, at the junction with the shoulder.

## Different Parts of The Body Doing Different Things



## Different Energy Substances

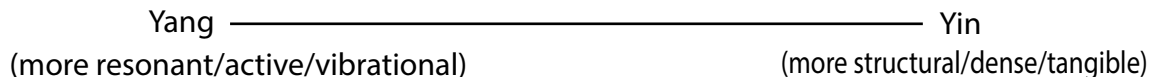


SUBSTANCE	MAIN ORGAN	DOES	FOUND IN
<a href="#">Shen</a>	Heart	Our 'driver' – directs and maintains consciousness	Stored in the heart, and said to travel in/with the blood
<a href="#">Qi</a>	Lungs, Kidney, Spleen	Transforms, circulates, warms, protects and re- tains/holds everything in place. Also nourishes	Inside and outside the meridians and blood vessels
<a href="#">Blood</a>	Heart, Liver and Spleen	Nourishes and moistens	Blood vessels and meridians
Body fluids	Kidneys, Lungs and Spleen	Nourishes and moistens	Throughout all levels of the body
<a href="#">Jing</a>	Kidneys	Initiates transformation on all levels, oversees our "life" processes – development, growth, metabolism, reproduction, aging	Stored in the Kidney complex, found in the Extraordinary and in the normal meridians

## What Does Qi Do?

Qi, pronounced “chee”, loosely translates into English as ‘energy’. The body has many different types and uses of /for Qi. Our personal Qi circulates within and around us. We live by virtue of our ability to manufacture more Qi, to allow us to maintain our equilibrium in the face of change (homeostatic balance), and to repair and reproduce ourselves.

Qi can be seen to be divided into two different, though complimentary aspects.



The more active Yang Qi is called Wei Qi. It circulates in the more nourishing aspect and is called Ying Qi, usually equated with outer reaches of our energy and physical bodies, forming the Blood energy. This is found with the actual blood, and circulates protective barrier.

In the waking cycle, it travels externally, within all the meridians, blood vessels and denser structures.

At night Yang Qi must retreat inside, to be replenished during sleep. ‘Battery recharged’ fully, replenished we have a strong, resilient foundation.

### Yang

Transforms Circulates Warms  
 Protects  
 Holds in place/retains shape

**EXCESS COLD EXPOSURE  
 WEAKENS**



### Yin

Provides rest & regeneration  
 Nourishing Moistening  
 Cools Gives stability & constancy

**EXCESS HEAT  
 DRYNESS WEAKENS**

## Yin and Yang Explained

Qi can be seen in the body, polarised with in the Yin/Yang continuum. Everything that we are aware of has two components. There is always a 'dark' for 'light', a night' for 'day', 'black' for 'white', 'Heaven' as a counterpoint for whatever we perceive as its opposite. 'Male' can only be, if there is 'female' to compare it with. 'Right' can only exist if there is 'wrong'. The terms Yin and Yang are relative to each other, and are in themselves not absolutes - they form opposite ends of a continuum - they allow the comparison of one to another. Not 'good' or 'bad', but all as an integral part of the continuum of experience.

YANG energy \_\_\_\_\_ YIN energy

The energy that allows us to be active, vital, and responsive to external stimuli is called Yang Qi. Yang Qi roughly corresponds to the Western concept of 'metabolism'.

### When We Become Relatively Depleted In Yin Qi

- We feel the cold easily
- We 'catch' everything that is going around We can't digest/ assimilate food well
- Have fluid accumulations
- We can't get motivated, lose oomph



Yin Qi in the body is substantial, more tangible: likened to the bridge between the very light expansive Yang Qi, and physical form: very loosely similar to blood and body fluids.

Yin is essentially about replenishment and regeneration. Yin energy is tied to our inherited energy bank balance - Jing.

### When We Become Relatively Depleted In Yang Qi

- We get over heated easily, esp at night
- We can't settle & relax to go to sleep
- We get hot/bothered/irritated/restless
- We age quicker, wrinkling & withering
- We can start projects, & not follow through

## 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.



## How to Help a Disturbed Shen

**Shocked** (usually in very early life, eg birth) – in babies – a blue mark, or line runs across bridge of nose).

- 1-Resolve shock – rescue remedy or similar to help antidote the after effects of the shock on the circulation/Shen.
- 2-Have osteopathic corrections done to allow the blueprint to reassert itself to ensure that the potential is free to unfold as planned – birth and gravity are big adventures
- 3-Provide a safe, comfortable environment to heal – possible energy healing work to hasten this.
- 4-Take supplements to calm the nervous system – good quality B complex supplement, preferably liquid Zinc and separate Magnesium replacements (bypassing the stressed and less absorptive digestive system).
- 5-Chinese herbal blood tonics and Shen calmers to return body energy to balance.
- 6-Reframing of ‘life’ to allow a less judgmental (“it was bad/shouldn’t have happened”) attitude to prevail

### **Blood depletion**

- 1-Stop blood loss.
- 2-Stop worry cycle, allowing the digestive and nervous systems to return the system to balance.
- 3-Take Chinese herbal tonics to strengthen digestive system, blood energy and thus all body.

### **Heat**

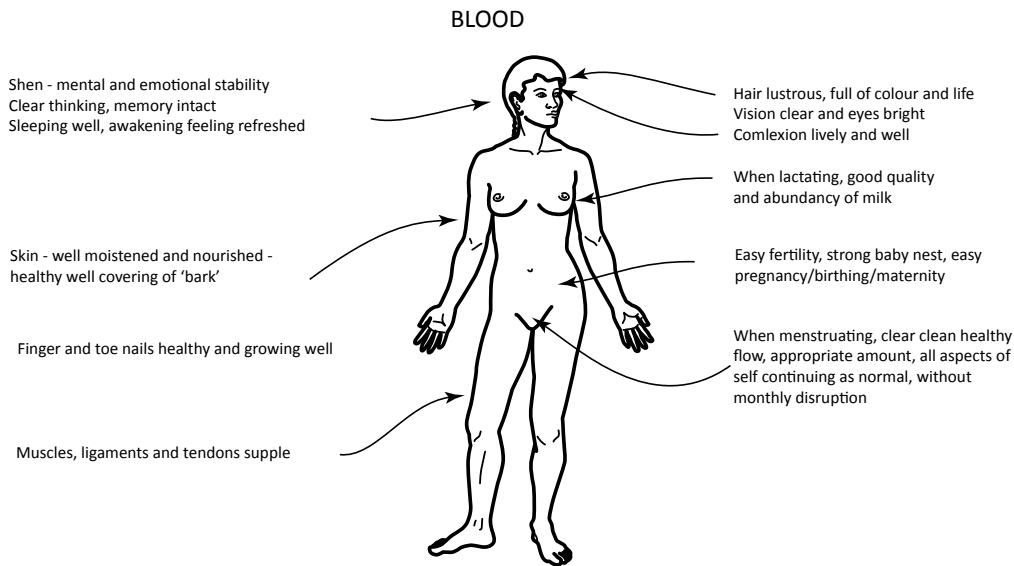
- 1-Avoid all heating and processed foods, and activities. Take Chinese herbs to calm the Shen – and restore normal balance - especially important if a hyperactive child.

### **Phlegm misting the heart (‘madness’)**

- 1-Attend to diet, especially avoiding foods that create phlegm.
- 2-Regular, moderate nourishing food intake.
- 3-Take digestive enzymes to assist the appropriate assimilation of food.
- 4-Avoid all sugar, sweet foods, as Candida is a major cofactor here.
- 5-Avoid all substances that create the gateway to possessed states – alcohol, marijuana, recreational drugs, sugar, sweet tastes.

Sleeping problems. Not ‘at home’. Wild/vacant look to their eyes. Emotionally unstable/volatile/aggressive. Possibly loud and abusive. ‘Nervy’ disposition. Unfocussed eyes/thoughts.

# Blood



RESONANCE OF BLOOD ENERGY

ACTUAL RED BLOOD SUBSTANCE

The word 'Blood' mostly, when used in this book, describes that which is not red and spurts out when liberated, but that which nourishes all aspects of our being. It is formed through the transformative distillation process of digestion. The densest part of Jing is stored in the bone marrow, as an aspect of Kidney resources, and is acted upon, in conjunction with the chest Qi, to form blood, in all its forms.

As a form of Yin, it nourishes, moistens and cools as it also provides regenerative powers.

## Consequences of Less Blood – Amount and/or Quality

Blood energy keeps every aspect of self bathed in nutrients, courtesy of the freely flowing Liver Qi.

When we lose actual blood, or over time make less amount or quality, various aspects of self will start to dwindle.

We may just see this as being a natural consequence of the aging process.

**Shen Disturbances** - sleeping less deeply, maybe disturbed, unsettled within self, not peaceful, equilibrium lost.

Emotionally vulnerable, needy, indecisive, anxious, if severe – panic attacks.

**Mental Lack Of Tone** – This may show as a gradual lessening of self – cloudy, dithering, memory unreliability, slow thinking, lack of sharpness, inability to do one thing properly, apparent loss of previous mental capacities.

**Visual Problems** - Our visual acuity is a gift dependent upon the health and condition of our minute eye muscles, in turn, reliant on our liver energy complex.

**Muscles, Ligaments And Tendons** - may experience cramping, spasms and lack of nourishment resulting in such conditions as carpal tunnel syndrome and tenosynovitis, stiffness, inflexibility, discomfort and tension, eventually turning into pain and headaches. Loss of good circulation – through a life time of cold, wind, damp invasion, tension (Stuck Liver Qi), caused by and creating structural misalignment, and lack of nutrients to circulate, will all create pockets and pain, labeled 'arthritis', degeneration, and so on.

**Complexion/Skin** – Blood keeps all body tissues vibrant and healthy. We wither and sag earlier than necessary, with weakened Blood energy. Skin conditions, dull red in colour, itchy and poorly healing.

**Hair And Nails** The nails and hair are registers of the strength of our Blood/Jing quality. Hair falling, losing its colour and health, nails splitting, flaking, all broadcast our depleted state.

**Menstrual** – Deficient blood patterns of bleeding, longer cycle, less lost, scant, pale flow, maybe they stop early (premature menopause), dull head, back and abdominal aching at end of cycle.

**Pregnancy And Lactation** – difficulty in staying pregnant, possible malfunctioning of the placenta, habitual miscarriage, not 'blooming' when pregnant, any of other symptoms above in pregnancy, or postnatally, especially depression and emotional problems. Inability to easily breastfeed, poor quality milk.

## Ways to Improve One's Blood Energy

### 1 - Constitutional Inheritance

The easiest way to have good Blood energy is to have chosen your own parents well. Not necessarily young ones, but ones who have looked after themselves ,with orderly, regular life habits, preferably whose own parents were not over 35 themselves.

The strength of our constitutional energy is a gift, an inheritance, from our forebears.

For our own children, we can ensure that prior to their conception, we are as moderate with our habits as possible. The role of diet and supplements is only a portion of preparation. The calmness of the maternal inner life and the degree she is able to stop and nourish herself, and the growing life, disconnecting from the external world and its attendant dramas.

As our babies grow, providing them with a totally regular, nurturing and supportive environment on all levels will allow them to reach their intended potential. Regular, warm nourishing meals, avoidance of chilled and cold energy foods, and the development of a strong immune system (avoidance of early, over childhood postponement of vaccination, until at least 2 years of age) may all play large dividends later in their lives.

### 2 - Breathing

To assist ourselves, we can breathe well. In energy terms, all the quality digestive resources meet in the chest cavity, and with the action of breathing, distribute quality energy through the meridian system. Quality blood is made to be circulated. Without good posture, and adequate ventilation of the lungs, the type and amount of food eaten is fairly irrelevant, as we are not able to utilise the resultant nutrients. Any blockage to the breathing cycle, especially [unresolved grief/broken heart](#), will weaken the quality of Blood energy made.

### 3 -Diet

Regular and varied intake of warm, nourishing and enjoyable foods, in a calm and stable setting, will enhance the likelihood of good quality blood production. Not attempting to lose weight, but following the rules of eating will assure that wellness, and with this, well shape may return.

## 4 - Emotional Freedom

Allow the [Liver Qi](#) to freely move – what inhibits this?

**We do.**

Choices to stay safe and secure, not opening our inner cupboards to undo the wrappings of the apparent ‘problems’ we have long stashed away for later, may be the key to releasing more of ourselves back into circulation. This lack of vitality, and increasing dis – ease within self, will eventually show up as sleeping/ emotional/mental imbalances, as consequences impact upon our Blood/Shen. Why wait until it is a crisis?

**Chest** – [Lung Qi](#) stores grief and worry. Holding onto this, creates less ability to adequately utilise the full breathing cycle, creating less opportunities for quality Blood and Qi to be made. When depressed/beaten down by life and thus exhausted, we huddle over. We sit at computers all day - again scrunched over.

No space for the lungs to expand.

It may feel too much to hold ourselves upright, we perceive our breasts too heavy, or obvious to stick out, hence, we stifle the very vibrancy of our life force.

Our **heart centre** may have shut down, as early experiences of vulnerability and openness may have created vast pain. In the safety of “shut off”, we are then also unable to fully express and experience joy. True connection within, and between us, and others is also not possible. Living through the motions only will create further grief, as we feel disconnected as we are, as we chose to hide away.

**Bao Mai** – a meridian that nourishes our lower heart. This is the generative centre in the body – known as the ‘fetal palace’ – the area where babies are made – and for men – where their own ‘uterus’ resides – where they make the generative fluids to nourish their sperm – the prostate gland. This acts as their uterus – and as such is as troubled as the women’s one in all phases of life especially when toxic emotions and toxic chemicals are stored within.

## Jing – Our Inner Capital

We may consider ourselves to own an inner bank account. The capital, deposited at conception is our Jing, inherited as potential from our parental lineage. Our Jing may have been allowed to unfold calmly within our early formative years. If it is nurtured well, this care and attention pays dividends later. Wise parenting, allowing development to unfold according to the inner template, with a careful early life habits, ensures that we have the best possible foundation for our later endeavours.

The **amount and quality of reserve essence (Jing)** stored, to be called upon in crises, depends upon the quality of the life experience, and the rate at which we drive our selves. This is not a pre-set metabolic and regenerative process, but is dependent upon how fast and furious we run our life. If, as adults, we choose to live moderately, it is likely that we have been able to live well, able to adapt to all life's challenges.

The **vigour of all aspects of self** is dependent upon our ability to transform aspects of the air, water and solid materials, incorporating their structure and their energy into that which we can use for our continued existence. The ease by which we achieve this, the quality of the results, and our personal expression of who we are, are all direct results of our Kidney energy, and beyond this, our Jing's ability to support us in form.

The **rates of metabolism, aging and reproduction** are all held within the 'hormonal' areas within the brain and spinal cord; these themselves governed by the Kidney Qi. The Kidney Qi (energy) in our body supplies and moderates all aspects of everything that keeps us within the physical form. It is the source of our Yang (metabolic) and Yin (re-generative) energies. The strength of these is dependent upon the quality and quantity of our Jing, itself underpinning our physicality, which itself is stored within the Kidney complex.

The strength and healthy life of our hair, bones, teeth, mental stability and intellectual capacity, our easy reproductive histories and our rude good health are all easy measures of the strength of our Jing.

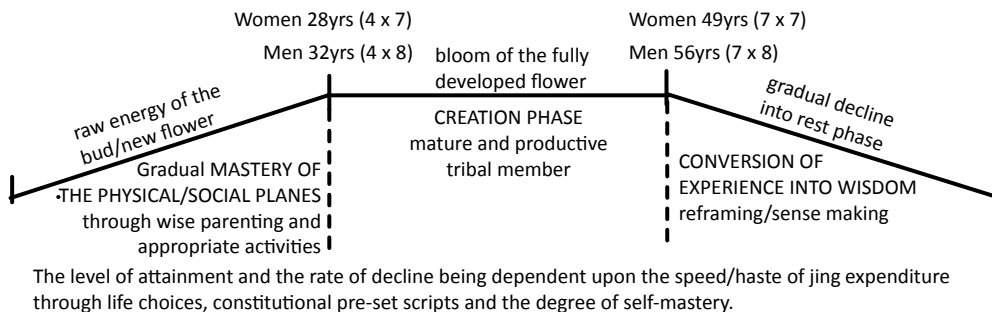
The inner bank account that is not a measure of age – but of how consciously a person and their parents have made their foundation and their lives to date.



**The closer we are to the point of conception** – the setting of our Jing standard – the more life experiences impact upon us. Western medicine shows that the earlier a toxic substance is introduced to a fetus, the more disastrous/ encompassing is its impact. During our lives in utero, we are subject to all maternal mood swings, biochemical and hormonal surges and tidal flows, as we were nourished directly through her blood. Her Shen is carried within her blood, and we, more than containing the genes from both parents, are very finely tuned into her essence. This means also, that her responses are our beginnings, as they have shaped us in our formative times.

**As we age**, life experiences affect us less, as we develop tools to shield ourselves, making new sense of life.

**As we grow into maturity**, the foundation of a strong constitution; a steady, nurturing environment, and an orderly, safe passage learning how to be a productive member of the society; uncovering enjoyable purpose for our lives, all allow for maximum blossoming of Jing.



Ideally, we would reach the potential pre-set in our genetic inheritance. More likely, life will intervene, affording us the richness of our own personal tapestry, that sets us up with the inner library of resources.

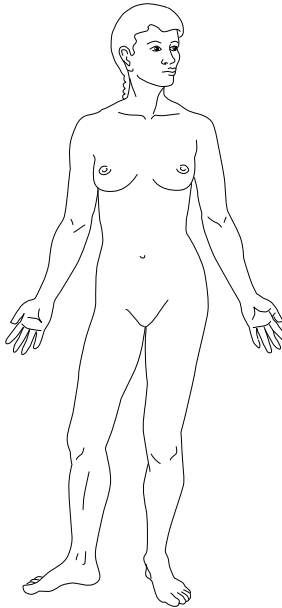
## Consequences of Jing Depletion

### Prebirth

Miscarriage, incomplete gestation, chromosomal damage, stillbirth

### Early Life

Failure to thrive, very sickly baby, structural, other defects  
 Biochemical or developmental defects  
 Growth and maturational problems  
 Dentition not right, any bone or neurological problems



### Later life

Late puberty. Sexual development impaired. Non regular cycle.  
 Sperm or ovulation inconsistencies.  
 Blood diseases.  
 Any wasting and/or neurological condition.  
 Teeth and bone problems.  
 Weak lower back, possibly when tired, prior to period, in pregnancy (when Jing is called upon elsewhere) Unexplained weak knees, (including family tradition – is a Jing = inherited condition)  
 Early hearing loss  
 Teeth degeneration  
 Early hair weakness, including women's hair thinning and loss  
 Early menopause  
 Early aging/deterioration

## How to Improve One's Jing

Choose one's parents well. Live an orderly and peaceful, though fulfilling life. Avoid all unnatural substances. Live by the seasons. Resolve stress as it happens. Thereby allowing the normal blueprint to assert itself, healing as required.



# Unfolding OF Jing

(male cycles = 8 years, female cycles =7years)

Jing Template	Biological Blueprint
<b>Pre-conception</b>	Life events impact on us the more or less experience we have had, thus the less wisdom/sense we can make of it. The younger we are when the influence occurs, the more it deviates us from where we otherwise would have been.
<b>Gestation</b>	The closer we as beings are to the time/source of our physical conception, the more profound the incidents impact on us.
<b>Birth</b>	The birth process terminates our dependence and throws us into separation. At this time any impact is heightened and carried on as a “default” setting, independent of the Jing template.
<b>1st CYCLE 1x8 1x7 years</b>	Digestive system immature, taking time to adequately operate at peak efficiency. Babysystems are brand new, needing respectful, deliberate and loving handling. Deep sleeping MUST occur for the replenishment of Jing that can only occur at this time. Towards the end of this cycle the body is working properly. The baby teeth fall and are replaced by adult ones. Head hair (a “sprouting” of the Kidney Qi/Jing)
<b>2nd CYCLE 2x8 2x7 years</b>	The Jing becomes lustrous. There is now sufficient Jing storage and the “dew of heaven” – sperm and ova - announce their presence. The fertility meridians are full and overflow. Periods begin creating easy fertility and rampant hormonal swings

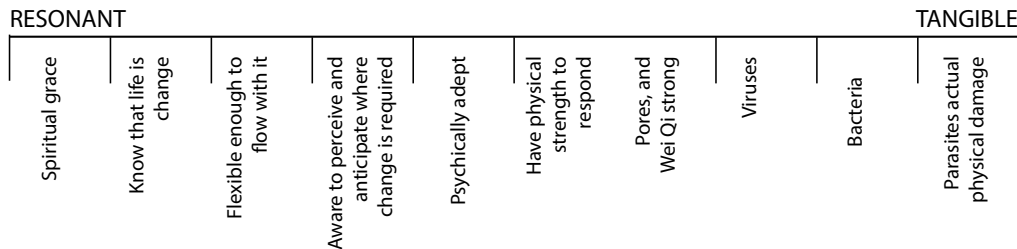
Jing Template	Biological Blueprint
<b>3rd CYCLE 3x8 3x7 years</b>	The Kidney Jing peaks. Physical growth has finished. The wisdom teeth arrive.
<b>4th CYCLE 4x8 4x7 years</b>	The physical body is in peak condition. The head hair at its strongest and longest.
<b>5th CYCLE 5x8 5x7 years</b>	The nourishing meridians start to falter. The complexion shows this first and facial wrinkles appear as the quality of nourishment weakens. The teeth may begin deteriorating and the hair fall/lose condition/ colour. All are markers of Kidney Jing strength.
<b>6th CYCLE 6x8 6x7 years</b>	The digestive system weakens. The hair begins to grey. The eyes, and possibly memory, start failing. Fertility is vastly weakened as quality issues (chromosomal damage – Jing indicators – and pregnancy ease) become apparent.
<b>7th CYCLE 7x8 7x7 years</b>	Depletion of Jing. The “dew of heaven” dries up and sexual/reproductive weakness occurs.
<b>8th CYCLE 8x8 8x7 ++years</b>	The tendons stiffen. Bones, teeth, mental faculties and visual acuity diminish and neurological impediments all accelerate. “Aging” becomes obvious. Aging is a lessening of the quality of our Jing. Not just the passage of time.

## Health – The Body’s Ability to Adapt to Change

A well body is able to adapt to all changes, as they present themselves, at all levels. Wei Qi protects us on many different levels.

Our physiology is geared to a process of homeostasis. This automatic and immediate self-correction back to a pre-set calibration allows us to exist within the changing moods/tides of the physical world.

Psychic & other energy distortions/disturbances external climates perception of physical damage.



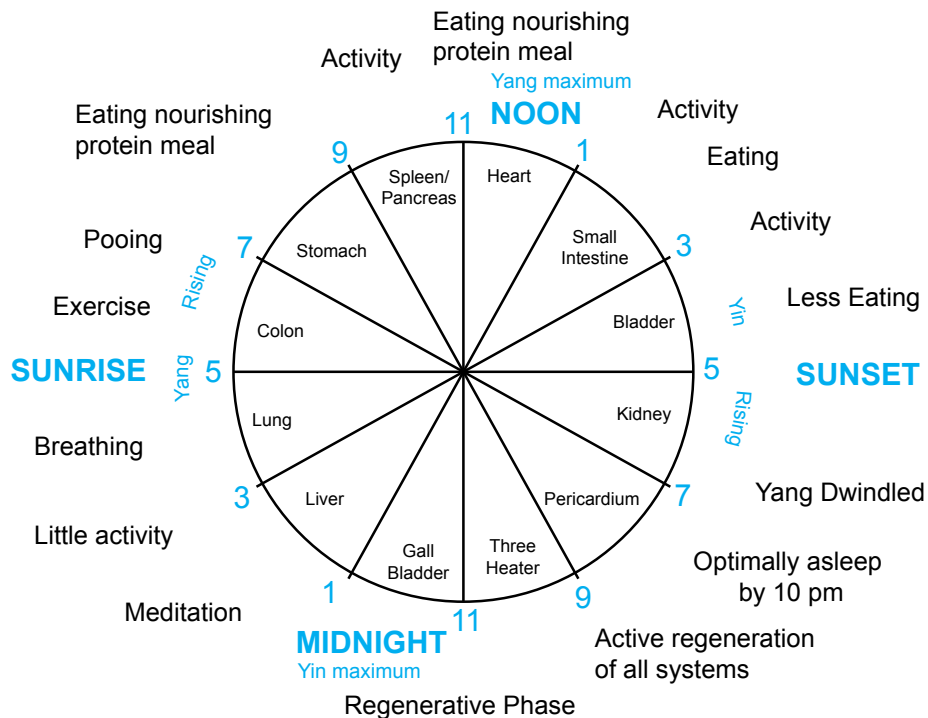
Our [Wei Qi](#) circulates through the muscle and superficial layers of the body and energy fields, in a constant tidal flow. It retires internally to rest, to be replenished, as part of the overall sleep/recharging cycle. At this time, the body is more vulnerable than when awake, as whilst the consciousness is in ‘sleep’ mode, the defensive Qi is also not alert.

To chose to sleep in a draught, under fans or in air conditioning, or possibly under a closed window, where the colder air is falling onto one’s sleeping face, is to willfully weaken the amount of Yang that will be available in times when it may be very necessary. We may awaken to a snuffly nose, a wry neck, or possibly, if very weakened, a case of Bell’s palsy to deal with. See more here: <http://heatherbrucehealing.com/cold/>

Our nourishing Yin Qi must be strong enough to have reserves to be activated when required. If we have a calm, restful demeanour, not harbouring unresolved issues, have looked after ourselves, and are feeling balanced and at peace with the world, and having had a stable early life, we may be possibly flexible to accommodate any crisis.

# Assisting a Well Body to Operate at Optimum

## Chinese Clock



Times of day when body is most suited to different activities.

At sunrise – Yang energy is at its peak. Sexually, males reflect this. Digestive system strongest throughout the day.

## Yang Qi body and soul integrity

### Yang Qi body and soul integrity

#### Protection/immunity

Yang Qi whether fighting infections or invaders of all types, grants you sovereignty over your being

Yang Qi – opens and shuts the pores, regulates temperature control, as through active homeostasis we are able to adapt to change.

#### Warmth

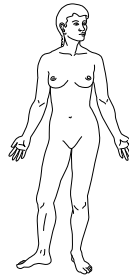
Having enough inner fire to run all of this optimally and keep the body within balance in perfect harmony

#### Vital “oomph”

Bodily blueprint expresses itself well, through the 7 (women) & 8 (men) year cycles.

Easy transition between life-stages

Spark of life providing libido, ability to orgasm



Healthy State

#### Transformation/digestion

Moving all energies and substances from one state to another within your body.

Governs all digestive processing, food into Blood, Qi and body fluids (and wastes)

#### Transportation/circulation

All flows flowing freely on every level.

Moving all from one place to another  
Controls all fluid & lymphatic movement  
Circulates blood throughout the body.

**(No pain when everything flows well).**

#### Holding all in the right place

Blood, body fluids, organs, tissues, urine, babies.

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## Body Disintegration

### Immune System Breakdown

Constant infections, slow to heal.  
Immune system corruption  
Temperature control breakdown  
Auto-immune activity  
Allergies, anaphylaxis

### Loss of body integrity

Flesh, tissues and organs start to lose the battle with gravity, all sagging, stretching and becoming flabby with poor tone, lustre and strength.

### Circulatory distress

Weakened walls of blood vessels create varicosities, leakage and bleeding.

### Tissue and organ collapse

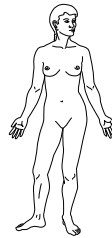
Prolapses, incontinence,  
~ pelvic floor collapse,  
haemorrhoids.

### Bottom Dropping out of your world

Mental & physical collapse,  
feelings of emptiness,  
sensations of losing control,  
incontinence, leakage of life force,  
life dripping away, actual incontinence.

### Sexuality

Loss of feeling and functionality  
Inability to feel or desire  
sexual intimacy and union



Bodily Decline

### Reproductive failures

Loss of adequate circulation and production in all aspects of sperm and ovarian function.

### Pregnancy

Constant heartache.  
Threatened/actual miscarriages/fetal & placental insufficiencies/IUGR retardation, premature delivery, insufficient energy to activate or complete birthing.

### Digestive capacity diminished

(Thus immune system disruptions)  
Leaky gut, dysbiosis, belly noises.  
Poor pH, excess mucous issues  
Allergies, food intolerances, Candida, undigested food in stool parasites, slow exit time

### Lymphatic system

Sluggish, cellulite, fluid, swellings creating accumulations of toxic wastes, clogging defensive systems - eventually causing cancer.

### Musculo-Skeletal

Pain & dysfunction as Qi & Blood usually nourishing all tissues becomes congested, weakened, dammed up & shuts down

### Menstruation

Blood may leak or gush: menstrually or during pregnancy, sustained flooding at any time, especially pre-menopausal.

### Mothering

Incomplete healing on all levels leading to bonding and/or lactation challenges.  
Not enough of self to go around.

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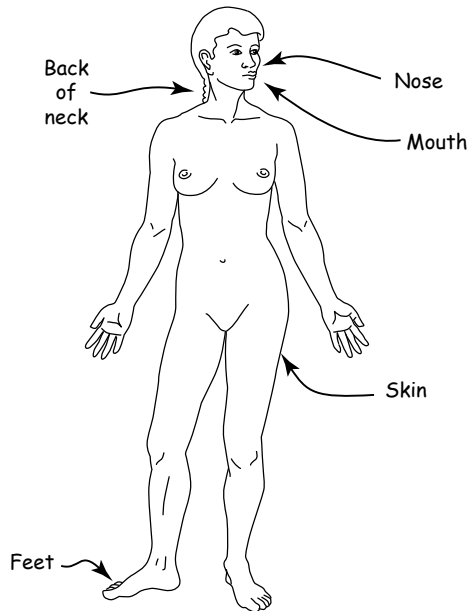
## How Do We Get Cold? (and Hence Yang Depleted)

Have a **weakened protective Wei Qi** level, and have cold penetrate in situations where we may not notice – small amounts of, over time, eventually building up to a sizeable reservoir of Yang Qi that is side lined to neutralise it.

Get cold, and don't have the pores expel it out of the skin level later. (See above)

When very hot, getting cold and staying that way, usually with a breeze, to enhance the cooling effect.

**Breathe in too cold air**, which is insufficiently warmed by the nose, before arriving into the lungs, thus weakening the Wei Qi, as it must expend itself to ward off the cold invasion.



Having **cold feet**, especially absorbing cold, possibly damp energy through the soles, where the first Kidney meridian point is located, will ensure that the cold gets straight into the abdomen and uterus, where it will do the most harm. It may lurk there for decades, quietly slowing circulation, causing menstrual and digestive complaints that eventually will become solid masses that can be found diagnostically, rather than just internally experienced.

Ingest **too cold food/fluids**, often over a long time. but specifically **when very young**, and tender, when the still forming Yang Qi is not strong enough to repel the damage. (A major cause of children's mucous/glue ear ailments) Cold through the acupuncture '**wind**' **points at the back of the head**, through often constant troublesome exposure to occupational air conditioning, or through sleeping in a draught, under fans/air conditioning.

**Cold packs** deliberately placed to tone down swelling, or ease inflammation. (See next page)

## What Does Cold in Excess Do?

**Cold in the body wastes Yang Qi**, as it is the Yang Qi's function to keep the body warm - body temperature to stay within very rigid limits. This means that there may well be less Yang Qi to do anything else with – (digestion, circulation, hold organs, tissues, blood and pregnancies in place, protect from other invasions), as the first priority is to stay warm. <http://heatherbrucehealing.com/cold-is-not-your-friend/>

**Cold causes contraction and hardening**, spasms, and pain that is eased temporarily by heat, and much worse by the application of cold. Pain is an obstruction of normal flow. Childbirth, and postnatal care are no places for ANY application of cold – be it ice to suck, cool drinks, cold foods afterwards, bare feet in labour rooms (air conditioned for clothed people's comfort) or perineal ice packs. <http://heatherbrucehealing.com/cold-invasion/>

**Cold stops up the pores**, stopping the normal sweating process, ensuring that when the person feels hot, their skin may feel very chilled. Cold in the pores may also cause pain and numbness at the skin level, and may be visible, by the blanched or purplish discoloration. <http://heatherbrucehealing.com/adding-cold-or-ice-is-not-going-to-help/>

The cold energy **impedes the normal circulation of nourishing Qi, Blood and nervous pulses** from reaching intended targets. Cold lodged indefinitely may eventually be discovered, when that joint or area is found to have non standard growths, often over calcification, or weakening of tissue or functioning.

**Cold announces its presence** when our inner Yang Qi is feeling stressed by an extra load. This is often when it gets cold, or we get older/weaker. The inner cold resonates with the outer energy, causing aching of the affected part. Unless the cold is removed, rather than continually warmed nicely, it will quietly nibble away at the store of Yang Qi. Taking pain and inflammatory blockers, will not only distort the body structures, but will eat into the reserve that should be there to enrich and enhance the person's twilight years.

**Cold lodges indefinably**, insidiously arriving in tiny little increments, when we are young and strong. Our defensive Qi keeps it quiet, and out of circulation, to re emerge when that defensive Qi is called out to a more life threatening event, leaving the way open for the old cold to assert its presence – 'arthritis' etc. Take it out - see more here <http://heatherbrucehealing.com/taking-cold-out/>

## How to Get Rid of Cold

### Initial invasion – in skin level

Scrape the skin, smeared with Vick's vaporub with a Japanese spoon, until purple/red bruising marks appear (see [Gua Sha](#)). Rug up and promote sweating, take a very hot bath, eat a hot curry, drink grandma's recipe to drive out cold.

**Prevention** – avoid breathing very cold air. Sleep in an enclosed room, free from draughts. Turn a thermostatically controlled heater on 'low' setting, especially for young children, to avoid winter coughs that linger. Keep Chinese herbs on hand, to be taken at the hint of a cold, to drive it out. Avoid getting 'run down', so your protective Qi ensures that you never get 'sick'. Take a ginger bath (next page), do regular perineal steaming, take the [Taking Out Cold](#) course.

### Joints and muscles

Get rid of the resident cold/damp/wind, restoring normal circulation of energy and blood, and finally rebuild the Yang, to ensure ongoing protective Qi vigour.

Take Chinese herbs to assist the above process – best to see a qualified acupuncturist, who uses an energy, not a physical framework. (Never a dry needling person who does not have the theory to ground the work onto)

**Prevention** - avoid – all factors that weaken Spleen Yang, and how we get cold - working and living in cold, damp and windy conditions, which create the invasion that eventually shows up as pains in the body that respond to weather conditions, and are relieved by their opposition. Take a ginger bath (see next page).

Always keep some covering on the feet, do not barefoot water-ski, always wear sufficient clothes, covering the midriff, and lower back. Do not go swimming, or get excessively cold, especially when bleeding.

Check out all on the <http://heatherbrucehealing.com/cold/>

### Menstrual

#### Prevention

- Never drink cold water,
- Do not sit on cold surfaces,
- Do not add ice to any part of your body.
- Strictly avoid cold at the time of birth and immediately **post nately – no ice to suck, no ice packs on perineum.**

#### Action

Use a hot salt pack see next page.

Start [perineal steaming](#)

- [take this course at home.](#)

Follow all elders' traditional wisdoms around being in a woman's body.



## Ginger Bath

**Intention** - Open the pores to let the trapped cold escape.

Not to be undertaken if bleeding, pregnant or possibly so, elderly, frail, in a feverish or infectious state, if you have hot or itchy skin rashes or condition, and possibly not alone, in case of fainting, or having to attend to children, or what- ever, instead of totally looking after yourself.

1– Buy 1 kg of fresh ginger root, and roughly chop into walnut size pieces.

2 - Simmer in a pot of water to cover for 20 minutes, then strain the juice into a previously run hot bath.

3– Ensure that the room you will go to is warm, that you have everything completed, and ready for your retirement for the evening, after emerging from the bath, and rugging up.

4– Soak in the bath. Do not get even slightly cool, whilst in it, or whilst getting dry and dressed.

5– Go to bed, and expect to sweat it out. Do not get cold. No sexual expression, do not exert self at all.

( If no sweating, repeat next night with new ginger. Also see [perineal steaming](#).)

## Hot Salt Pack

To be used in preference to all wheat packs, and similar that rely on moist heat. These may provide temporary relief, but when cold is trapped within, (feels better with heat, and worse in cold situations) - you need to extract the cold, rather than just warm it up.

Buy rock salt. Not sea salt. Not ordinary salt. DO NOT MICROWAVE – salt will explode.

Place in a dry skillet, and roast the salt gently for 20 minutes. The salt may change colour.

Place the heated salt very carefully into a cloth container – strong envelope, like a pillow case, wrap firmly in place, so none can escape, wrap again with a towel, or similar, and place on affected area.

Be very careful to not spill any heated salt onto yourself.

Especially useful for each night three days before a period, if the period pain is relieved substantially by heat.

Do not use if you may be pregnant, or if you have flooding flow. Check out the [www.coldisnotyourfriend.com](http://www.coldisnotyourfriend.com) site.

## Spleen Qi Failing

Flesh, tissues and organs start to lose the battle with gravity, all sagging, stretching and becoming flabby with poor tone, lustre and strength.

These are a guide only. You may experience one, some or all of these to varying degrees and in different combinations.

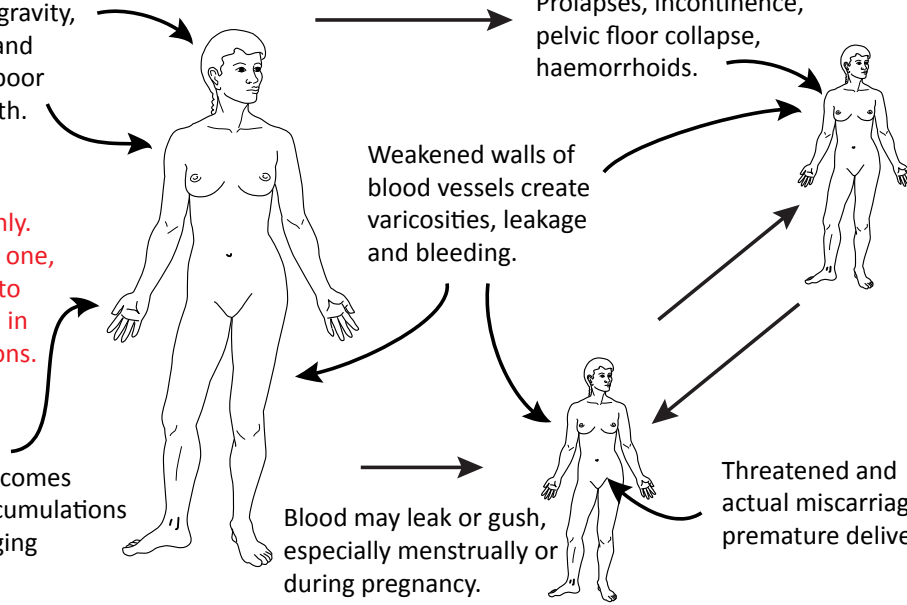
Lymphatic system becomes sluggish, creating accumulations of toxic wastes, clogging defensive systems.

Prolapses, incontinence, pelvic floor collapse, haemorrhoids.

Weakened walls of blood vessels create varicosities, leakage and bleeding.

Blood may leak or gush, especially menstrually or during pregnancy.

Threatened and actual miscarriages, premature delivery.



## How to Weaken One's Being – Ignore Your Spleen Qi

When the Spleen Qi is weak, it can not transform properly, so all bodily raw materials are inadequately digested, leading to poor quality Qi, blood, body fluids, and no Jing reserve laid down. Spleen Qi can be weakened either through being unformed (baby) and not looked after properly, or by being depleted through extreme overwork, worry, exhaustion, exposure to cold, disease, trauma or age, or a combination of these.

Dieting, or imposing interesting regimes upon the body, especially when young, menstruating, under a load, as in pregnancy or lactating, can have lifelong effects. Stuck Liver Qi always invades the digestive arena, further complicating the picture, often with bringing with it, excessive heat, and always, damp is produced.

### How To Weaken Spleen Yang

#### Don't do these:

Eat greasy, difficult to digest foods.

Eat cold/chilled/foods and fluids.

Live in cold areas and be regularly cold.

Eat excessive amounts, or very sweet foods

Eat raw foods (require more inner digestion processes). Eat insufficient quality, or quantity foods leave long breaks between meals/snacks.

Have an irregular lifestyle Irregular eating/ sleeping habits. Over worry/over use of thinking.

Sedentary occupations No, or little, exercise.

Attempts at dieting – especially meal replacements, gimmicks, fad diets.

### How To Rebuild Spleen Yang

#### Do these:

Take out all cold invaders permanently. Eat small, regular quantities of very nourishing bland, though tasty food.

Eat in calm surroundings, when not over busy or agitated

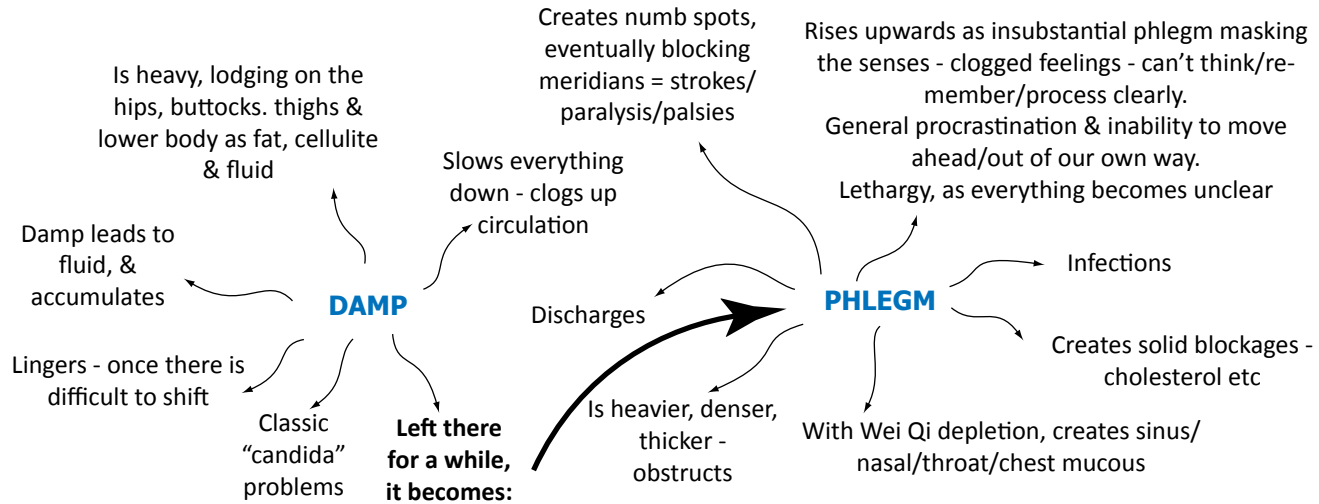
Resolve life issues, so worries are something other people talk about.

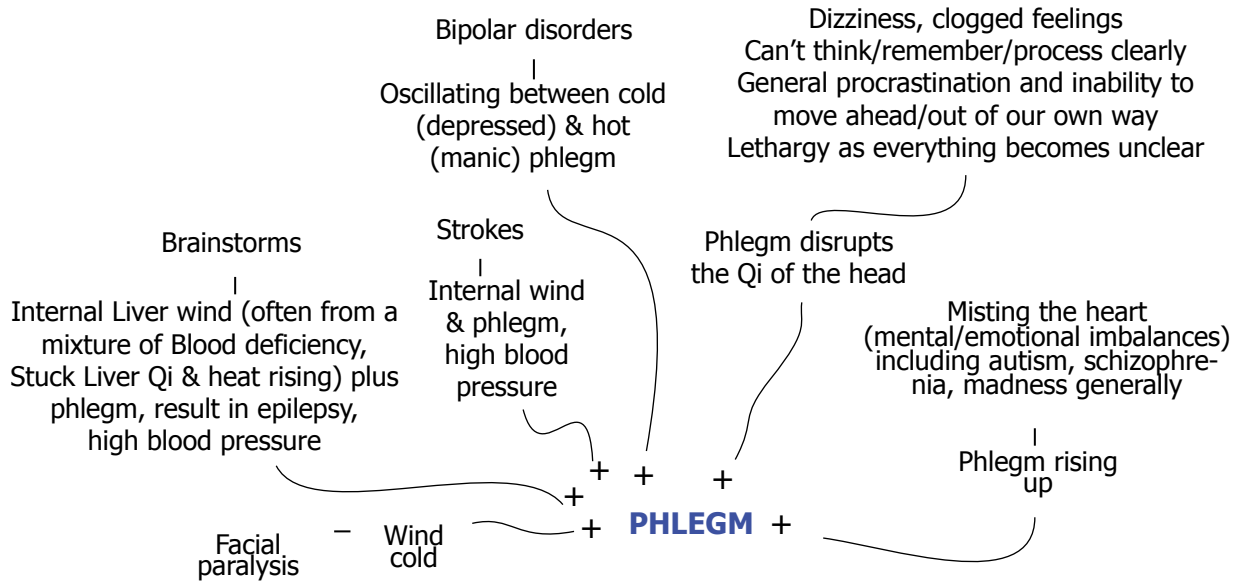
Eat a very varied diet – initially cut out that which you feel that you cannot do without.

Avoid extremes of everything.

See more on freeing yourself:

- [Stuck Liver Qi HS self care](#)
- [Free Yourself package HBB](#)





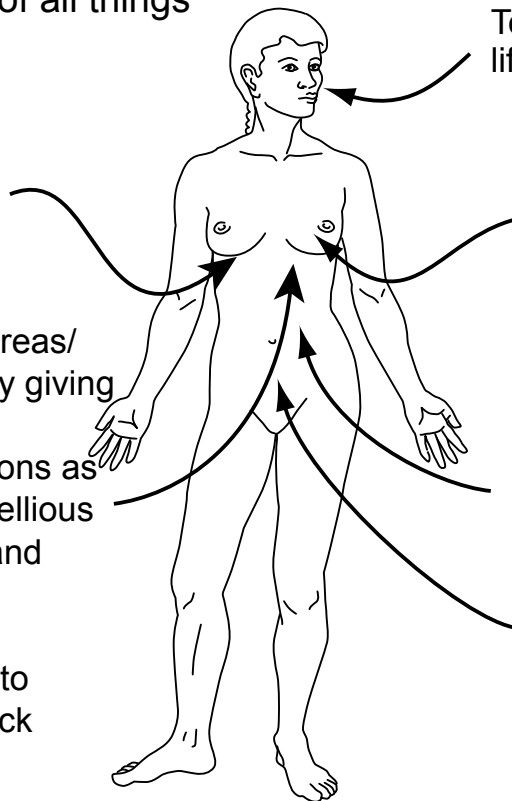
## Stress ([Stuck Liver Qi](#))

**Stress (Stuck Liver Qi)**  
stops normal flow of all things

Invades diaphragm.  
Sighing and inability to breathe fully - feeling as though being smothered

Attacks the spleen/ pancreas/ stomach complex, initially giving symptoms of discomfort, eventually major disruptions as Qi flow may become rebellious with all the intervention and distortion.

Allows damp, thus heat, to accumulate in locally stuck patches.



All symptoms of 'stress'.  
Tension and depressed life force

All breast problems,  
swelling, lumps,  
cysts etc.

Bloating  
Gas produced  
Feelings of distension and actual swellings

Bowel movement irregularities as Qi, bile and peristalsis all affected

## How to Recognise and Improve One's State Of Qi

### Lack of Qi

Pale, bright complexion, possibly puffiness under eyes.

General weakness, lassitude, weak breathing, maybe weak cough and forceless voice.

Too tired to be bothered, including not enough energy to become animated, about anything.

Digestive system very fragile, loss of appetite, oedema, loose stools, and possibly emaciated appearance, as not able to sustain life well.

Possibly spontaneous sweating, palpitations.

Possible night visits to loo, bed wetting.

Maybe temporarily better after rest, or initially in the morning.

Take action – visit a natural health care professional who has a framework that actively assists the return to normal functioning.

Managing illness is not what being here is about.

All holistic traditional methods take time yet are powerfully able to balance to correct your life force.

See my [other sites](#) and [courses](#), and [healing tools](#).

All designed to empower you - wherever you live.

### Stuck Qi

Depressed life force, depression of spirit.

Distension and soreness, often changing location and intensity.

Movement of all systems is obstructed, as the Liver Qi is not freely flowing, thus, sensations of swellings and fullness, sighing, feelings of suffocating, unable to take a full breath, even though has just done so.

Areas under the direct control of the Liver Qi may be especially blocked – abdominal, breast, rib and chest regions, all menstrual matters may suffer from irregularities.

Everything is better with movement, and worse when rested, overnight, or when stressed/upset.

Movement of all aspects of self feel blocked – can only see problems, procrastination as feeling impotent within one's life, and 'what's the point?'

**Take action.** Move the Qi. Start exercising, regardless how tired you believe yourself to be.

See the pages regarding moving [Stuck Liver Qi](#), specifically.

**Choose living your life, rather than showing up.**

## What Does Heat in Excess Do?

**Heat may over time destroy the Jing**, indirectly by the wastage of resources consumed in the futile attempt to remake the blood, whilst the heat is still creating the “hormonal” over bleeding.

**Heat wastes Yin Qi**, much as cold wastes Yang Qi. It is vital that the body does not overheat, as the tissues are precious. All available Yin - in the form of body fluids, and blood energy are directed to try to dilute/cool it. Heat energy is normally directed out of the body through the regulation of the pores, and through urine.

**Heat causes the blood to go reckless.** This means that it is no longer well disciplined, and orderly, but bursts through its banks, leaking or hemorrhaging where ever a weakened link is found. This creates bleeding disorders, miscarriages, menstrual flooding and major exhaustion of the system, as it tries to recoup its losses, all the while still in an overheated mode. This will itself create heat in the body, much like driving without oil does little benefit to an engine.

**Heat disturbs the Shen.** This in small amounts may present as irritation: as it increases into agitation: boiling over into temper outbursts, irrationality, aggression, and eventually very difficult (wildly mad) people. Hyperactivity in children is better handled by correcting their inner fluid/fire imbalance.

Having a disturbed Shen does not allow restful sleeping - or a sane life.

If heat is still present, besides always sleeping uncovered, and feeling hot to the touch, they may experience distressing dreams, visions, and sleep walking/talking may occur.

Look to possessed states and also toxins within the cells – the heavy metal problems we are creating (vaccinating – adding these straight into the bloodstream of all as though the accumulation is not a problem for the over worked detox mechanisms already in the body) inheriting as the environment becomes ever more toxic – look no further than the Wifi, the cell phones, the dirty’ electricity and light bulbs, the contaminants in all we breathe, drink and eat.

Hot feet at night and hot itchy legs need resolving as these are harbingers of further Jing disturbances and can be easily undone – using detox drops – see [www.simple-natural-detox.com](http://www.simple-natural-detox.com)

Without regenerative sleep, the person will gradually become more Yin depleted, leading to [further heat problems](#).

Heat creates inner wind rises up creating skin rashes that may be hot, reddened and itchy.

[Inner wind](#) raises the blood pressure, reddens and irritates the eyes, headaches with violent exploding pain, dizziness, epilepsy and possible brain bleeds.

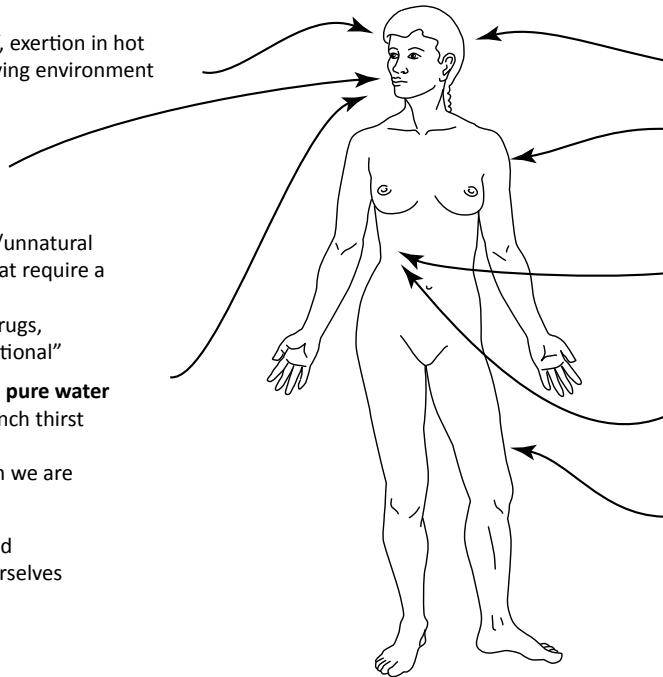


**Weather** - sunning self, exertion in hot conditions, working/living environment

**Ingesting it** -  
As hot temperature or excessively spicy/salty/unnatural foods or substances that require a lot of detoxification (caffeine, alcohol, all drugs, prescription or “recreational”

**Not drinking sufficient pure water** drinking liquids to quench thirst that are dehydrating losing fluids faster than we are replacing them.

**Being yin depleted**, and continually pushing ourselves that extra mile.



**Drying out** in windy/desiccating environments

Having **inadequately opening pores** to allow the heat generated in normal metabolism to escape become burnt, by fire, sun or chemical means.

**Having ‘Stuck Liver Qi’.**  
Being emotionally suppressed holding onto everything that is needing to be acknowledged and expressed appropriately.

Having **anger, irritation** rise up, still bottled, rather than undoing the reasons for its existence.

Be hit by **lightning/electrical surges**/unusually toxic/fiery incidents which in one hit deplete us massively

## How to Heat Up Your Digestion

Eat anything that requires water to dilute/detoxify it – salt/sugar/preservatives Consume things that are full of unnatural chemicals, and empty calories, but have been made to ‘taste’ nice. So you buy more of them – All popular drinks and take-away foods.

Caffeine, alcohol, substances that are non – nutritious/recreational substances -

Eating anything sweet - fruit, juices.

Use curry/chilli/anything that raises the ‘hot’ flavor.

Consuming the same foods daily, as you ‘like’ them – a sure sign of addiction/allergic responses

Be hurried/rushed, agitated when eating, or afterwards, when digesting.

Use dry heat or fatty methods of food preparation.

## Cool It Down - (please don't in excess)

Eat foods that have a high water content – melons/tomatoes. Anything raw (needs partially digesting: cooking).

Over drinking water, even if tap temperature.

Consuming anything chilled.

Eating or drinking anything raw when hungry.

Using water based cooking methods.

## How to Help Your Digestion

1 – **Drink enough water** (at least 3 litres daily and a litre before eating).

Any time you feel ‘hungry’ - have a glass of water.

2 – **Nothing cold eaten/drunk**

Anything that feels cool on the way down – stop it. (Cold extinguishes your digestive fire -Spleen Yang).

3 – **Make enough stomach acid** /digestive juices.

At least 30 minutes before eating, have a large glass of non chilled water

4 – **Eat much more salt.**

You can't make stomach acid without it.

Pink or grey - add it in liberally. Maybe also add it into your water.

5 – **Paint liquid iodine** on your body – about a palm sized piece on a different patch of skin daily (sorts out all ‘hormonal’ problems easily).

See more in - [Iodine - Ingredient for Life](#)

You can digest your food perfectly.

You will also have the right pH to clear out so much of that ‘leaky gut’ yourself.

**Then feel the difference!**

## Enhancing Yang Qi

- Regular, warm, nourishing moderate sized meals
- Eaten in harmonious, calm and unhurried environment
- Absence of extremes in any sphere
- Freedom from cold, which directly wastes Yang Qi, (Yang Qi's function to keep body warmed)
- Adequate movement to ensure freely flowing circulation

## Wasting Yang Qi

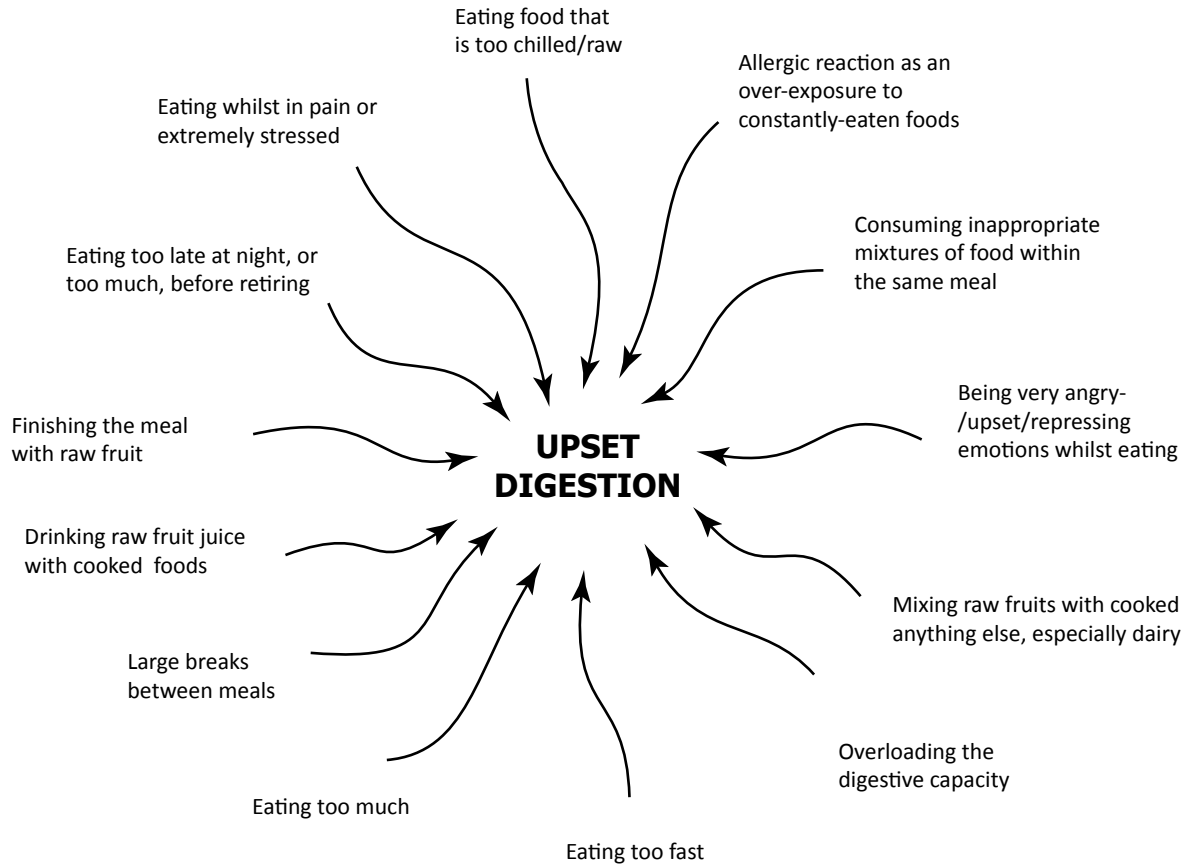
- Immoderation/irregularity in any form, especially exposure to cold, external or internal, through consumed fluids & foods.
- Consuming 'damp' producing foods, which slow the Spleen Yang Qi's ability to transform and distil the raw materials eaten, into pure essence – all sweet, greasy, cold and raw foods/fluids.
- Allowing damp energy to form, which in turn obstructs the clear digestive process – (see above)
- Becoming slothful & lethargic (consequence of damp settling in), creating sluggishness
- Allowing any blockage to lodge on any level, distorting the orderly essence transformation and circulation processes

## Enhancing Yin Qi

- Living a regular, orderly, enjoyable life
- Freedom from excessively heating and drying conditions.
- Adequate hydration of pure, fresh water
- Plenty of restful sleep, relaxation, and 'down' time to regenerate
- Emotionally fulfilling relationships, free of trauma and irregularities.

## Wasting Yin Qi

- Inadequate intake of pure water (not fluids in general)
- Excess of hot, spicy, concentrated foods and fluids
- Consuming excessively sweet, salty, processed and unnatural raw ingredients (require detoxification)
- Insufficient quality/quantity of sleep/relaxation
- Living in continual highly stressful environment
- Not releasing the emotional charges that in their suppressed state are interfering with the blueprint
- Life crises/traumas, left unprocessed, creating a constant emotional energy splinter, left to fester.
- (Women)** Over bleeding, at any point of the reproductive cycle, either one massive event, or continual over leakage of life force.
- Conceiving, carrying & breastfeeding children whilst not in perfect state of healthy functioning.
- Having too many children close together
- (Men)** over indulgence of immoderate sexual release



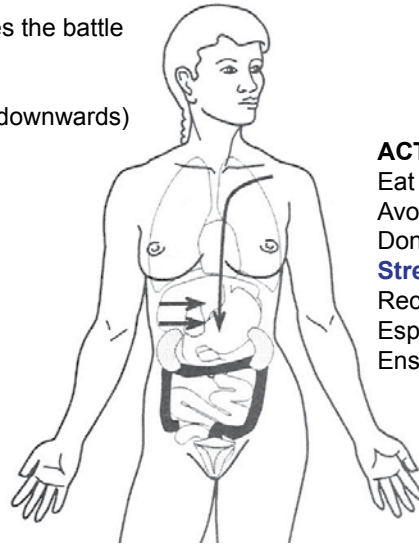
## Nausea and Vomiting

### Nausea and Vomiting

We feel sick if the **Stomach Qi** is not strong enough to do its job.

We vomit if the Stomach Qi loses the battle and contents are forced up.

(Stomach Qi is supposed to go downwards)



#### Reasons for Nausea

Stomach is too weak/empty

(also Spleen Yang weak)

Stomach is too full

Stomach is too cold

(also Spleen Yang weak)

Stomach is insulted/assaulted

Stomach is being attacked by Liver Qi Stuck

Abdomen overfull.

#### ACTIONS to COUNTERACT

Eat small amounts of easily-digested foods, often.

Avoid all cold/chilled/raw foods and fluids.

Don't eat rubbish/avoid all toxicity

**Stress** - often there since pre-birth.

Recognise it and take steps to minimise,

Especially eat in serene, non-confrontational setting

Ensure regular, complete bowel movements

## Pain and Discomfort in General

Pain is there as there is an obstruction to normal flow

### Not enough Qi

Too exhausted Too old

Too debilitated from recent traumas, any level

### Qi is stuck

Liver Qi is stuck, and not governing free flowing well, so local blockages Bloating, feelings of distension, windiness, nebulous aching

Nothing is working well, movement of everything is compromised

Stress – holding back from being self creates constant inner battle of ‘ought to’s’ over ‘want to’s’

**Stuck Blood** – usually from Stuck Qi, although also from trauma, operations, Fixed location, stabbing. severe

**Cold** – consumes Yang, starts the lack of Qi cycle.

Feels cold to touch, desires warmth, heat helps it feel better, anything cold is uncomfortable/rejected.

**Heat** – usually allied to dampness, as being a body, accumulations, like compost heaps, start to generate their own heat. (Usually an infection) hot to touch, with other heat symptoms.

**Pain is a body warning you of trouble - and should ever be shut down.**

## Diarrhoea/Incomplete Absorption of Nutrients

This is important to adequately contain, and not accept as being normal – we are only as good as our gut can make us. (Spleen Yang transforms, by the process of distillation, utilising the heat from the Kidney Yang).

**1- Liver Stuck Qi** easily assaults the Spleen Qi. (We call it ‘stress’ related). This leads into such uncomfortable problems as gas, bloating, abdominal distress, heartburn, indigestion, stomach ulcers, irritable bowel syndrome( IBS), Crohn’s disease, reflux, GERD and all sorts of other mal-absorption issues.

**2- Invasion of cold** – especially eating and drinking cold, raw or chilled products can in a young/ill or very hungry person (Spleen Qi already weaker than usual) waste the Spleen Yang sufficiently to cause chronic mucous, weakened immune response, and general malaise. Please look to all on [www.coldisnotyourfriend.com](http://www.coldisnotyourfriend.com) Anything out of a refrigerator should be allowed to warm to room temperature before ingestion. This alone will aid most children’s poor health – especially if the problems involve mucous production, or forever ‘catching’ something, or generally being unwell.

When the Spleen Yang is very insulted, there will be the presence of undigested particles of food excreted, and /or watery, often explosive movements. Consuming cold, raw, sweet and greasy foods will slow recovery, as the ingestion of further hard to digest foods is not helpful.

- Remove all of cold nature, internally and externally.
- Warm all foods and fluids, ensuring that they are nutritious: easily digested.
- Have plenty of coloured salt in your diet and eat it with all meals.
- Find a source of Lugol’s iodine and paint it on your skin – daily to help counteract the cause of almost all I write of here – the gradual breakdown of what was – so almost all gut issues – are caused by not having enough thyroid hormones.
- Check out the [Bromide Dominance](#) and other halides are taking us over gradually – and all are watching the areas falling down – not the entire body breaking open.
  - Eat a little, often, bland food only.
  - Ensure all stress factors are acknowledged and removed or are being dealt with.

## Constipation

To pooh well, we must have good Qi, and sufficient fluids.

Also enough iodine to run the thyroid that allows normal peristalsis to work – if you have always chased your bowels – now is the time to feel grateful you have encountered this work.

Look also to the [Maya/Arvigo practitioners](#) and/or [Mercier workers](#) in your local area for more practical hands-on direction and also the steaming that is so very restorative.

See also my [Taking Out the Cold course](#), as this alone is a self-help Godsend.

Every life process relies on Qi, and as the Liver Qi's role is to ensure free flowing at all times, whatever slows this down, will also create a bowel disorder.

Fluids are physically reabsorbed in the colon. Insufficient Yin/Blood energy may, either through aging/ overwork or under production or circulation, cause a stopping up of the solid waste disposal. Fluids may also be over used if there is any heat process occurring.

Holding on, rather than letting go of all life experiences, may also be attributable to inability to flow – Liver Qi - flexibility.

The physical liver/GB may be all clogged up and need cleansing – see the Gall Bladder Cleanse in [“Detox” eBook](#). Any abdominal scarring may require unleashing to allow the true Qi to circulate fully.

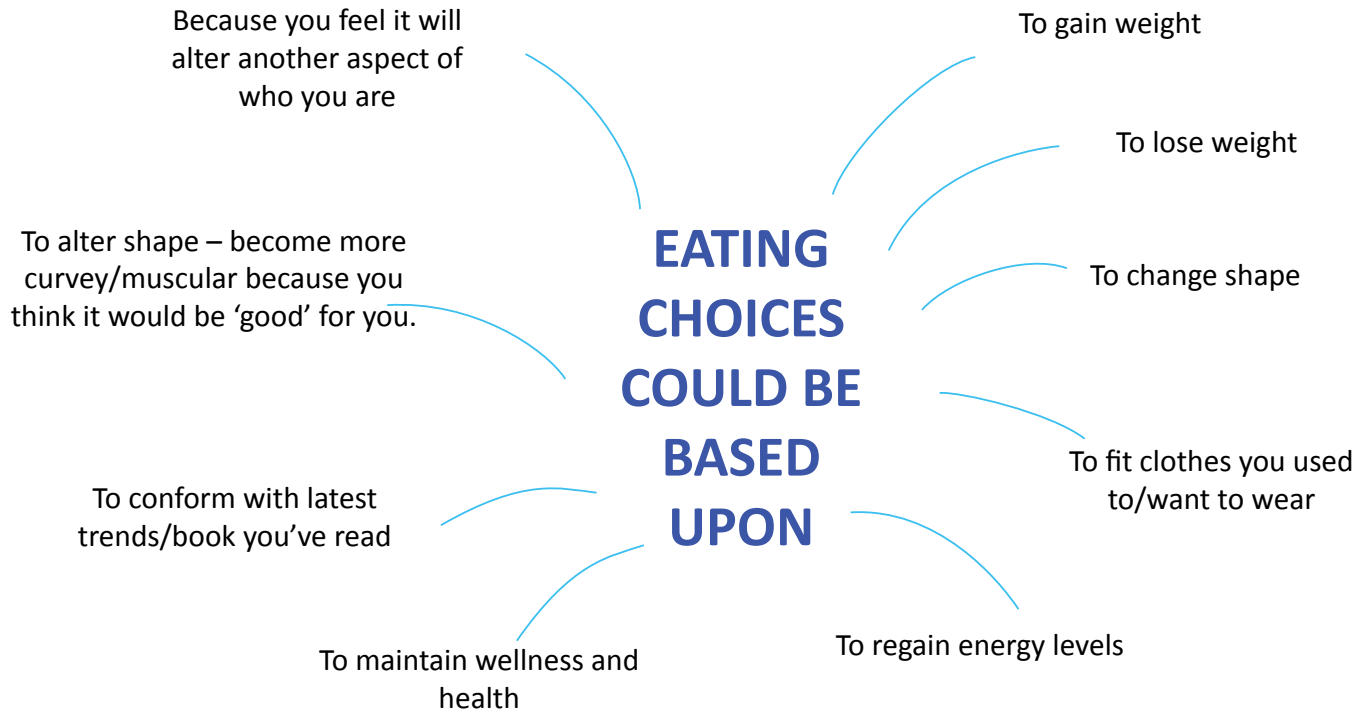
Abdominal self massage techniques, see [Self Massage course](#). See also self care on [www.heathersays.com](http://www.heathersays.com)

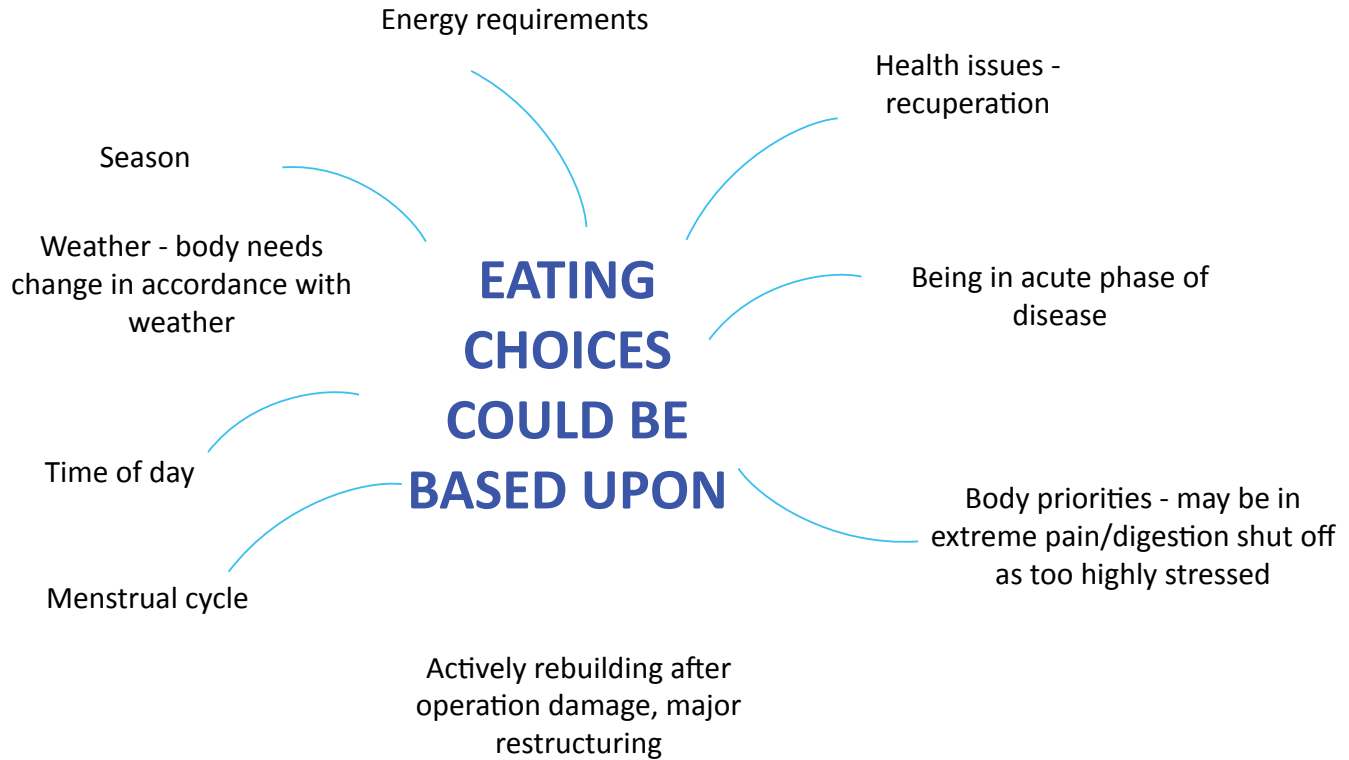
There may eventually be structural blockages, so nourishment in the form of nervous stimulation, Qi and Blood supply may become inadequate, creating a local Qi deficiency.

Squatting regularly, whilst reading or doing some other task, may waken the pelvic area – try squatting (natural evacuation position), upon the toilet.



## Why Would You Change How You Eat?





## How to Normalise Eating Routine/Lose Weight by Becoming More Regular

### Problems:

Excessive hunger or thirst is a sign of internal heat. Avoid all heating activities and substances.

### Desire for sweet – Spleen energy imbalance

Drink freshly squeezed lemon juice in all your water. Look at ways to rebuild/enhance your Spleen Yang

Eat cooked protein for breakfast – especially fish, or lightly cooked eggs. Small, light, very regular snacks, often. Take fat and salt to correct the imbalance.

**Need for a sweet at the end of the meal.** Spleen imbalance

As above. Clean teeth. Literally suck on a lemon. Exercise, preferably with company, at least your friendly dog.

**Never hungry, including being sickened by food.** Reassert normal, by very minute though regular amounts of quality, easily digested foods. Treat yourself as a baby – only warm, bland, protein, with some very easily digestible fat. Without fat, our hormonal (Jing) systems cannot function appropriately.

**Awakening hungry – in night** – (see the appropriate times P 20) to reassert normality, it is important to not train/punish yourself - but look to why the normal blueprint is temporarily out of synch.

### Answers:

Return to eating and living as per the Chinese clock

Recolonise your healthy gut flora

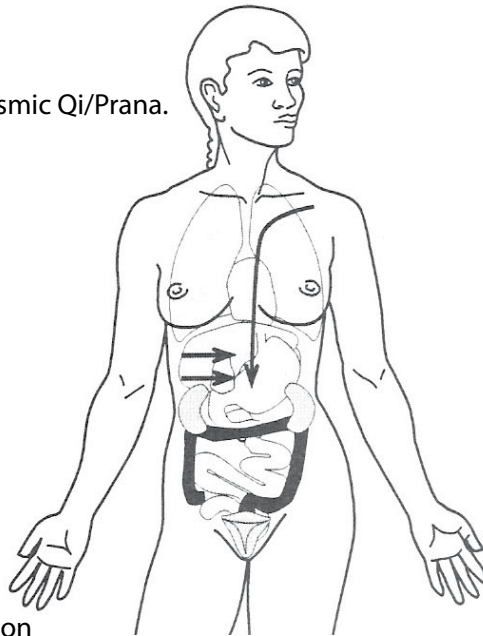
- see [The Human Microbiome](#).

## How to Maintain a Well Being

Alive, clean air charged with cosmic Qi/Prana.  
Heart chakra open,  
Lungs clear of stored grief.

Liver Qi flowing freely.  
Regular empty/full cycle.  
No temperature extremes,  
all ingestibles coming in warm.  
Solar Plexus chakra resonating  
and in appropriate alignment.

Sacral & base chakras free from  
sexual/emotional distortions  
Clear & fulfilling sexual expression  
(Liver meridian flows through)



Clean air - no pollutants.  
Breathing cycle full.  
Fully expanding diaphragm.  
Posture & structures as designed.

Appropriate choices of quality, type  
and quantity of ingestibles.  
Sufficient pure water.  
No unintended parasitic cohabitants.

'Good' bacteria present.  
Regular, complete waste disposal.  
Desired sexual pleasuring,  
leading to orgasm.

All body systems moving freely, as all Liver Qi smoothly operating - no emotional suppression.  
No scarring, physical or in the energy fields, thereby ensuring free expression of natural vitality.

## 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

<http://heatherbrucehealing.com/self-help-guides/>

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!!