

Women's Tides



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This is life - not medical – information.

I am to say - for educational purposes only.

In times past everyone knew that if they did not revere and respect life and its processes they would land up n trouble. As we may well be.

When you understand how a well body works – you know what to aim for.

(What to expect all others to also).

First published in 2012

eBook edition 2017

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National Library of Australia

Cataloguing-inPublication entry:

Bruce, Heather

Woman Tides – A Life Manual

ISBN: 978-1-922065-34-6

Disclaimer:

All information in this book is tempered by my life experience.

If you wish to make health and lifestyle changes I recommend you do so under appropriate local (to you) natural health care professional guidance.

Second and third opinions are often necessary, and even then, please remember that it is YOU who is bearing the consequences of your decisions and actions.



It is not intended that you substitute the information contained within for appropriate medical advice. This is about LIFE - not medical anythings. When you live your life as designed – you have NO NEED for medical assistance. Helpful hints, and you living responsibly, must be tempered with common sense and a respect for the highest good of all the participants.

You (just as all who lived centuries ago) need to become your own authority. Your body was perfectly designed – we sometimes forget listen to it as it warns us. Herein are some of its needs and wishes.

Tread lightly on the planet and you will be looked after.

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ABOUT THE AUTHOR

Heather has been involved in all levels of acupuncture education for well over three decades. After graduating in 1978, she realised it was more important to teach people what they were doing to disturb their balance, and how this was contributing to their problems, rather than just trying to fix things for them.

She co-wrote a very different kind of undergraduate acupuncture course, teaching at her college for several years, while writing and delivering postgraduate seminars.

Since she is also a naturopath and herbalist, Heather combines many different approaches and responses to people's conditions. More than 30 years ago, she gave birth to a seriously brain-injured baby who was also became ever more severely autistic. She spent the first eight years turning over every stone to help her daughter live well and achieve functionality.

This gave Heather first-hand experience of the suffering we inflict on ourselves when things seem not to be going 'our way'. Altogether, she had four children, who contributed additional practical experience to her wealth of knowledge and skills in her clinic work and teaching at all levels of acupuncture.

As the decades have rolled on – Heather has become a lot more discerning about what she sees as being 'real' – and the traditional ways of knowing that were handed down through oral means – and as elder's wisdoms are now her passion.

As such, finding the [Maya/Arvigo®](#) and the [Mercier work](#) turned her back to her roots. As an acupuncture consultant, she has always used her hands – and always worked on lymph flows and encouraged soft tissue and fascial enrichment.

As an acupuncturist in the days before pain killers and all other modern pharmaceutical masking and surgical quick fixes – she has been interested in taking the person back to 'why'.

Drawing on this experience and expertise, Heather has created websites, books, life manuals, now eBooks, a meditation CD/now MP3 and posters, apps and online courses. Also DVD sets for acupuncturists and midwives/ doulas.

Her passion is providing people with the means to help themselves. She believes strongly that there is always a different way to view any issue. She aims, to spread inspiration and heart connectiveness, and knowledge, so these can work together to create new 'takes' on life and allowing hope where there may have seemed little. She envisages that her working with the wise woman's world wide wisdoms will reach out to enlighten far more people than could be accomplished through her work as a busy face to face clinician. Enjoy!!!



FOREWORD

Here you see the result of my four decades observing people, and of my living life through the lenses of acupuncture theory. Incorporated are my maternal learnings. As a wise older woman in today's world, my extensive years of observation and of practical clinical expertise show up as sometimes 'odd' as they may not be what is being aired in the media or as 'best practice' in orthodox medicine. This does not shade their truth.

I hope you find the format within helpful in unraveling your own mysteries.

The natural laws I write of are not of my making.

I have attempted to make it simple and easily accessible to all. Through the mothering of my own children, and my own woman's ways of knowing, along with working with nature and life flows and in teaching and mentoring acupuncturists over the past 35 years, I have drawn very different conclusions to the processes we call life.

It may take you a few times through reading this information, as it is so very different to what all 'know' to be 'true'. . . a possible paradigm shift . . . the physical is just the means to express the spirit. Energy being a far greater consideration than what you may have ever thought of.

Please persevere – it is well worth being able to grasp
what is happening to you.

Seen through the eyes of an energy model, life becomes
more complete and
also very simple.



LOVE YOURSELF BETTER

INTRODUCTION

You will find within an inclusive life model borne of other's thousands of years of acupuncture traditions, in tandem with my own many decades of natural health care in the modern contact of sufferers who have not found help, or answers easily within the orthodox medical world.

To use this life manual it may be necessary for you to broaden your world view. This may involve changing your perspective. Perhaps even ask yourself what is running your body and your life. Why is there only the physical focus?

We all know that our emotional state affects whether we can even function. Being open to change, and to be free enough to allow possibilities of our life force to freely flow is a part of journeying through the stages of any woman's life.

As we age, we may realise that our heart connection and the soul force working through us seems to have at least as much influence on the 'actual' physical outcome, as any expectation of physical functioning.

To stand apart from the physical focus orthodox medicine has, and to look differently, (in energy terms), you may see that there are many ways we unintentionally damage ourselves. This may be your missing link – you have done 'everything right' – yet nothing feels that way.

Here you will see two basic themes.

1 – Loss of [Blood](#)

(or not making enough good quality Blood to run the body well).

2 - Loss of [Yang](#) (often by getting cold)

What this does to a weakened, vulnerable (bleeding or birthing) woman. This then is the background to low thyroid/adrenal function. This affects almost all women who come into my clinic. Most issues can be traced back to metabolism upsets - regardless of what medical blood tests may indicate.

*To see things as a mammal, and as nature intended,
these additional two aspects also are crucial.*

3 – [Shock to new being](#) as it starts its own breathing mechanism (the change from fetal to adult circulation that happens with the first independent breath).

4 – Anything that [breaks the primal/mammalian bonding](#) between a mum and baby (whether we birth or have been delivered). Especially relevant now in a culture that has medicalised birthing so women and babies meet each other without the hormonal safeguards Nature intended. Medically 'safe' yet unbonded for life.

A note to you, the reader

This may be totally new information to you. You may feel, and just know, that it resonates with your life – it is real. Maybe it is time to listen again to the elder’s wisdoms of the past. Here we have the foundation of one of these systems.

Introducing the concepts as the **Three Treasures** begins the process. Whilst you can skip to what you think is more apparently relevant, your understanding of what we are all made of, and what rules all our behaviour may be a wiser beginning to this work. Please read as is written. Sequentially.

There are no equivalent terms in usual English for many of the central concepts. Introducing these, we then move on to a definition of health. This initiates your understanding how a woman is made, how she differs from men, and what to do to make your path through life as easy and graceful as possible.



The **Shen** – allows us to have personal expression as a sentient being. **Qi** gives us the ‘oomph’ to move about and **Blood** is what nourishes every aspect to keep all of us sane, sleeping and hydrated/youthful. Once understanding this – the process of being a woman is easier to work through.

TO HELP YOU NEGOTIATE HOW I HAVE WRITTEN THIS . . .

Throughout all work you will see I have produced diagrams based on a line drawn on the page or along a whiteboard. This is to represent the duality that we all work within – called Chinese medical thought – what we are used to - the physicality – or ‘real’ part of anything. Classified as being more **Yin** (seen always on the right). That which is more vibrational and spiritual – the more **Yang** is found on the left. These terms explain that we live in a polarised world.

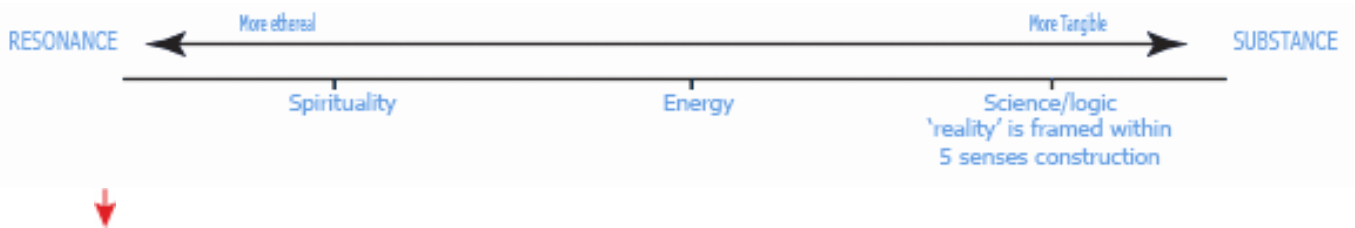
Everything we can conceive of can be placed on a continuum – with the extremes of each at each end.

Water is a great example - it exists in many forms. The more YIN (solid) manifestation – solid and tangible – is on the right. The more YANG expression – no form, ethereal and gaseous/ resonant/more a vibration – is represented on the left.



If we imagine our universe to be represented by a line on this page, we can see that everything that is very tangible, previously considered to be “real”, is that which is condensed in form, and able to be ‘proven’ through investigation with our five senses on the extreme RIGHT hand.

Everything that is considered ‘out there’ by Western ‘scientific’ thinking is of more a vibrational, resonance or feeling /intuitive nature, possibly having no physical substance. Anything that is NOT to be discerned through our five physical senses is found on this diagram the extreme LEFT hand side of the line.



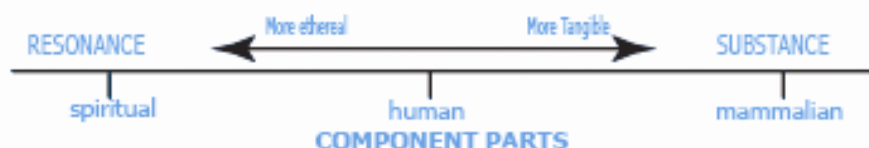
In life currently we may tend to see everything as though there was just one position – the logical/ ‘scientific’ one. However at other times in human existence, or in this time in other cultures, the more spiritual or intuitive is seen to be more relevant.

We categorize everything in our lives. We may wonder why we would want to – forgetting that everything always goes at least through a subconscious ‘good/ bad’ filter. Here I am offering a visual teaching tool to assist a more inclusive understanding of some very central, though very different, concepts found in this book.

To help you grasp more of this please open your mind to possibilities, and hold off the natural tendency to prior judgment. Yes, this is very different from how everything in our culture is normally presented. As we go on you will then see why this is, and how everything CAN fit in together.

What we ‘know’ to be true - the more OBVIOUS substantial/dense and tangible is always going to be at the right hand side of the page. The less so: the more ethereal/energy /vibrational and subtle/spiritual is on the left.

As an example - when considering what we as people are:



We may seem comfortable with our culture’s medical knowledge being very focussed on only the mechanics of being a human. Reporting on what is happening as seen by ‘experts’ from the outside when things feel uncomfortable, or start working differently/break down – is not always the best way to find a solution.

Seen only in terms of the structure; what seems to run it; what can be discovered when working back from the reactions that are often internal and not easily spotted. Hence hidden unless we look with different a lens (seeing the more emotional and perceptive).

Paying attention only when the physical body starts hurting or causing trouble is often too late. We may have not been happy, or have been distressed and just kept going in the absence of knowing what else to do. Often not realising that the physical body is governed entirely by energy fields relying in the flows and grids being intact. Further, that both the physical and the energy are altered by emotions and the interconnections between them - dictating whether we can function at all.

Often we have felt many changes and may have been lulled into the idea that if the medical (mechanical body only) tests say things are 'fine' or that the readings are within the accepted normal limits, then we are 'OK'. Often little realising that what we have been doing is not supporting ourselves. We may just wait for things to get better, or we may eventually realise that they are as good as they appear to be going to get and if we do not accept this, we start looking for answers. Part of this search may have led you to this body of work. It will require you to ponder, and maybe change perspectives.

Sometimes a better way may be to dive into what is really happening in our **lives**, not to our bodies. Focussing on what happened before our current (actual physical) upset appeared – lends better results. Less being a matter of someone 'fix it': than to ask yourself "what is this real life issue/'problem'?"

As a gift – what is it telling us? A quick fix may work. Choosing a painkiller or a pill/ therapy that alleviates the unwanted sensations may lull you into believing it is gone. Much like taping over the red light on the car's dashboard. Often pain is little more than the body warning us that we are not happy/living truthfully with ourselves.

We could look to what else besides the physical mechanics has a part to play in making us who we are rather than just the body's physical responses.

As our culture encourages us to validate only the extreme right hand path, and as orthodox medicine follows as though we are all mechanical robots made of body parts we may miss discord in our Soul, our Heart and our very Essence. Being 'scientific' and rational, we may see the extreme right hand side as all that really matters. Yet living in our lives, we know it is not. We could see all on this line.

BUT - we automatically start at the right, assuming that this is all that there is. ↓



We all know that 'stress' or a state of glorious wellbeing all alter how the body feels and thus behaves. We have all know, having experienced how a mood

change alters how we perceive pain and happiness. Yet, the orthodox medical framework may only allow us to explore the physical bits that appear to run us, not our Spirit and its wellbeing and its connection to how the physical body lives and interacts with it affects all of life.

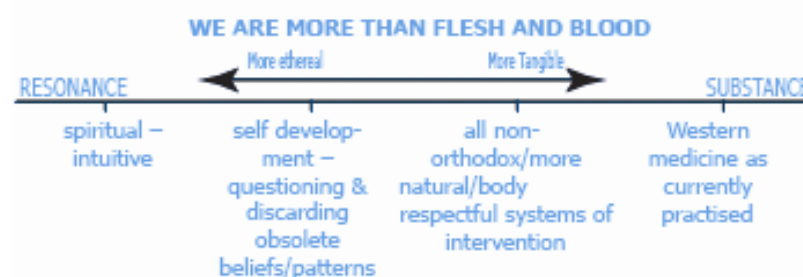
The energy model presented here is inclusive. It adds more to just being conscious of the physical bits that go to make up a person. Acknowledging that we live in the body, but are far more than only this. The Asian medical model this work is based upon springs from a culture that has been in use continually for thousands of years. It has had myriad lifetimes of study devoted to it. Trial and error has honed it into a remarkable tool for explaining most of what happens to all of us.

Here the content I am presenting is very DIFFERENT – and I am doing so in a way that you will not have been exposed to before - the use of diagrams to show the duality of life, as we perceive it to be. I have found this the best way after decades of teaching all levels of acupuncture training and presenting what is happening to patients, so they know their contribution to their own health options.

Generally, we automatically start categorising when confronted with anything new – and usually do it quite unconsciously – this is ‘good’ and this is ‘bad’ – what is pleasurable and what is not – what gels with our beliefs and what does not, what we want to hear and what we do not – thus what seems ‘real’ or ‘unreal’ and then we start judging the something new to be ‘right’ or ‘wrong’.

It may appear to be/feels too ‘way out’ and odd.

This body of work is stretching the boundaries to include more on the left hand side of the line we tend to clump on the right of – the scientific/real. ↓



This model has been the foundation for a system of traditional medicine that predates anything from our own culture, with its own written tradition going back thousands of years. Whilst it may appear to be a bit simplistic at times, following the logic and watching how it actually explains what is happening around you will help you to solidify the concepts, and use them in your own life.

Central to this book and your enjoyment of it, there are some terms that need explaining. They are not part of the English language and sometimes a word will need to be inserted into your vocabulary. Sometimes words you use will get a different meaning. To start with – the three new words explain what we are made from – our Three Treasures . . .

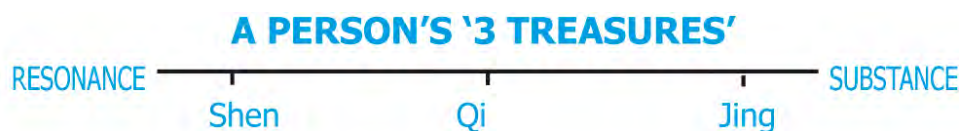
Shen - determines who we are.

Qi - determines how we move through the life – what we have to fuel us.

Jing – gives us the structure and the ‘life capital’ to be here and live in a ‘life’.

How our own Three Treasures interrelate determines what sort of life we may even be able to experience. Given that most women have been made to believe all is about their ‘hormones’, it may surprise all to find that those hormones are nothing more than the chemical messengers that allow the Three Treasures to go about the business of life.

The concept of the Three Treasures is the most important thing to take away from the discussion on how you feel and who you are. I hope you enjoy discovering all about what went to make you and what you can do to change the bits that are bothering you.



In Chinese medical thought, the major causes of disease are internal energies out of control in some way – the emotional forces repressed, denied, or overly expressed, and the external climates- the outside cold, wind, heat and dryness – all bettering our inherent inner balance system. From here – all ‘nasties’ can then find their way in.

It is vitally important for us to be balanced and able to respond to all things – and to do so we need to be in harmony within. What keeps us on an even keel?



LOVE YOURSELF BETTER

1: WHAT WE ARE MADE OF - SHEN

One of our Three Treasures.

Shen is a Chinese concept that covers the essence of self in a spiritual sense. It governs who we are and how we express ourselves. Having a well-nourished Shen allows us to present a consistent personality to the outside world. Shen governs our clarity of speech, our brightness of eye, our coherence of thought, and our ability to live in mental and emotional tranquillity.

IDEALLY

A strong and well-nourished Shen allows us to be sane and to 'fit in' so we are 'normal' and are seen to be acceptable to others. We are able to weigh up consequences and to choose to go with the pack, or not. To be able to sleep well, and hence replenish on all levels. It gives us the ability to think clearly, respond appropriately: to perceive and act reasonably.

This is all governed by the amount and quality of our **Blood energy**, as it is our strength of Blood energy that nourishes our Shen.

What messes with the Shen – and thus destabilises the person forever often?

How to recognise?

A DISTURBED SHEN

(May not be all of these - any combination is possible)

- Having sleeping problems.
- Not making 'sense'
- Not being/looking as though not 'at home'.
- Having a wild/vacant look to the eyes.
- Being emotionally unstable/volatile/aggressive.
- Possibly being loud and abusive.
- Nervy disposition
- Unfocussed eyes/thoughts.

WHAT UPSETS OUR SHEN

A - LOSS OF ITS HOME

– in **shock**, or **when another influence has overpowered the Shen**, it may seek temporary refuge elsewhere (thus we appear to ‘lose’ consciousness). Shocking the person to be stuck in ‘fight or flight’ mode. This may then be how they appear for the rest of their life – till they resolve the latent shock. Life may go on in this state – differently. Thus you can start to see PTSD very differently immediately.

In minor cases this may be as a result of a trauma (sometimes the shock of being present in an area where a traumatic event has happened has been ‘caught’ unintentionally and you may be unaware your energy field needs cleansing).

When a door very loudly bangs unexpectedly . . . and there may be a **huge fright** experienced by the person who is already ‘full up’ with . . . **In profound cases** (see the section on life impacts) an experience as a vulnerable soul of being very unwanted in utero, or surviving a traumatic pregnancy or the mother’s induction and subsequent ‘emergency’ C section plus all the drugs used, may cause the person to NEVER express who they could have been had they had a serene start to life).

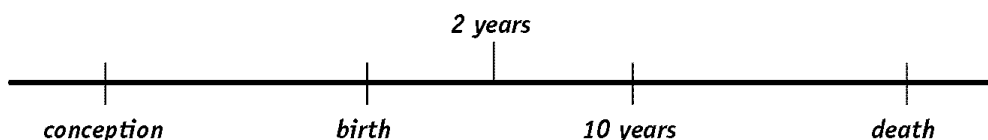
In extreme cases, there may be no external responses to stimuli. (Think of those who are surviving in a limbo state – catatonic /paralysed or in some way non-comprehending, or in coma/with extreme loss of all reason – no consciousness after a stroke and maybe on life support).

An aspect of self may automatically be keeping the physical vehicle ticking over. If the constitutional strength is sufficient, and all other life sustaining raw materials are provided – our Shen can survive, like a car idling in the garage. But – we are not ‘at home’/in charge.

Shocked – when a baby

This sets a person up for life. When we are the closest to our beginnings, any distressing occurrence affects us far more. Shock in a birth affects so many babies. This renders the idea of ‘safe’ very differently. The medical dictates written to explain hospital policies and the scheduling of birthing mothers for their convenience does not near witness to the appalling loss of empowerment new mums feel and the loss of bonding, and often their very maternal enjoyment.

Let alone the **fracture baby feels** – keenly and often forever afterwards reshaping his/her personality and entire being. An upset baby happens for a reason. Breaking baby’s equanimity begins a life of difficulty. (See appendix for hot blooded baby article).



The potential person is lost under a set of reactivity and this overlay of panicked reaction will play out unless the early upset is neutralised and the reactions to it remedied. You could just think ‘s/he was always like this . . . Unfortunately baby

has a big problem and quickly is seen as itself **being** the problem; often then controlled or managed (think some form of behavioural intervention – like controlled crying) rather than being assisted to return to the pre-set normal.

Baby shock can be easily diagnosed – look to the bridge of the nose – is there a blue mark /line/vein there? Or is there a red line or a mark possibly going up to the forehead? This may have been there ever since you met your baby. It may have been that baby was shocked in utero, or through the birthing process.

Or through being scanned many times in the pregnancy as mum was told things MIGHT go wrong. Mum is self protection mode may stop being as happy and bonded to her developing bub, as she is scared of getting too attached' in case – 'something goes wrong' ...

It did . . . we forget that the soul of baby is still in there feeling . .

My hometown (Christchurch) recently suffered multiple and continuing earthquakes. A spate of over-stressed and inconsolable babies being born – their mums were terrified – and the babies as catchers of this trauma get to relive it as their new normal. This is regardless of whether their parents have moved away and never have another quake – the babies' nervous system has been quaked. Reprogrammed into forever panic mode. Essentially this shows baby is 'broken', and likely to be not living out his/her potential, but being a screaming/ 'nervey' /frightened /unsettled//difficult – on into being a child growing up as a very difficult person, who may be reactive to everything. (['PTSD' again](#)).

Shocked – when older

This often shows up as a sleeping problem. Actually warning you of a life/SELF/ Shen problem. Sleeping is disturbed when the Shen is not peaceful. Can't rest enough to regenerate. Can't renew self or to recharge batteries, so there is a cycle of further inner damage as a consequence. This too grows into a bigger snowball.

Sleeping is the gift of a calm Shen, and anyone who is experiencing difficulties, especially in the middle of the night (1 – 3 am) can assume that something is severely disturbing them to create this. By not sleeping, the body is unable to heal by regenerating. This in turn becomes cause of further body breakdown.

General paleness of complexion and timidity may result. Sleeping issues, talking and walking in sleep, not thriving and/ or being easily distressed and jumpy in general, nightmares, irritability and 'nerviness' ensue.

Shocked – when as an adult

Most tend to label the aftermath of an incident or experience 'post traumatic stress syndrome', (PTSD) yet often it is a matter of our ENTIRE lives upsetting us. A continually potentially survival panic – living with an alcoholic parent, with violence or the threat of it may destabilise one – especially if you started life created within the baby shock scenario - less resilient for later on.

As an adult, having to cope with something not too apparently traumatic to an outsider can appear to send us over the brink and into disorder.

We may have just had too much to deal with. Without 'defragmenting' ourselves (having a lack of reflective contemplation in life), we may have 'just' snapped'.

SOLUTION:

Undo what happened.

The responses to these reactions will depart.

Multiple ways may be needed at once

The sooner the better before patterns of behaviour become too entrenched.

1 - *Resolve the shock* – Rescue Remedy or similar vibrational or homeopathic assistance to help antidote the after effects of the shock on the circulation/Shen is invaluable.

2 - *Provide a safe, comfortable environment* to heal – possible energy healing work to hasten this. *Find a pranic or other form of energy healer* to help return your energy fields back to being to strong, and totally your own. Maybe also find a shamanic retrieval worker to bring back part of you that may be missing and remove parts of ‘not you’ that are not helpful.

3 - *Take supplements to calm the nervous system* – a good quality B complex supplement, (preferably liquid) Zinc and topical Magnesium (bypassing the stressed and less absorptive digestive system).

4 - *Chinese herbal Blood tonics* and Shen calming herbal tonics may assist the return a calm nervous system, hence the body energy to balance.

5 - *Reframing of ‘life’* to allow a less judgmental (“it was bad/shouldn’t have happened”) attitude to prevail – some form of emotional freedom techniques, may be far more reaching than counselling.

6 - *Physically* – gentle chiropractic/*osteopathic corrections* may allow the blueprint to reassert itself to ensure that the potential is free to unfold as planned – birth and gravity are big adventures. Cranio sacral work is vastly important especially in a new born to reassert the potential – and especially so if the normal birth route was avoided. (C-sections are particularly shocking to babies as they were not tuned in to be born/to arrive here).

Currently there is a medical equivalent of “pointing the bone” – being given way too much information. Often of the unlikely, but possible (not probable), maybes. Of dire consequences if not undertaking an apparently needed (recently dictated for/to all) medical intervention. This bullying when vulnerable has been taken to a level unseen of even 10 years ago, in the case of many recently deemed ‘must have’ inductions/ testing/ vaccinations and so on.

Where is mammalian maternity and Leave Well Alone? Following the natural template? Returning to ‘Do No Harm’ and supporting the Shen to support the self is where we could aim in all (especially around maternity) medical engagements.

B - LOSS OF NOURISHMENT

Blood ENERGY is the base or foundation for the Shen.

We are far more likely to take fright/react as though being personally attacked and generally be more 'flightly' when our Blood energy is not nourishing the Shen well.

- 1 - If the **Blood is not circulating**, or
- 2 - is **lessened in quality or amount**, there may be eventually become sanity and or emotional stability issues. This may happen over time, with excessive dieting/ semi starvation, and/or with worry, lack of repair/regenerative time out, and loss of regenerative sleep.
- 3 - Women continually **over-bleeding** with heavy periods, or bleeding, **leaking amniotic fluid** at the end of pregnancy, or haemorrhaging at any time, especially during or after birth – will always create a depletion of ability to sleep well/think / stay both sane and happy.

SOLUTION

Blood is a precious resource.

Always treat over-bleeding as a major problem – it is NOT healthy/normal to haemorrhage with periods or experience flooding, gushing or any otherwise extreme loss of blood.

Blood needs conserving for women to be at their best

(Perhaps see more on the role of the Blood Energy in the body in the following chapters). Good quality Blood energy may be all you need to focus upon to radically change who you even thought that you were.

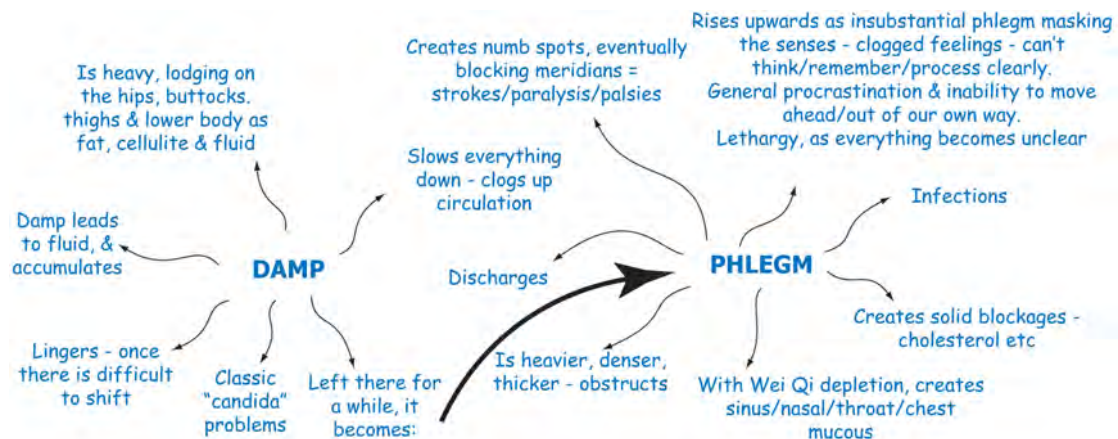
WHAT TO DO - BLOOD DEPLETION

- 1 - *Stop the reason for the Blood loss. (This does not mean stop the cycle. This in itself is merely a major warning sign of a body in distress.*
- 2 - *Stop focusing on the menstrual cycle;* it normalises when your life does. Your period is a report card of your past month/life. By allowing your digestive and nervous systems to return your entire system to balance, you heal your periods.
- 3 - *Take Chinese herbal tonics* to strengthen digestive system, Blood energy & all the body. If you do not, you may well start the following Loss of clarity issue also.
- 4 – Drink much more pure , non chilled water daily.
- 5 - Maybe follow also the *SHOCK protocol*.

C - LOSS OF CLARITY

Often follows on as a secondary effect of the shock and loss of nourishment.

Damp - An acupuncture term that explains what happens when we are exposed to too much humidity – inner when the [Spleen Qi/Yang](#) is unable to keep itself clear and functioning as it should, or from the outside climate – usually being too cold and then damp/mouldy/humid. We make this worse through lifestyle choices - especially when we let the craving for the sweet taste get out of control, and eating, drinking and being [too cold](#) for the Yang to cope.



Phlegm is when the process is worse and actual physical matter is present. Damp energies obstruct. They arise from incomplete circulation and metabolism and eventually cause all manner of potentially fatal complications.

Along the way, few now live and eat well. They avoid a reasonably balanced diet, as they are told that animal fats and coloured salt, and even being in the sun are dangerous. This is all untrue, unproven, and leading us to where we are all in trouble. Instead, eating nothing sweet, few if any fruits – (they are too sweet) – and no foods that convert to sugar within – alcohol though not a food – is a major blind spot for all – and few grains. The food choices of modern Westerners, plus their usually sedentary work lives (all day sitting pools/congests their lymph) is a classic way to create a damp/phlegm life. (Add go this the presence of mould).

We get fatter, hold more fluid, can't seem to get out of our own way, get depressed, get medicated, and gradually feel like we are grinding to a halt. Mucous disorders may or may not be present. No one seems to think of improving the metabolism – yet the [lack of Yang](#) in the body is the driver for all of this bodily discontent. Also lack of bioavailable [iodine](#). See more [here](#).

Often underlying mental imbalance is Candida and gut imbalances – due to the sweet taste running amuck. Diet is a crucial part of all 'disease' states. Eating plates of greens daily does not usually feature in the treatment of any of them. That may well have alone prevented problems from happening.

WHAT TO DO?

We are not only made from what we eat, but what we can do with what we choose to eat. This comes right back to the [Yang Qi](#). Metabolism . . .

1 – Access to more **topical iodine** is essential. See what [blocks this here](#).

2 - **Changing your fuel** may well be the real answer when the body falls over eventually due to the lack of quality and bioavailable ingredients (nutrients)

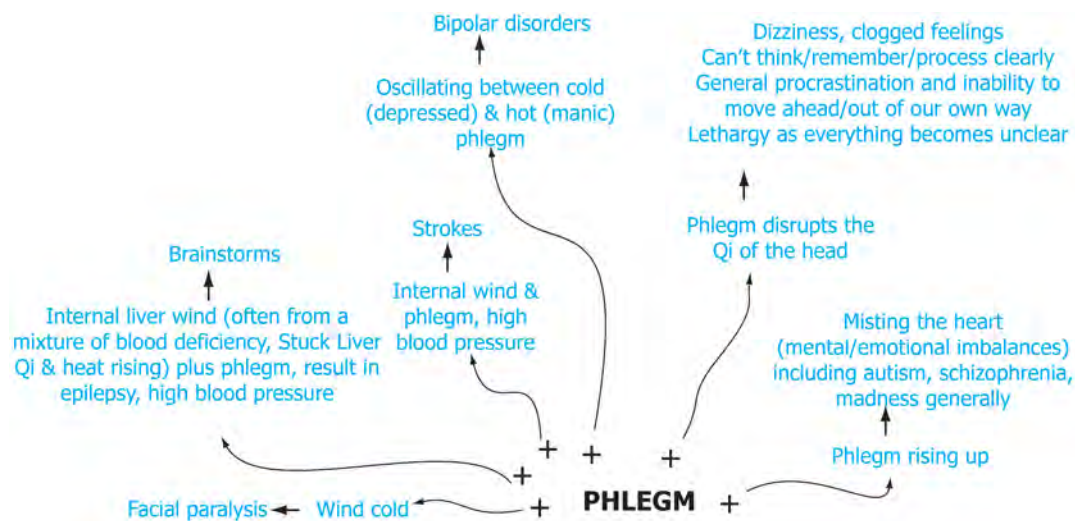
Perhaps watch one doctor finally discover this for herself. (They are not taught nutrition and its role in health).

[Dr. Terry Wahls - Minding Your Mitochondria](#)

3 - **Banishing all chemicals, alcohol, caffeine and all the other ‘soft life’** options that have lead to the lifestyle diseases epidemics.

4 - **Avoid mould exposure.** Get serious about this as it may transform your life.

When we upset the balance of fluids in our body and when the body is depleted in Iodine (many ways) there is a preponderance of damp leading to Phlegm.



Whilst we may be lucky enough to find a practitioner to diagnose and treat the probable underlying thyroid deficiency, most just gradually accept this as ‘aging’.

Medical tests such conditions as cholesterol, arteriosclerosis and various other apparently clogged up and degenerative diseases fail to see that a (natural) simple healthy lifestyle change can return the body to health.

Damp and Phlegm happens as something has insulted the basic engine room of the body - the Spleen energy, or digestive/immune and fluid metabolism/ circulation. When it is unable to support the nourishment process – a great way is to start eating /drinking too much cold and /or raw and/or sweet things.

Damp/Phlegm is a major source of muddy thinking (poor memory, losing what was saying, can't make decisions, and can't think at all – catatonia if extreme) –

Clouds of insubstantial phlegm, perhaps wafting up from a turbid digestive system feed this. (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 when unbalanced from past immoderate and irregular lifestyle/and having stored experiences as yet unprocessed will keep this going indefinitely.

As will living in a damp and often mouldy environment.

WHAT TO DO - PHLEGM MISTING THE HEART ('MADNESS' OF MOST SORTS)

Please note that all states of autism, or altered awareness or inability to respond as expected will have a component of phlegm damp – as by definition – anything that is obstructing normal shows the presence of dampness . .

Although it may not be physical - it creates the exact manifestations of physical presence of dampness.

1 - *Attend to diet*, especially avoiding foods/fluids that create Phlegm (anything cold/cool in temperature or in vibration – as in too watery – anything raw or sweet in taste)

2 - Have a *regular, moderate nourishing food intake*.

3 - *Use digestive enzymes/fermented foods* to aid the assimilation of food.

4 - *Avoid all sugar, sweet foods, fruit* as Candida is a major cofactor here.

5 - *Avoid all substances* that create the gateway to 'possessed' states – alcohol, marijuana and other recreational drugs.

D - LOSS OF GRIP ON 'REALITY' DUE TO HEAT INVASION

Can be due to either/or from **heat creating reckless/rebellious Blood energy**, or through **external invasion**. Heat causes the Blood energy to become super charged, 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. This is because there is a relative abundance of Blood (Heat travels in the Blood) in the body in preparation for the monthly bleed.

Sometimes this can also occur when there is severe Blood loss, and the 'Sick Heat' syndrome is on board. If blood loss occurs when upset emotionally, and if rage/anger is involved, there will be that much more of an emotional component.

WHAT TO DO – HEAT

When upset, we attempt to self medicate and in so doing often distress the body far more. Using alcoholic/caffeinated and sugary substances destabilise the balance of Yin and Blood. These habits can stir up, cycling through further Shen problems.

1 - *Avoid all heating & processed foods, & activities: **drink much more water.** Avoid all sugar and foods that convert back to sugar* in the body all drive the heat – that is also all fruit – anything that tastes sweet.

2 - *Start with your own heartfelt hands – use the [techniques found here](#).*

3 - *Recognise that personal responses are often just that – personal – our perceptions change according to how we feel – and hence the subjective reality we choose to react within can be causing more issues than are needed.*

Maybe start a [mindfulness meditation](#) – and if no group near you – possibly invest in [this self help package](#).

4 - Find yourself a [Maya/Arvigo®](#) and/or [Mercier worker](#) to assist you to undo the women's catastrophes that befall all of us when we put everyone else first. The belly care that you can access to assist yourself and the other wise womanly ways will stun you in their simplicity.

5 - *Seek appropriate natural health care - acupuncture/herbal assistance.*

Take Chinese herbs to calm the Shen – and restore normal balance - especially important if a hyperactive child.

6 - *Life skills needed?*

Seek the online courses Heather has to help you love yourself better.



LOVE YOURSELF BETTER

2 - WHAT WE ARE MADE OF - QI

Qi, pronounced “chee”, loosely translates as ‘energy’, but is far more than what we in the English language consider to be ‘energy’. In all East Asian/Chinese medicine, the body is seen to have many different types and uses of, and for Qi. Our Qi circulates within and around us. Like being our power source.

Spleen Yang Qi Integrity

Transformation/digestion

Moving all from one state to another within your body.
Governs all digestive processing from production of saliva, moving food finally into Blood, Qi and body fluids, and out into urine and food residue eventually into feces



Healthy State

Transportation/circulation

Moving all from one place to another
Controls all fluids or lymphatic movement
Circulates blood throughout the body

Governs ascension of Qi

The pure aspect of every stage is moved upwards via Spleen Qi

Controls Qi in the muscles and limbs

Allows for a sense of “being able to” (opposite of fatigue)

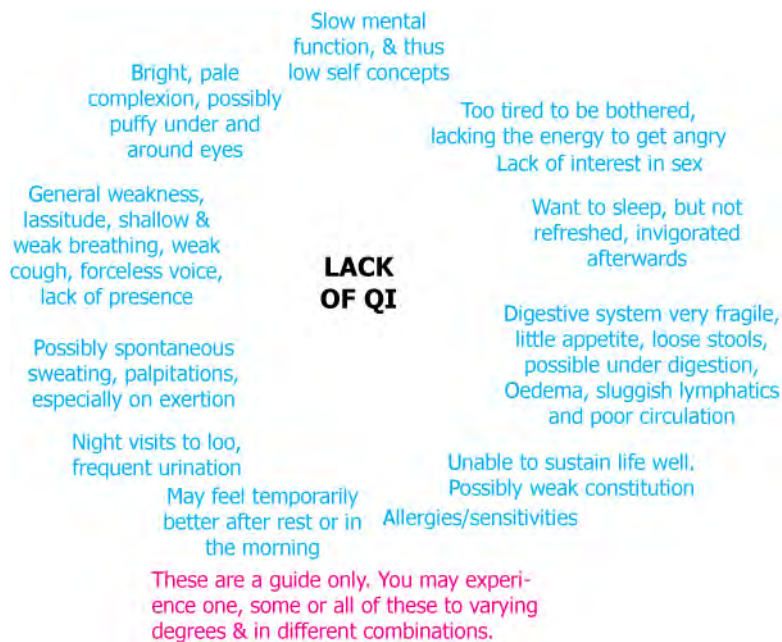
Holding all in the right place

Blood in vessels, fluids in cells, babies to full term and organs and tissues where they should be.

**Governs optimal production & circulation of Qi.
Holding all in place with righteous Qi**

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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. When we lack Qi – we may have some or all of the symptoms outlined below. Usually being diagnosed as having ‘adrenal fatigue’.



This is the case when there is deep body distress. You can see that feeling a ‘lack of Qi’ is far more than being a bit tired/run down.

Winding down . .

Life becomes a lot more difficult and we may struggle to survive. Many may see themselves here. Many may have been told that their thyroid is 'fine'. Obviously having [Yang Qi](#) that is upset is not a 'fine' way to live. It is NOT a consequence of years lived – otherwise known as aging – it is simply a deficiency of the right balance of raw ingredients to live well. This is easily fixed. Using acupuncture terms, it is also totally explainable – how to fall into this pattern, and how to relieve yourself. KEY - always follow nature.

Qi is found within the actual Blood, and also circulates within all the meridians, blood vessels and denser structures. It allows us to regenerate and enhances our being and it allows us to maintain our strong foundation.

Qi can be seen to be divided into two different, though complimentary aspects – we have to call them by their Chinese names - Yin and Yang.

Qi in the body is, as all things are, polarised within the Yin/Yang continuum.

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. 'Male' can only be, if there is 'female' to compare it with. 'Right' can only exist if there is 'wrong'.

Everything that we are aware of has two components. These terms are not designating male and femaleness, but more the sunny ' and 'shady' sides of the hill. There is always a 'dark' for that which we know as 'light'; a night' for what we call 'day'; 'black' for what we see as 'white'.

(Remembering that these are just concepts and are not 'real' physical things).

To live well, thoroughly enjoying life, we need strong Yin and Yang Qi.

Yang Qi

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

**Yang Qi allows us to transform food and fluids,
Yang Qi circulates everything,
Yang Qi keeps us warm,
Yang Qi keeps tissues, organs, Blood and babies in place,
and Yang Qi protects us from all aspects of harm.**

Becoming Yang depleted is a vicious cycle, as we need to be able to maintain ourselves in the face of change – temperature, food requirements and thus we also become YIN DEPLETED. (See below this section).

This is loosely the role our metabolism (thyroid) has.

The most active component of **Yang Qi** is called **Wei Qi**. Wei Qi circulates in the outer reaches of our energy and physical bodies, forming a protective barrier.

This includes the aura and all of our bodies of energy protection. When we are awake, Wei Qi travels externally keeping our pores on the ready and us safe from predators – on all levels - from the psychic attack level through to the immunological and includes draughts and chills. The Wei Qi needs to be replenished, and retreats inside during the sleep cycle.

Anything that wastes Yang Qi threatens the body's very existence. Metabolism, digestion, circulation, immunological integrity, temperature regulation and keeping all structures and blood and organs in place and working well are all dependent upon the strength of the Yang Qi. When under threat the body attempts to shut down the least needed systems.

This can lead to annoying 'health' problems – especially pain and musculo skeletal challenges. When severe, organ systems may start to weaken. (See the body disintegration diagram at the end of this chapter).

WHEN WE BECOME RELATIVELY DEPLETED IN YANG QI

- We feel the cold easily, may have 'low thyroid' symptoms, or/and have those of 'adrenal fatigue' and/or exhaustion.
- We may seem to 'catch' everything that is going around, or not recover when we do.
- We can't digest/assimilate food well, having all sorts of food sensitivities and allergies
- We may have fluid swellings and accumulations, leading into growths of nodules and masses.
- We can't get motivated, we lose our 'oomph', and our libido.

We could choose to live more as our elders would have suggested

TO ENHANCE YANG QI

- Sleep early in the night, awakening with the sun.
- Live harmoniously with nature.
- Exercise – bodies need adequate movement to ensure freely flowing circulation.
- Eat regular, *warm*, nourishing moderate-sized meals eaten in harmonious, calm and unhurried environment. Be happy.

Redeem your good health – Love Yourself Better

TO WASTE YANG QI

- Live with immoderate habits – or irregularity in any form, especially exposure to cold (external or internal) through consumed fluids and foods, especially when very hungry or exhausted.
- Consume damp-producing foods, which slow the Spleen Yang Qi's ability to transform and distil the raw materials eaten into pure essence - anything sweet, greasy, cold and/or raw foods and/or fluids, including alcohol & cola drinks.
- Allow [cold penetration](#) - this directly wastes Yang Qi (Yang Qi's function to keep body warmed). Use cold and ice when directed to – rather than listening to what feels good.
- Allow damp energy to form - either by living or being in damp conditions, or by immoderate eating choices, which in turn obstruct the clear digestive process.
- Become slothful and lethargic (consequence of damp setting in), creating sluggishness.
- Allow any blockage to lodge on any level, distorting the orderly essence transformation and circulation processes.

This leads into . .

Being labelled as having diseases that may have a lot of fancy names - yet when we see what else is going on – look at the list – we will see that looking to the energy model, it covers all of who we are and feel.

WHAT HAPPENS WHEN YANG QI IS WASTED?

- We become **colder**: as though our furnace has forgotten how to do its job.
- We have **less energy**: as more is used up trying to keep us warm.
- We are **less nourished** as we are less able to keep ourselves, as our 'oven' temperature is set too low. We reach for warm and often sweet things to try to warm us up. Our digestive system starts having hypoglycaemic attacks, and we need to keep topping ourselves up, or we get very irritable and we 'lose the plot'.
- **Low blood pressure, low blood sugar and low thyroid** function result.
- **We either become embattled with fluids** as it stops circulating well, and/ or **we dry out**.
- Everything slows. Constipation and general fluid build up everywhere.
- We are told we are '**aging**'.

It is likely that when looking at all of this you will think you have everything - you may well do. We all live in a dynamic balance – and often we exhibit aspects of a little of everything. This is because a problem in the body is never relegated to one system. All is connected.

As the Yang Qi may be affected, instantly an equal and opposite problem will be happening in the Yin Qi. (We are not able to make good quality ingredients) regardless of the food ingested – and the circulation of nutrients dwindles.

WHAT CAN WE DO?

Stop breaking ourselves - avoid all [cold exposure](#) of any kind. As the elders wisdoms were in all cultures.

YIN QI

Yin Qi is nourishing, and is a general category, also encompassing Blood and Jing. Yin being more substantial, more tangible, has more substance - although we are still speaking of a type of energy here. Can be loosely considered to Blood and body fluids.

Yin Qi is essentially about **replenishment and regeneration**.

Yin energy is tied to our constitutional vigour, our inherited energy bank balance (**Jing – see next chapter**)

What Yin Qi does in our body

Yin Qi cools

Yin Qi nourishes.

Yin Qi lubricates.

Yin Qi provides rest and regeneration.

Yin Qi grants foundation, stability and constancy.

When we become relatively depleted in Yin Qi

We get over heated easily, especially 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 them through

WHAT HAPPENS WHEN YIN QI IS WASTED?

(Remembering that BLOOD is a 'Yin' category). **Drink more water daily.** **Avoid all inflammatory foods and sugar/sweet taste** is the main culprit here. That means ALL that tastes sweet. (At least cane sugar IS a food . .).

- ***We become hotter*** and it is as though our furnace is set inappropriately, so we burn our system out faster. It may be noticed that the feet feel warm/ tingly, and need to be kept out of the bedclothes. This is a warning that accelerated aging is occurring, and could be helped. If not neurological degeneration conditions may eventually develop. At least diabetes is likely. Menopause may be quite tricky.

Hot feet and legs at night also may show that there is presence of toxic (especially [heavy metals](#) – where DID they come from?) substances – which a safe effective removal will help – look to [liquid activated zeolites](#)

Hot feet at night needs correcting in everyone as it is a sign that you are wearing out and overheating and this can lead to all degenerative and wasting diseases. It may take decades to happen. Another red light on the dashboard . . .

Accelerated aging – and hence not a good sign, but a warning for quality eggs or sperm – hence great babies . . .

For women

Stop living as though you can do everything.
Your body is showing you that it can't keep this up forever.

If pregnant, or wanting to be:

Stop your dual existence – something has to give. Grow baby/baby-to-be.

The warnings that your Yin (very necessary in transferring strength to baby) is at a critically low level should be enough. If you continue on as though time and birthdays are more important than body condition, you may have to endure expelling baby before due date, or with many other potentially life threatening consequences. Including and not restricted to – bleeding/losses in pregnancy/ premature rupture of membranes, pre-eclampsia, and in severe cases possible stillbirth (not enough Jing to live independently). **Not random or bad luck.**

- ***We are less nourished*** – our entire body & possibly when pregnant, the placenta and thus the pregnancy and the baby is at risk. (Scanning will accelerate this)
- ***We dry out.*** Drink much more pure non-chilled water. Always. (Smoking and excessive sun exposure enhances this well). Desiccation ages the exterior – internal damage is far more life threatening - can be seen in any fever, radiation or consumptive conditions - TB, final stages of HIV, aggressive cancers. A more minor though disruptive issue none the less, women may feel dried out vaginally at different times of their lives - this is a sign that overall, Yin is dwindling and requiring attention.
- ***We become Yin depleted*** – a vicious cycle, as we need *very restful sleep to repair ourselves*. When we most need to rebuild Yin, it is the very lack of it that stops us from sleeping well and healing. Deep, undisturbed sleep is vital at all stages of our life - especially in babies - to develop and mature.

- When Yin diminishes, we become *irritable nervy, & jittery; can't settle, or finish a task*, and we usually perversely *crave substances & activities* that hammer our remaining Yin hard, hastening our ageing and decline. As Yin diminishes – heat and accelerated aging happens.

TO ENHANCE YOUR YIN QI

- Live a regular, orderly, enjoyable life.
- Avoid excessively heating and drying conditions.
- Have adequate hydration of pure, fresh water.
- Plenty of restful sleep, relaxation and 'downtime' to repair

By paying attention to the type of advice all great grandmothers probably dispensed, is to live the ways that showed results down through the ages.

WHAT WASTES YIN QI?

- Inadequate intake of pure water (not fluids in general).
- Excess of hot, spicy, concentrated, salty &/or unnatural over processed consumables & caffeine, alcohol, cigarettes (requiring detoxification).
- Insufficiency of deep, quality rest, relaxation & sleep.
- Living in a continually stressful environment.
- Not releasing trauma, allowing it to fester, requiring precious raw ingredients to counteract it. Life crises/traumas left unprocessed, creating constant emotional energy splinters to fester, upsetting Qi flows.

In addition

Women - having too many exhausting periods/pregnancy attempts/IVF treatments /children close together/working plus being pregnant or when breastfeeding or just being a new Mum without adequate support/rest.

- Over bleeding at any point of the reproductive leakage of life force.
- Conceiving, carrying & breastfeeding children whilst not in perfect state of healthy rested functioning.

Men - over indulgence in ejaculatory behaviour.

Signs of deficient Yin in the body.

THE APPARENTLY FERTILITY CRISIS

The standard /orthodox medical system has no blueprint to work towards, so who knows what they are doing to improve or to worsen their situation?

With no idea of wellness and what keeps an organism working perfectly, fear through ignorance is rife. Of course the labelled scary medical proclamations lead to costly answers – assure you that you ‘need’ to freeze your eggs – that you ‘need’ donor eggs’ – that you ‘need’ to start making babies immediately you’re your 20’s even now- (stressing you out further on all fronts).

Why not just relax and live simpler?

If you look like the picture over the next page – do not even contemplate making babies or attempting egg retrieval – until you have sorted yourself out to become calm and peaceful. Would YOU want to be your baby?

Think on it - what are you gifting another at this moment?

When armed with a blueprint for wellness – support Yin and Yang Qi –

and Blood and Jing – the restoration of normal, healthy and perfect is easy.



You may see yourself here – and it may be that you have been diagnosed with a medical condition – it is not mutually exclusive – you have this as an underlying presence and the medical disease has been shown to currently be also there. If you work on the underlying pattern as on the page above and with the ways to improve – or neglect yourself further - here you have a manual for repair.

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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When told that you have a low A.M.H and high F.S.H. do not panic.

You are at least now alerted.

These numbers are not set in concrete.

They are no more than warnings to sort yourself out BEFORE attempting to make another.

This is entirely possible – but not so when you are in a rush to get to the petrol station on an empty tank – running ever faster to a burn out – and so unnecessary – just follow nature back to loving your body better!

Be encouraged - your body can heal itself and 'un-age'

DO not rush out and go for broke – as though tomorrow was your enemy.

Accelerated aging and panicking is.

Not forcing yourself into a [Jing depletion](#) not then try to hold as not as good as it would have been pregnancy in and to term.

Remember this is the Jing the next person has forever – why not stop and be baby – (not self) focussed?

Much like not going faster to get to the next town on an empty tank is not so smart .

Both Yin and Yang Qi are constantly changing and circulated throughout the body. They are constantly being used and replenished through the physical interactions within the body.



LOVE YOURSELF BETTER

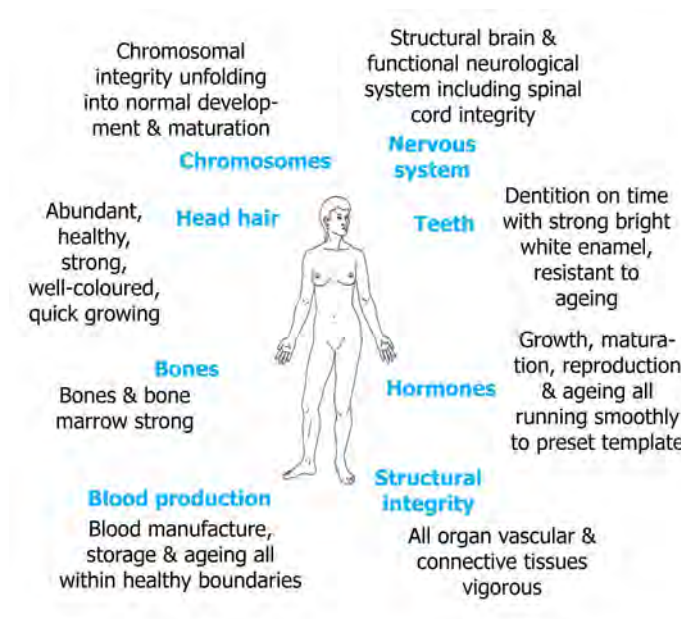
3 - HOW WE ARE MADE - JING

Jing is another Chinese concept that has no easy translation into the English language or concepts. Jing could be considered as life capital. It allows us to be here in a body, enjoying our senses. Jing is an energy concept incorporating the DNA coding, so the egg and sperm are Jing’s physical presence.

Jing is the essential energy building block. It forms the foundation of the Kidney energy, which is itself the root of Yin and Yang Qi (energy) above. Like any another form of inheritance, Jing can easily be spent unwisely, when not adhering to sensible guidelines.

HOW DOES JING MANIFEST?

Jing shows as normal and healthy growth and development. The rate and quality of maturation and development through one life phase to another shows as the unfolding of our Jing. Strong healthy hair, bones and teeth, complete and normal brain and nervous system development and a strong constitution that is able to sustain the being through the various life challenges are all indications of healthy Jing. **How the Jing expresses itself**



Conscious parenting: allowing baby development to unfold according to the inner template,

with a carefree early existence, ensures that the infant will have the **best possible foundation for**

Spend a moment to think of how it was for baby you starting out – how were your parents and their lives? For successful baby making, there are substantial reasons for waiting until BOTH prospective parents are in spectacular states of health and at the peak of potential they can be - as the lifelong health and wellbeing of the one they seek to make is in their hands. The baby’s emotional signature is totally at the will of the conditions present at birthing – the state of peace and Nature expressing itself.

HOW TO ENSURE A CALM PERSON EMERGES FROM MUM?

The current epidemic of distressed, difficult babies becoming very tricky toddlers and growing into very disordered children and teenagers has its roots where no one was really conscious – overseeing the safety of the soul as it anchors into the physical at the crossover fetal – adult circulation. You can see as you go on, just how crucial to the Shen this is. For a life easily lived.

The inherent mammalian programmes guarantee maternal bonding and baby safety on all levels. Gross physical safety in birthing is likely as we all live in an awareness of basic sanitation practices and are all basically well nourished.

Listening to mum’s body and providing her with the sense of inner knowing to do what comes naturally – what the body has been started alone and has been doing perfectly throughout the pregnancy is the key. Leaving a baby within mum until they are both ready for meeting at birthing is the key. Mammalian maternity – pre-programmed and [Leaving Well Alone](#) works.

In all things, the physical body’s instructions are governed by what happens with the energy fields. These are interwoven with the perceptions the individual makes. Survival on all levels beginning with the mammalian fight or flight – form the foundation. These begin at the instant the fetal circulation shifts. Emotional health depends upon the strength of the Shen and how safe it feels. The Shen resides in the heart . . . the heart is where the birth trauma is held.

Consciously using non-violent birthing practices is an intentionally responsible beginning for the easiest life a baby can have. (As outlined by some as [Dr Frederik le Boyer](#) and Dr Michel Odent - www.WombEcology.com) A calm and natural beginning as a mammal and a very bonded primate through mum and baby’s hormonal highs – the safest start Nature provides.

Jing encompasses all that allows us to unfold our template as humans. The quality and quantity of our Jing carries us through our lives. It is not just genes . .

What else is influencing this life expression?

‘Karma’ (Personal & family energy patterns) **DNA (genes)**

(More ‘Yang’) RESONANCE

(More ‘Yin’) STRUCTURE

Our culture, considering the mechanical aspect as being the only tangible consideration sees the genetic inheritance only through the physical manifestation of the '[Jing](#)'.

Aging can be considered a gradual transformation of Jing into wisdom. The resonance/ energy component is that which could also be called the spiritual/ karmic aspects of self. This also includes the encoded patterns carried down through the ages via our 'family' line and our own personal soul history.

JING – OUR INNER BANK ACCOUNT

If you are at all concerned about making a better baby naturally – please pay very close attention. This is totally real, understood by those whose livelihoods are dependent upon making the best – in the garden, on the farm, or in any breeding pursuit. Those with vested interests, and/or who have money to be made by not following nature have come up with all sorts of excuses – none of them very valid – to have you believe that you HAVE to ignore quality as time is against you.

The quality of the time in a body (a 'life') is determined by the strength of the individual's Jing. Life capital, deposited at conception, is our Jing. It is inherited as a potential source of great riches, from the combined parental lineage. Jing may have been allowed to unfold calmly within our early formative years. If it is nurtured well, the parental great start as responsible care and attention (especially before conception) pays dividends later.

How well we have looked after ourselves, and our Jing shows in the variable rates of aging. This is due in part to the amount and quality of reserve essence (Jing) that can be called upon in crisis. We all start from different beginnings. We could see this as different starting lines in the race of life. This is another reason to totally ignore the idea that we all age at the same rate.

Aging is partly dependent upon the quality of our lived life experience, and partly on the rate at which we drive ourselves. This is not a pre-set metabolic and regenerative process, ('genetic'). 'Genetic' is itself tied into the EXPRESSION of the genetic potential. What lies on top of this is even more important – and this is where the toxins and the stressors of life show up.

We see that the time inside mum being grown in the pregnancy as being crucial to that being's rest of life. Mum determines the quality of life possible in her pregnancy, of her child forever. Once born and independent of her actual direct influences, what happened to us is still being felt.

How sensibly we wisely store our Jing (inheritance), or how fast and furious we run our capital into the ground is up to us. Aging then happens slower or faster depending on our life choices and responses.

If as adults we choose to live moderately, it is likely that we have been able to live easily, healthily and well, able to adapt to all life's challenges, slowly wearing down the store of Jing, eventually wearing out and dying. If however we choose to live in the 'fast lane': choosing an 'exciting' life by burning the proverbial candle at both ends, we will wear our Jing and ourselves out in a quicker pace.

When trying to become parents - we may find ourselves NOT conceiving a well pregnancy leading to a healthy baby – as we may find that we have ‘spent’ what was to be handed down . . . Whilst the medical profession talks about ‘age’ and medical conditions the real problem – what is left over to GIVE to the prospective baby – is ignored.

OUR EARLY LIFE EXPERIENCES CREATING REALITY

The closer we are to the point of conception – the setting of our Jing standard – the more life experiences impact upon us. Western medicine is beginning to see the new science of epigenetics as having immense importance to whether the genes even express – and how well. Perhaps look at [this lovely presentation](#).

We can see that the earlier that a toxic substance is introduced to a fetus, the more disastrous is its impact. During our in utero lives, we are subject to all maternal mood swings, as we live in a sea within her. All biochemical and hormonal surges and tidal flows, affect us as they do her. Her Shen is carried within her Blood, and we, whilst containing the genes from both parents, are very finely tuned into her essence. This means that her responses are our beginnings, and as a default setting, shape us in our formative times.

The time in utero and immediately after birth have crucial affects upon a vulnerable soul. In the cross over time between being nourished and supported by mother’s blood stream, and becoming a separate unit, the home of the Shen – the heart - undergoes a colossal shift. Fetal circulation allowing life changes to independence. Nature sets up the mum and bub for a lifetime of bonded peaceful loving. Leaving well alone to find its own timing is best. Any distress felt at this time will be embedded in the new being – for its whole life.

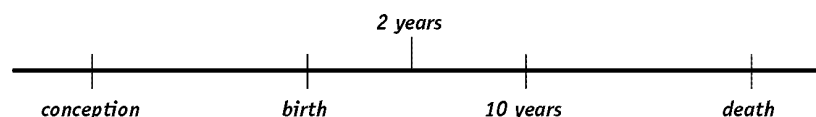
The first moment where the person starts breathing is a major time in a person’s life. Anything that upsets this process can be seen to irreparably harm the forming personality. The shock of HAVING to be forced to take a breath – when the [umbilical cord is clamped](#) too soon as an example – creates undue catastrophic patterns to be set in motion.

Whilst not obvious in gross pathology – of course the baby is alive - changes happen. Maybe also see [Birth Psychology](#) for more.

This has been noted by those who follow [Lotus Birth](#) principles and in work from both [Dr Michel Odent](#) and also [Dr Sarah J Buckley](#). Shivam Rachana has an entire book (Lotus Birth) on this – [see here](#).

One of my teachers, an elderly Chinese herbal doctor, Dr John Shen, formulated a framework that may assist in the understanding of the importance of our early experiences of life.

He was a magnificent healer who developed his own system of pulse diagnosis based on his life observations. His entire framework is easy to follow in daily life as it follows what really happens. He maintained that the impact of influences was inversely proportional to our chronological age at the time they happened.



The **first third** along this line covers the period from conception to birth. As we are developing our blue print at this time, anything that affects us, or our mother impacts upon us tremendously. Awash in her hormonal sea in utero we are at the mercy of all physiological or emotional responses. How she perceives the world is our unconscious template for normal - one which we may find ourselves recreating 'to come home to' for the rest of our lives.

The **second third** covers the time from birth to 10 years, with the midway mark of experiences that impact upon us for our entire life being at the age of 2 years. This shows how our early lives, and our relationship with our mother affects us.

All of a baby and young child's reality is framed through the lens of mother's perception. If she is of calm demeanour, able to rise to the challenge of distressed babies and difficult life circumstances and if she is able to adapt to her new life as a parent, our early lives may be safe and stable.

The **last third** of the influence of situations on our lives covers the period onwards from 10 years of age. Hence when a person seeks assistance for a 'problem' in adult years, knowing what happened in their early lives may be of great use. If coming from a regular, safe happy and orderly background, the individual will probably strive to return to this in their adult life.

OUR CULTURAL INHERITANCE IMPACTING UPON THE JING EXPRESSION

The time in utero begins the template, the childhood years will enforce this and supposedly we recreate this in our adult years. Our blueprint – not genetically as this happened at conception – but how we respond in the world is now being laid down. (Epigenetics).

If mother is calm and peaceful; if she listens to her body and rests/eats/exercises when she needs to, we are likely to be allowed our graceful growth towards independence and birth. If she rests enough, if she takes time out to explore what the changes will mean to her and if she is nesting and ensuring the partnership she has with our father to be founded on strength and respect, we are likely to be well looked after.

If she is a 'nervy'/excitable or otherwise 'yin deficient' sort of woman, she will no doubt impart this quality within baby. We are at the mercy of all her reactions – on the biochemical and all other levels; she is actually making who we will become from the potential that the genes initially gifted us. Her choices of nutrition /hydration/inner pollution and state of mind/being/happiness all change the genetic inheritance.

If she becomes upset or is very stressed regardless of her usual disposition, we will be affected. If she is shocked, so will we be, as we are totally at the mercy of her reactions on all levels. If she is in any way in danger, or perceives herself or the pregnancy in danger - especially leading up to birth, (particularly being exposed to all the awful possibilities everyone regales her with) she is likely to be less able to nourish baby through the placental flow as she is so stressed.

'Do no harm' here – means allow nature to unfold in peace.

I write this as a healer of nearly 40 year's experience – and a mother of 4 aged in their own twenties, thirties and forties, with over 35 year's experience teaching healers. Watching what is happening to the young mothers, I wonder how on earth I am to help them and their babies as they have 'bought a lemon' – the apparent safety of having a surgeon on standby to save them from birth pain – it means baby is NOT offered what Nature would have guaranteed for her/him – a bonded mammalian maternal love attachment.

We have all been through the birthing process, and many of us have then gone on to birth our own children. During this current time in our culture, we seem to be fixated on pain avoidance and in 'safety' – especially for the hospital staff, rather than the intactness of the maternal - baby bond.

What is written here to my knowledge has not been published

Below are notes from the late Dr John Shen's 60 years of observations – taken from personal notes in seminars attended in the very early 1980's in Sydney, Australia. It is here to show you how you can alter the template that was supposed to be for your precious baby. Play 'safe' according to the medical fads of the day at your, and your baby's peril.

My suggestion is to always follow Nature

Seeing this laid out, and undoing what has led you to here - how life unfolded/happened for you as the vulnerable being you were/are shows what you may do to rescue yourself/undo your own blockages towards wellness and a more lightness of being.

As a fetus we are compromised when/if our mother is upset or bothered. We may go through our lives branded through the birth we had to have – whether due to the insistence of the dominant birthing culture in most western countries or something really untoward that occurred as we were birthing, the result tends to be the same – we are alive. And indelibly branded.

Possibly we need the experience to live out our soul script – whatever it is . . . but – can we not at least choose consciously to birth and rear children more gently?

We would all gain from this.

DR JOHN SHEN'S 'HEART' (HOUSE OF THE SHEN) PROBLEMS:

The termination of fetal life – and the instant of separation/independent life can be seen to have far-reaching consequences – as it shapes the personality's development. Left alone, as all mammals are, the cord would give the life giving blood back to baby – and with it – the Shen that is stored within, the life giving heat, and the stem cells (instead of handing them over to vested interested).

Baby is safer, and would not be in a dazed state having lost possibly 1/3 of his/her breathing resources in the hasty and ill advised manner. Mm is not likely to get a leakage of bub's blood back to her bloodstream, which may kill her (the pressure as the knot stops bub's blood return – all the while – she is trying to pump it away – through the cord knot.

Below you see how it happened (etiology) followed by how we feel/see it (the manifestations). If you do not understand all the terminology - it will come up later in the text.

1 - HEART QI XU (DEFICIENT)

From constitution or life experience

Signs and symptoms

Tends to be anxious with stress in both types
(whether from constitution or from life experience).

Anxious even without stress and pulse rate changes easily
(Pulse shows lots of change with movement)

These are primarily seen as [Heart Blood Xu](#) in TCM although this is secondary

2 - 'HEART TIGHT'

Either from [excess heat](#) from Liver/Stomach- Pericardium (often shock related), or from deficient (static) heat from 'heart overwork' (i.e. attempting to overcome the small stagnation from the emotional shock).

Signs and symptoms

Constant worrying and tension

Racing mind

Inability to get to sleep

Occasional left hand side chest discomfort

3 – ‘HEART NERVOUS’

Yin and heart deficient - causing Qi and heat to be unstable, and to be a bit small.

Often constitutional dispositional from worry and ‘heart tight’ over a long time.

Physical trauma (more often at birth) - sometimes in utero.

May not have physical signs and symptoms as the body (i.e. the circulatory system) has absorbed it.

Signs and symptoms

Easily fatigued especially in the morning on waking

Sleep restless marked by frequent waking

Occasional palpitations

Often and frequent disturbing mood swings (roller coaster mildly out of control)

Relatively mild nature, with increased irritability - look at them- they are usually thin and nervous.

Two types of ‘heart nervous’

Prolonged worry and ‘heart tight’ feel nervous - most of the time.

Pulse slightly rapid 80-84 due to shock – more serious rate change at rest with no missed beats.

4 – ‘HEART WEAK’

Blood of the ‘heart weak’ with some subsequent ‘Heart Qi Xu’.

Prolonged heart weakness can go on to become PHYSICAL heart disease.

From Heart Blood Xu (deficiency), Kidney Jing Xu, Spleen Qi Xu, and/or excessive Blood loss over time. Also from constitutional heart deficiency.

Signs and symptoms

General feeling of weakness and numbness

Blood Xu and diminished circulation

Depression

Poor concentration and forgetfulness

Sleep pattern is OK for a few hours, then awake and can’t go back to sleep

Usually tired in the morning

5 – 'HEART CLOSED'

Qi can't get in, trapped in the muscle. Shock has blocked it up.

From emotional causes usually in childhood

Sudden loss of a parent, or of a heartfelt connection.

Heart that is nervous over a long time.

Physical shock to the chest.

Signs and symptoms

Vengeful and spiteful

Chest pain. Needle like and fixed is more serious than sensations of oppression.

6 – 'HEART SMALL'

From the umbilical cord around the neck, head outside and not breathing.

Shock - arteries constrict and deprive the heart itself of Qi and Blood = Blood stagnation to the arteries.

Heart is suffocating – due to stored shock.

This is true heart disease (coronary heart disease in western medicine).

Signs and symptoms

Unexplained and unexpressed fear

Night terrors

Easily startled

Shortness of breath

Hard to inhale Palpitations and cold extremities

Chest pain usually needle like stabbing also radiating to the left shoulder & arm.

7 – 'HEART FULL'

Qi unable to get into the heart.

Prolonged from birth - head inside, more serious than very profound repression of emotions when very physically active. (Hence this is super serious)

Will result in an enlarged actual heart organ and hypertension much later in life.

Signs and symptoms

Always tired, regardless of rest

Little energy

Rather depressed

Emotionally labile and unstable

Hot tempered & easily angered (without provocation),

This is more severe than heart weak /nervous.

Entire body is uncomfortable.

Difficulty breathing out, less problems breathing in.

Discomfort lying on the left hand side will eventually go to 'Heart Large'.

8 - 'HEART LARGE'

From high forceps

Excessive sedation (All have a profound effect on the nervous system)

Caesarean section

Premature induction

Also constitutional Heart Qi Xu

Heart full prolonged

Rheumatic heart disease

Child labour, pre-adolescence with malnutrition

All worse with chronic repressed anger

Signs and symptoms

Extreme shortness of breath especially on exertion

Difficulty breathing flat or on the left hand side

Chronic chest discomfort

Easy and extensive fatigue

Maybe hypertension

9 - HEART DISEASE

Approximates heart failure - from constitutional predisposition

And/or work beyond energy in pre-adolescence

And/or extreme abuse of drugs including alcohol and cigarettes

And/or severe emotional shock to the heart in early life

And/or repressed anger

Signs and symptoms

Same as 'heart large' and 'heart full', but more pain and fatigue

Coldness of limbs and body

Shortness of breath and spontaneous cold sweats

Pitting oedema

Poor concentration, forgetfulness and palpitations

Numb upper limbs

Suffocating heaviness in the upper chest

WHAT DOES ALL THIS MEAN?

We are not paying attention to what directly influences life. Labelling eventual physical conditions and looking for syndromes, rather than undoing what created the disorder leads to a helpless hopelessness that often pervades medical knowledge and services.

Being conscious at the right time of life would be most helpful. Having a *baby centred birth* would assist here. Various writers have pointed this out over the recent decades - and as most mothers would have witnessed – a natural easy vaginal birth usually gives a happier baby than when she has a traumatic and/or medically interrupted birth. Being born safely is more about a connected mammalian gentle bonding with exultant mother. Not so much arriving alive at the end of the dramas created to utilise all medial technology and services.

Mammals just birth in the dark by themselves Safely as a private and intimate adventure

An intact mother – baby bond from being as primally birthed as possible as this is the key to the person the child becomes (the first two thirds of impacts that ever happen to that person do so on mum's direct watch). Dr Frederick le Boyer started a process with 'Birth Without Violence' in the early 1970's.

This was followed by the water birth phenomenon and then the Lotus Births, and the general (especially homebirth midwifery) attempts to keep mum and baby in as near to natural /mammalian conditions as possible. Dr Michel Odent the French obstetrician, and Dr Sarah J Buckley the Australian doctor and homebirth mother have also extensively written and travelled espousing these views.

Looking to any birthing statistics, home birth and women centred care provides babies with the calmer outcomes.

Mum being cared for as a birthing woman undergoing initiation into the deeper women's mysteries and completing her own inner work to lose her previous precious princess self. The maternal selfless sacrifice is very necessary for the good of the newborn. Both of them can't be competing for the same resources.

Whilst subjective maternal enjoyment and ecstatic birth seem far removed from our current decade's birthing focus of 'risk management' and 'best policy', when enjoyed, they lead towards much safer baby beginnings. As we can see from looking through Dr Shen's information, most of us are branded/already 'damaged' when we are born.

This is at the time when the physical is focussed upon – but the emotional and the energy importance are being medically overlooked. No-one seems to be baby centred enough to spot this. Mum and dad are usually focussed on new being – whose nose etc they sport, and that the hospital has done a 'safe' delivery.

BUT - does baby have a blue mark/line on or above the bridge of the nose?

But what about how baby really feels – granted when little we cannot say – but it is obvious through watching many young beings that they are NOT happy. Gentle cranial work done by qualified osteopaths and chiropractors can make an astounding difference to babies who lives appear to be sheer misery.

What to do we do once trauma has happened?

Maybe you are reading this for yourself as an adult. Or with a baby - home with mum; being difficult – screaming/ not settling/having colic /reflux/being generally shocked and not happy.

Try to assist the being as much as possible. An inconsolable screaming baby HAS a problem – it is not itself THE problem If mum is saying that there is a problem, there more than likely is one. Western medicine has no tools for this, as there is no disease state YET – the disorder is still in the energy levels.

The new being needs un-shocking – **vibrational essences** designed specifically for this (see www.roseofraphael.com.au), which even placed on the heart chakra, rather than taken by mouth, may have instant calming results. Other vibrational remedies may be used - I have found Kaliana's to be exceptional as she has targeted to date 10 different states around conception/birthing and sexuality/ reproduction generally. I have found other systems, like the Bach Flower Rescue or the Australian Bush flowers, whilst great in general – to not target where it is needed here.

On the physical level, having **gentle osteopathic/chiropractic work** done also helps relieve the baby of its trauma. Colic, night terror and unhappiness in general may all be assisted here.

Become active in your own sphere – with relations and friends – and politically in **trying to halt the damage** (Dr Michel Odent has covered this well through looking at the statistics – see www.WombEcology.com)

If you see yourself in these pages, if you are concerned about it as an adult – take heart – it all probably has made you a person who eventually will be less judgemental and more compassionate - at least for yourself, as there is no such thing as 'perfect' – except as the best you can be.

Start your inner healing journey today, rather than spending any more time trying to find a label for the un-wellness you may have felt all your life . . .

Impact of life influences

Beginning life with relatively poor quality Jing through having elderly or ill or traumatised parents, or by enduring a difficult gestation may be a gift as we HAVE to know how to look after ourselves very well – little margin for error.

Those with what could be considered top shelf genetic inheritance may waste this opportunity as they have a larger margin of error to play with and in, before the signs and symptoms of ill-health let us know we are being self indulgent and self destructive. Those whose hold on life was more tenuous learned young that following regular life habits netted easier living and so may actually be more wise with their ‘life capital’.

When we leave home and start doing the usual things, we can either follow the blueprint that they provided, or start a new set of /normal ‘ – binge drinking, not bothering to eat/sleep etc - all have their consequences. Squandering a great constitution is often the only way we learn to look after ourselves - although it may be heart breaking to witness from the side-lines as the observer parent. From birth we with our parent’s guidance live within the parameters that see us growing well and to our potential.

Ideal Situation:

28 for women (4 x 7)	49 (7 x 7)
32 for men (4 x 8)	56 (7 x 8)

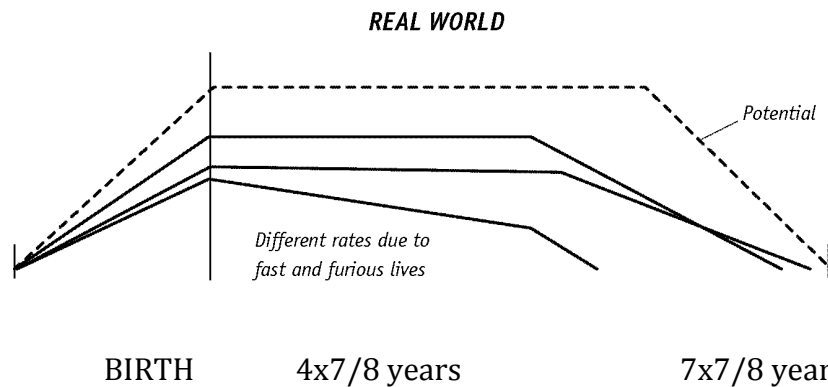


- We grow well and in a stable home.
- We make our own way in the world
- We start replicating ourselves around the time we have reached our biological peaks.
- We start slowly dwindling around age 49/56 years.
- The rate and speed is determined by how well we lived before.

This plateau is based upon the 7 and 8 year cycles that govern the Jing expression as women and men. It is in part dependent upon our life experiences, and whether we live off our interest or squander our capital before we reach our potential life span.

To live well, maintaining our plateaued constituency, thus allowing maximum health and vitality – we alive stable lives.

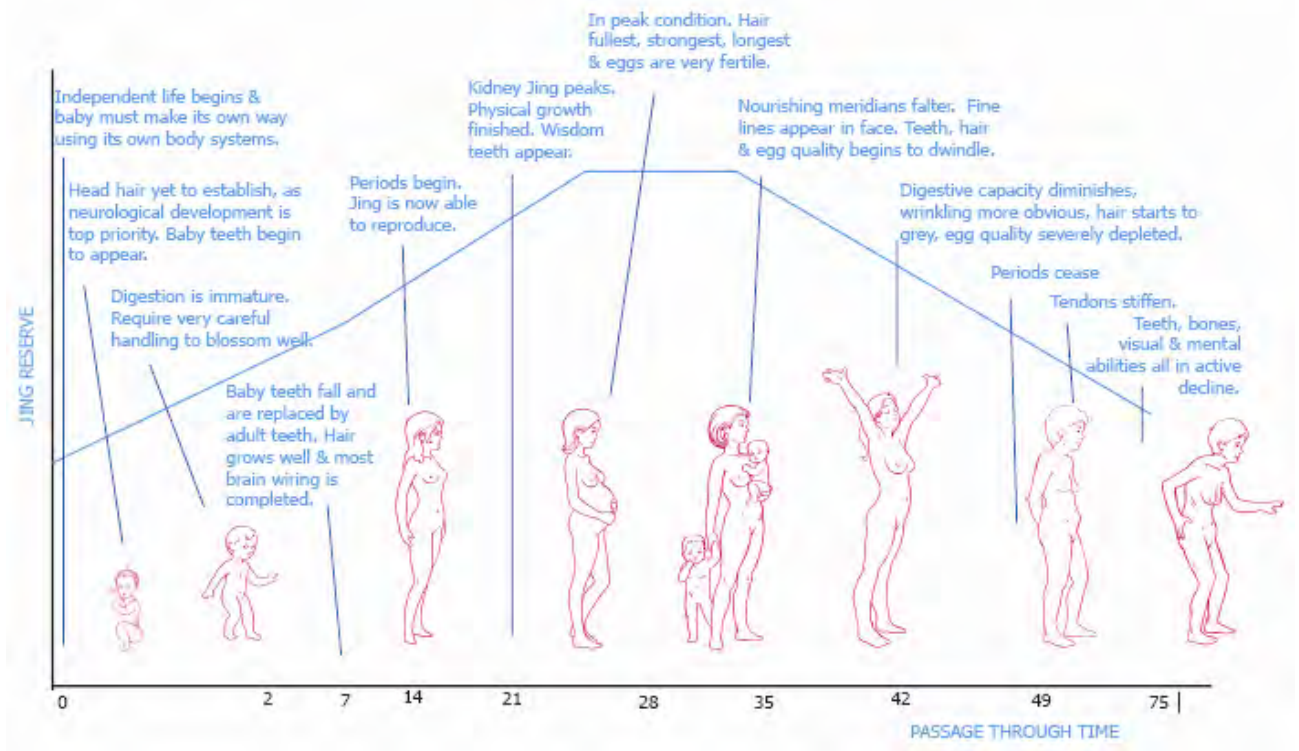
BUT - what tends to happen - *ideal* is the dotted line.



Should we follow fairly sober life habits, we can greatly enhance not just our present quality of life and that which we bequeath to our children, but also greatly improve our life quality into our 'golden' years. Ideally we would be regular in all habits, allowing the Jing to express itself through all developmental stages in an orderly fashion.

The different solid lines show how we could in 'going off the rails' as a teenager or young adult, really alter the time and the quality we have here in a physical form.

As women, there is a progression with optimal ages, where unfolding of the Jing occurs. Women have a seven year cycle – men an eight. This helps explain why girls seem to develop and mature faster than boys – and why men seem to go gray and age a bit behind them. Although there may be a little variation due to quality and quantity of food/physical safety etc, we all carry this encoded within.



By the age of **7 years**, relative stability of being here has been established and the physiological maturity of the digestive/circulation/and nervous systems have developed to where they can sustain us. Once the physical body has grown sufficiently to almost adult size, the Chong and Ren meridians (see appendix) have become filled up and eventually overflow. The Ren (conception vessel/sea of Yin) and the Chong (sea of Blood) meridians spill over creating the menstrual cycle. (See appendix).

This occurs at **around 14 years** (slightly younger in our culture due to excess nutrition) depending on the body's previous genetic and lifestyle history, the regular storage and shedding of Blood can be regular, painless and automated or chaotic and disruptive on the girl's life. In a sense each monthly period is a report card of how her body, and she, is coping with living.

By 21 the body is in full operation capable of birthing & rearing many children.

At 28, supposedly with sensible living one has laid the foundation for a healthy long life. Perhaps life situations have intervened and the person has fallen short of their genetic potential wherever they fall on this line they can maintain, by sensible living, until the gradual dwindling that begins after 7 x 7 for women (49) or 7 x 8 (56) for men.

If we persist in running superwoman/better than the boys (not honouring our bleeding), we will not only fail to reach our intended potential, but sell ourselves remarkably short for our later years. Similarly if we persist in giving our all of ourselves to others, an accelerated rate of decline will reflect in our 40's and beyond as premature ageing, and difficult menopause.

At 35, hopefully we have worked out that we are the most important people in our own lives. Depending on our genetic inheritance and how we have lived ourselves to date we will be feeling lustrous and zestful or world-weary/world-weary.

At 42 - body is starting to return to self, from producing & mothering new lives.

At 49 - there is now a relative shortage of Blood and Yin in Ren and Chong meridians (see end of this book), hence menstrual bleeding dwindles and ceases. This should be completed with a minimum of fuss and bother.

HEALTHY AGING

This 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. How well 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 here in a body.

As we age, life experiences affect us less, as we have developed 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.

The Kidney Qi (energy) in our body supplies and moderates all aspects of everything that keeps us intact as a physical form. It is the source of our Yang (metabolic) and Yin (regenerative) energies. The strength of these is a measure of the quality and quantity of our Jing - itself underpinning our physicality, which is stored within the Kidney complex.

How we appear to others is a projection of the health and strength of our Jing. The strength and healthy life of our hair, bones, teeth, our mental stability and intellectual capacity, our easy reproductive histories and our own rude good health are all indicators of the strength of our Jing.

Our rates of aging – along with rates of metabolism and of reproduction are all held in the 'hormonal' areas within the brain and spinal cord. (These being governed by the Kidney Qi). They can be totally influenced through life choices, not preset by 'genetics' (the absolute possibilities) -- but what we do with ourselves – how we let the genes express if you like.

Eventually the strength of our own reproductive vigour and the rate of our gradual decline (aging) are all measures also of our genetic inheritance, as influenced by our life and subsequent choices.

Disease and wearing out then become totally in our own hands - not a matter of luck at all. One's store of Kidney Jing and Blood should be sufficient to nourish one without drama until the eventual decline of the physical structure. In other cultures and at different times, where physical survival was a constant battle against the elements and warring tribes, this ageing process was completed more rapidly.

In such cultures, in order to maintain the population, child bearing would have begun at puberty, mothering well established in the 20's, menopause in the 30's and possible death in the early 40's. In our times, we are generally well nourished, in safety and comfort, thus our life span is lengthened. It is the quality of our lives that is the issue for us, as living in civilisation gives us the choice to totally go against the natural laws, supposedly with impunity.

Evidence of physical ageing that is depletion of Kidney Jing shows in the deterioration and eventual loss of teeth, hair, bone structure, mental acuity and youthful complexion.

Paying scant attention to our state of Jing and Blood, especially allowing the over-bleeding and constant non stop activity, without thought of self care, wears

women out. This gives a difficult ending, often degenerating slowly and medically apparently unluckily, over decades.

HOW WE CAN CHANGE THIS - PIVOTAL TIMES IN A WOMAN'S LIFE

Dr John F Shen - the same Chinese herbalist mentioned above saw that a woman's life can be marked by four life changing events.

- Puberty
- Onset of sexuality/social and sexual independence
- (Originally marriage – move away from family of origin)
- Pregnancy
- Menopause

At these times, our [Kidney energy](#)/hormonal repercussions create a window of instability. We have, at these stages the capacity to undergo immense healing in resetting our inner calibrations to more harmonious levels, or to undergo massive upheavals and emerge relatively chaotic to ride through the remainder of our lives in turmoil. To honour self attending to our inner work at these times of initiation of life force changes would give life long benefits.

Life changes occurring within the internal Kidney energy structures at these times create far more disruption than at times outside these events. For example a parental death or marriage break-up at puberty: a shock, betrayal or accident around the time of establishing self within a couple, immense external stresses around child bearing and lactation and at menopause will all unfortunately disproportionately disorder the woman for the rest of her life.

Conversely, each life marker is a time where incredible inner healing could occur if attention were paid to the inner mortgage, the inner opportunity for re-working self. We get to potentially remake ourselves!!!! (or not)

CONSEQUENCES OF LIFE CHOICES

These may last forever - although they are not even noticed within the dominant medical model our culture runs on. Looking to the impacts and the pivotal times in a person's life, along with the presence of the repeated and even just one, shock that is generated before and during when we are the most vulnerable birth -- we can start to understand why life is just not that easy for some of us.

Also that taking a pill to mask a symptom of that discomfort doesn't really work as we would like it to. Having some of the framework Chinese medicine works within, we now turn to look at health and what upsets this.

You will see that it is not about disease entities but why your body did not rise to the occasion and carry on imperfect health - without stopping to play in disease states. To move (heal) out of where you are means a change in what you are doing and possibly what you believe to be 'real' . .



LOVE YOURSELF BETTER

4 – HEALTH ENHANCEMENT/PREVENTING ILLNESS

So far we have investigated the Three Treasures. I will speak in depth of the [Blood energy](#) soon – and the role the [Liver Qi](#) plays in keeping all freely flowing.

Firstly we must turn our attention to the innate ability we all have to smoothly negotiate our way through living on the planet in health - our ability to adapt to change. Although modern medicine may not yet acknowledge this, in all traditional culture and in Chinese medicine, 'emotional' factors is listed as one of the 3 major causes of disease. Stress kills. See [more here](#).

Anything that stops the body's ability to work properly weakens its ability to protect itself against 'marauders'. The bugs are just opportunists – the body has to be weakened for anything to be allowed to enter. Continued presence of wrong energies within (after an invasion of external factors, or of internal upsets – inner climates – emotions) sets this up.

It may be a massive shock that throws us into diabetes 1 – or a series of life traumatic incidents or small grievances that has us getting depressed or violently angry, overly happy or grief stricken. Inner imbalance then allows aches and pains to flourish . . . Or perhaps it is just that our immune system may not notice that cells are dividing differently – and hey presto!!! cancer – and anything in between.

We all need sleep to heal. Rest to regenerate. The nourishing Yin Qi must be strong enough to have the reserves present and ready to be activated when required. Living restfully with no unresolved issues; living in moderation and feeling balanced and at peace with the world, and having had a stable early life, we may be internally flexible/resilient enough to ride any crisis.

When not so, and if food/sleep and touching/loving /laughter inputs become less than optimal, we may lose the ability to heal spontaneously. We are then less resilient. We may then succumb to illness; as we become unable to adapt to the changes wrought within. Low immune system functioning follows. Psychic & other energy distortions/disturbances/external climates /perception of physical damage all affect our ability to be/stay in charge of our physical vehicle. Our protective services and defence are the key to being a well person.

Physical physiology is geared to a process of homeostasis. The automatic and immediate self-correction back to a default blueprint setting allows us to exist within the changing moods/ tides of the physical world. Anything that upsets our inner equilibrium then allows what would normally wash over us to stick around and to fester. Not adjusting back to health is a great way to then 'catch' problems then labelled diseases.

What do we have in our own arsenal? A particular type of Yang Qi protects us. This is called Wei Qi (energy) and works on many different levels. Wei Qi circulates through the muscle and superficial layers of the body and energy fields, in a constant tidal flow. It has to retire internally at rest, to be replenished as part of the overall sleep /recharging cycle. Sleeping, the body is more

vulnerable than when awake, as whilst the consciousness is in 'sleep' mode, the defensive Qi is also not so alert.

Thus 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 wilfully weaken the amount of Yang that will be available in times when it may be very necessary. We may find ourselves awoken to a snuffly nose, a freshened case of flu or a wry neck or possibly, a case of Bell's palsy to deal with. The answer to healing then is to remove the source of the trouble – the cold that has been 'caught'. The invasion of the external climates – cold often driven in by wind/draft sets up and drives the physical conditions.

HEALTH – THE ABILITY TO ADAPT TO CHANGE

Chinese medicine shows us that there are two major 'causes of disease' or what stops the ability to adapt to change. They are the influences of the '**emotional**' (what is not expressed and becomes an inner climate – of repressed/bottled – or wallowed in feelings) and external '**climatic**' factors – often from unnecessary or unthinking exposure to the external energies.

Once this is understood, regaining health is easy – become happy. Past needs/ attachment to personal outcomes, and the suffering when things do not seem to go the way we want, can become a lifetime journey. This usually means a lot of soul searching and transformation as all of us are carrying vestiges of our lineage inheritance - in the form of old expectations/ values and beliefs that are no longer (as if they ever did) serving anyone.

There is also a minor classification – '**miscellaneous**' which covers all the things like *bugs -bacteria/viruses* – (all those nasties that can only take root if we are weakened as above), *accidents* – again were we totally conscious they would be unlikely to happen. The presence of *geopathic stress* – high tensile power lines, the leylines and other energetic disruptions in the environment and *spirit possession* (what our culture pretends does not happen) – but is very present in the Tibetan medical framework as a very large component of problems – along with karmic /passed down through the past/present consequences of actions /thoughts).

There are others though this is outside the scope of the present work.

Regardless of what specific condition you have been blessed/graced with – and irrespective of what the future has been set for you through medical diagnostics and prognosis – all of us have an individual reason for 'catching'/being afflicted with to whatever it is, and at that time.

Your job is to trace back and work out why you and why then – and then undo what happened to heal whatever stopped your body from sidestepping/avoiding this.

Not everyone exposed to anything 'catches' it – so why did you? This is an active occurrence not a passive statement. Likely something upset your Yang Qi and lead you to where you could not resist illness, as too much else was happening at the time. It may be that one thing or a combination of different ones led you to

not being able to be resilient, and reverse out of the current dilemma and thus not heal. What happened in your life BEFORE you got sick? There is the clue.

Your Yang Qi works tirelessly for you. What did you do to weaken it? What did you do to ignore body warnings to rest? What constant strain did you redefine as your new normal?

Looking to the major disease provoking influences

Not being strong enough to overcome all changes is the key issue. This one piece of information now empowers you – you can change yourself. It is not about luck, or your genetic good or bad fortune, but how you live your life and how you tend yourself. Look to what happened in your life BEFORE whatever got your attention. Your body does not randomly break down.

Climatic – External invasion into the body of old, heat, fire, damp, dryness and wind.

Emotional - retaining or suppressing or denying strongly held emotional charges that left to fester cause major inner disruption.

External cold and draughts, and the **inner fire** usually internally generated when we are upset and not getting our own way, are the two we are focussing on here. In our culture we can be seem to have NO clue as to how to look after ourselves.

I start here as the presence of viruses/bacteria has completely taken over the very fear based medical notion of wellness. In a sensible understanding of how a well body works, the well immune system would ward off all comers, through being in a well adjusted and happy state.

HOW TO ENHANCE A WELL IMMUNE SYSTEM?

Have regular and sober habits. Moderation in all things and a stable life help tremendously. When life is unstable, the person's health eventually suffers. Recovering emotional equilibrium and joy usually alter the course of any disease process. Even the fathers of inoculation said that it is not the seed, but the garden it is planted in that makes a 'strike'.

You can only catch a disease if you are weakened to start with.

What weakens a system?

Yang Qi is the protective influence – so anything that wastes this will cause you to weaken and perhaps become ill. 'Bugs' are one of the very minor disease causative factors. Whilst it may sound very old fashioned to talk about draughts – and of course not 'scientific', if we look to why we get ill **when** we do (when we are weakened – and can't fight them off) – it starts to seem a lot more sensible to pay attention to what our ancestors all knew and followed. "Old wives' tales" even.

The viruses/bacteria/moulds that weaken and take on new life when we are not strong enough to stop them, surround us all the time. Why is it winter that most strike? We are less likely to look after our Yang/Wei Qi then – falling prey to cold invasions – allowing the 'bug' entry.

In not looking after ourselves, we have a lessening ability to adapt to life's changes. A virus or cancer even can only take hold if our immune system allows it to. Both exist when our immune system turns a blind eye. How to enhance this? By being unhappy/very angry and repressing this. We are just as likely to 'fall over' as if we were weakened through lack of nutrition /vitamins/ sleep /fun in our lives.

What is the function of the Yang Qi?

Protection.

What weakens the Yang Qi?

Presence of ongoing cold and not resting and not being happy.. .

Thinking as a medical person pretending that the modern means of 'prevention' will work often misses the mark. Vaccination relies on a theory of strengthening and enhancing what is already there. If the person is weakened – or is far too young to have an immune system up and running - then filling the body with extra toxins is only creating more dramas. It is normal to have to fight off invaders. It is what a well immune system does. Through regular channels - nose and mouth primarily – that is how the body is set up to do it. Not blood borne and not multiple with the extras thrown into MAKE it react all at once.

The presence of a pathogen – be it the bacteria behind the whooping cough 'epidemic' or the current flu – or a gastro bug – all win only if your body is NOT able to ward them off, and then them taking hold.

Vaccination in itself does not strengthen one's body to fight off marauders. It very often weakens the body through polluting it with extra poisons and foreign proteins not designed to be in the bloodstream. Many people 'catch' what they have been vaccinated against – as it is a two way process – the body is expected to be strong enough to use the vaccination wisely. What if it is too weak/young or immunologically challenged to do so?

How do we get too weakened?

What we are made of has to be strong and must be supported for the whole to be working well. Why I have spoken of the Three Treasures, and of the Yang and Yin functions becomes evident.

What to do if you get ill?

- Undo the process of how you got weakened BEFORE the illness struck. To understand the need to do this gives you back the power to change/heal. To not 'blame' the presence of the 'germ'/'bug', but to see that your body not helping itself is the cause frees you to become well.
- Strengthen your innate protectors so it can't happen again.

WHAT GETS IN THE WAY OF HEALING?

Said another way – what blocks healing? The body is set to heal itself – why can't it? Possibly something is there that is not supposed to be. Balance has to return – or normal can't happen – whatever 'normal' is. It could be the extra climatic factors - external as we will see in a minute with cold invasion – or inner changes through being depleted after becoming emotionally unbalanced.

I remind you that it is a Yang function to protect. It is the Yin function to nourish all aspects of the body – so it is not possible to just see yourself as one type or the other disturbed.

THE THYROID FUNCTION MAY EVENTUALLY FALL OVER

You may wonder what the thyroid gland does. It tells all other systems what to do and how fast or slow. It is the master gland that controls your metabolism - your body temperature settings, digestion, ageing, circulation and how well reproduction can happen. Well before a problem is picked up by the blood tests, the person will feel as though they find it just 'too hard' to be here – as the markers of well Yang Qi will be undermined.

What may alert you to this is your sensitivity to cold – and your tendency to be cooler than those around you. You find that things are just harder - especially trying to maintain a weight you may have always had. Or to stay well – as minor irritations are always now there with you. Or to have a brain that still works.

Many apparently unrelated problems will have been diagnosed and medicated against. Often all that is needed is to undo what has happened in your life to date and repair the Yang Qi – by simple life changes - so that the Yin Qi and the Blood energy are now able to go about their business. What wastes Yang Qi? (COLD)

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. Metabolism is wholly dependent upon this. This means that there may well be less Yang Qi to do anything else with – (keep all alive well through digestion, circulation, and holding organs and tissues and Blood and pregnancies in place, as well as protecting from other invasions), the first priority is to stay warm.

1 - We feel the cold more

Cold causes contraction and hardening, spasms, and pain that is eased temporarily by heat and made much worse by the application of cold. Pain is an obstruction of normal flow. On all and any level. Application of ice to numb sensation is a very short term and dangerous 'therapeutic' intervention as it causes more harm. Childbirth and postnatal care particularly are no places for ANY application of cold – be it ice to suck, cool drinks, and cold foods offered afterwards, bare feet in labour rooms (air conditioned for clothed people's comfort) or perineal or engorged breast ice packs.

2 - Everything tends to hurt in response to cold

Cold stops up the pores, stopping the normal sweating process, ensuring that when the person feels hot, their skin may still 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.

3 - We feel cold to touch

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 lodges indefinably, insidiously arriving in tiny little increments, when we are young and strong. Our defensive Qi keeps it acquiescent, and out of circulation, only to re-emerge when that defensive Qi is called out to a more life-threatening event. This leaves the way open for the old cold to assert its presence much later - years – decades – ‘arthritis’ etc.

Why add cold into the body when it then means the body has to waste part of its precious resources – heating whatever you put in – to counteract what the cold presence will do? Think of all the instances of icing wounds and knocks and scrapes . . . it slows the healing by creating more congestion and long term pains.

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 being continually warmed nicely, it will quietly nibble away at the store of Yang Qi.

HOW DO WE GET COLD? (HENCE YANG DEPLETED – LEADING INTO NOTHING WORKING WELL . . /LOW THYROID FUNCTION)

1 - Have a weakened protective Wei Qi level (not resting and looking after yourself enough will do this nicely), and let cold energy (draughts, fans overhead, too cold air conditioning) penetrate into our skin in situations where we may not notice – small amounts of this and over time, eventually building up to a sizeable reservoir of cold that has your protective Yang Qi side-lined to neutralise it.

2 - Get cold, and don't let the pores expel it out of the skin level later (see above). When very hot, ***getting cold and staying that way, usually in a breeze***, to enhance the cooling effect.

3 - Breathe in too cold air, which is insufficiently warmed by the nose, before arriving into the lungs, thus weakening the Wei Qi.

4 - Allowing cold feet, (standing on any cold surface – especially concrete whether it is wet or not) 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 stagnating blood flow, slowing circulation, causing menstrual and digestive complaints that eventually will become solid masses that can be found when searched for diagnostically.

5 - Ingest too cold food/fluids, often over a long time. This often occurs 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). Of course if ICE is being used as a numbing presence when the baby/toddler/child hurts itself, or when a sore throat is assuaged with an ice pack – we are damaging the Yang Qi at such a vulnerable age.

6 - 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.*

7 - Cold packs deliberately placed to tone down swelling, or ease inflammation.

LOCATION OF THE STORED COLD & HOW TO REMOVE IT

1 - Initial invasion – [in skin level](#)

What is this like? Skin may be cool to touch; maybe feel cold, and in extreme cases, the skin is actually painful to touch, or numb and have lost feeling. Maybe when pressing in – especially on the top of the person's back – you can see blanching – white palm print left, or fingerprints.

How to remove? Scrape the skin, smeared with 'Vick's Vaporub' with a China spoon, until purple /red bruising marks appear.

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. In winter, turn a thermostatically controlled heater on 'low' setting, especially for young children, to avoid winter coughs that linger.

Keep some form of natural remedy from your past culture, or 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 (see below).

2 – Moving deeper in - [Joints and muscles](#)

What is this like? Arthritis – of various descriptions - but mainly that this is worse in cold and better with heat application. Tension and stiffness that is alleviated with warm, but does not go away completely.

How to remove? 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 a ginger bath (see next page). Get mobile. Activity will naturally start moving and warming it all up. Stay out of draughts and cool air and breezes of all descriptions, that all will make your pains and other symptoms worse.

Take Chinese herbs to assist the above process – best to see a qualified acupuncturist/Chinese herbalist, who uses energy, not a physical organ pathology only model.

Prevention - avoid 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.

3 – Women's Issues [Menstrual](#)

It is likely all and bits of what is said here will apply to you at differing times. A great deal of what is considered to be 'normal' in women's lives is nothing more than not knowing what to do to enhance well functioning. It is a very easy thing to catch cold and have it lodge within the uterus. The Chinese sages saw very different 'causative factors' in disease; thus 'cold in uterus' was a condition leading to infertility – through weakened sexual desire and response. Because cold causes contraction and stagnation of all things, it is a key issue in all menstrual pain and dysfunction. Note the saying that a women could be sexually 'frigid'.

When there is cold energy trapped within - the Qi and Blood become sluggish in the area and often create masses. These masses may have labels in Western medicine (fibroids/ cysts/ endometriosis etc.) Essentially if the belly feels cool to touch, and if libido is lessened and/or if pain/discomfort is relieved/better with the application of heat, it can be assumed that cold is resident.

Removing the cold will get the Qi and Blood circulating and ease all problems.

4 – Deep within – [bones and into the organs](#)

Here the most vulnerable parts of the body have been breached and serious trouble is ahead. The body and the meridians are designed to keep the cold in to the more superficial areas.

This is where the chronic and degenerative conditions - whether you are old in years or not - occur. A lot of the 'arthritic' and 'rheumatoid' problems are from the presence of inner fire (see later about [Liver Stuck](#) creating health problems) and/or straight climatic alterations that have not been cleared and that then start damaging us at this really deep level.

The body tries to keep it out of the organs, so the structure hurts as a warning. Taking heed and removing the problem, rather than masking it and its affects – inflammation a great one here - would be more sensible. Taking any pain medication, or to learning to live with pain rather than actually stopping why it is happening – seem to be the options modern medicine has.

There may be many conditions you are medicating. Resolving what caused these conditions are still active. Here you are being offered a wellness manual – what to do to fix it yourself.

How did this cold inside you happen?

Easily enough – having bare feet on cold surfaces, swimming or getting very cold when menstruating (as women are naturally weaker then), having a lifetime of enjoying cold and raw foods and fluids, being weak and easily chilled even though looking out for self, having bare foot water skiing – any number of routes.

Prevention

- Avoid all factors that weaken Spleen Yang and how we get cold.
- Always keep some covering on the feet, do not barefoot water-ski and always wear sufficient clothes, covering the midriff, and lower back.
- Do not go swimming, or get excessively cold, especially when bleeding.
- Strictly avoid cold at the time of birth and immediately post nately – no ice to suck, no ice packs on perineum.

How to remove?

1 - Stopping further invasion – avoiding all the above routes.

2 - Replacing all cool with warm foods and allowing for better coverage of exposed skin – especially the waist/kidney areas. By now the 'old wives' tales are probably starting to resound through your head.

3 - Acupuncture treatment to remove cold from the body. (Esp. cupping the navel), and taking a course of appropriately prescribed Chinese herbs. Over time these will restore the body to normal – something that may be yet to be experienced.

4 - Use a hot salt pack (see below)

Ginger bath

This is a very effective, simple and cheap way of helping yourself.

How to . . .

1 – Buy 1/2 kg of fresh ginger root, and roughly chop into walnut size pieces. Simmer in a pot of water to cover for 20 minutes, then strain the juice into a previously run hot bath.

2 – 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.

3 – Soak in the bath, for as long as possible. Do not get even slightly cool, whilst in it, or whilst getting dry and dressed.

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

5 – If no sweating, repeat next night with new ginger.

The idea is to open the pores, and let the trapped cold escape.

Cautions

- 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.
- Preferably not carried out when alone, in case of fainting, or having to attend to children, or whatever, instead of totally looking after yourself.

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.

- 1 - Buy rock salt. Not sea salt. Not ordinary salt.
- 2 - Place in a dry skillet, and roast the salt gently for 20 minutes. The salt may change colour.
- 3 - Place the heated salt very carefully into a cloth container – as a strong envelope, such as a pillow case. Wrap firmly in place, so no hot contents can escape and then wrap again with a towel, or similar.
- 4 - place on affected area.

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

This is great to actually help heal why period pain and lower abdominal problems exist. Repeat each night three days before a period, is due, if the pain is relieved by heat. **Do not use** if you may be pregnant, or if you have flooding flow – see a good acupuncturist first.

In health, Yang rules the transformative and circulatory processes.

When the **Spleen Qi** is weakened, digestive, hence all systems are affected eventually. Quality Qi, Blood, body fluids, Jing and thus Shen nourishment are also all compromised.

Cupping the navel

This is an old Chinese way of removing cold from all through the body. Very safe and effective. Instantly altering what has been happening. The most profound thing I can do to assist the average person coming in with any condition where feeling cool and being better with warmth is a factor. Quick and simple. Natural. An 'old person's/ wives' tale from China.

See [my simple safe, effective online course](#) that you can instantly download to [Love Your Body Better](#) at home.

Unfortunately science does NOT have all the answers. Especially in relation to all things feminine – as when we allow easy blood flow and access to all ingredients needed, all of life - from libido enhancement through to conceiving easily - to having painless easy periods. . . all are as simple as removing the cold that is congesting circulation.

[Perineal steaming](#) – most cultures enhanced women's wellness safely, easily and entirely naturally – prevention and relaxation assured.

FOSTERING INNER RESILIENCE – SELF HELP

In order to nourish ourselves, we need to be aware that our ‘food factory’ has basic requirements that are simple and constant – regular input of warm, nourishing foods of moderation and variety. Also needed is the perception of safety to digest and live within and warm, security, inclusion in the tribe and happiness through regularity and order.

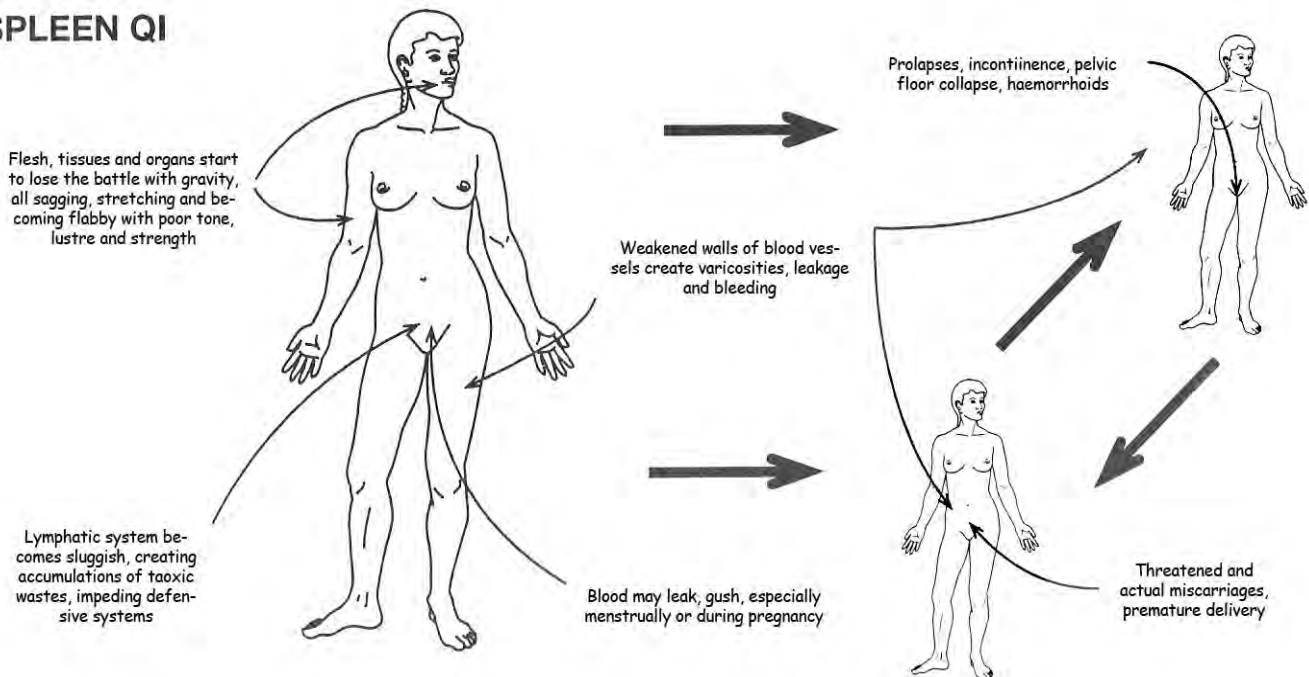
As the Spleen Qi is what maintains our digestion thus our life, whatever upsets this causes problems everywhere. The digestive ones I am not mentioning here – more just the Spleen Qi holding function.

When this fails, major womanly problems result – for the rest of life usually, as the western medical model has no idea about how to rescue (and also further damage) that which repairs us - our [Yang Qi](#).

Any invasion and storage of cold energy weakens a woman’s present and future.

When we insult the [Spleen Qi](#) – all apparently unrelated things start happening.

SPLEEN QI



By looking at this we can see that a lot of what happens to women is a simple matter of looking after ourselves first.

We can sometimes forget that women make a baby lining monthly. The blood has to come from somewhere. Women can really damage themselves through an ignorance of their biology – the inner programmes that are running - whether babies are ever wanted or not.

DISTRESSED SPLEEN QI AND YANG

When general Yang Qi is compromised, the digestive and other Spleen Qi functions are affected. This concept is very important to grasp, as it underpins notions of avoiding cold that are throughout all Asian cultures, old wives tales, and this manual.

Further it leads to all assimilation/circulation /fluid metabolism /congestive /mucous/allergy problems, immune deficiencies, bleeding and prolapses, varicosities/piles/miscarriage/early labour /incontinence /and floppy/ flabby tissues. So too can mental fogginess /lethargy/ exhaustions of any kind and in extreme cases, epilepsy/manias & schizophrenias.

Past the [invasion of cold](#) – now we get the body not being able to process food properly – leading to messes inside that create large life messes.

HOW TO WEAKEN ONE'S BEING – IGNORE YOUR SPLEEN QI

When the Spleen Qi is weak, it can't transform (digest) properly, so all coming into the body are inadequately used, leading to poor quality Qi, Blood, body fluids, and not so good Jing reserve being laid down. Spleen Qi can be weakened either through being not formed (baby) well and/or not looked after properly, or by being depleted through extreme overwork, worry, exhaustion, exposure to cold, disease, trauma or aging, or a combination of any of these.

Dieting, or imposing interesting regimes upon the body, especially when young, and/or when menstruating, and/or under a load, as in pregnancy or lactating, can have lifelong effects.

[Stuck Liver Qi](#) (being aggravated, irritated, 'pissed off') always invades the digestive arena, further complicating the picture, often bringing with it, excessive heat. Damp is also always produced.

How to rebuild Spleen Yang (What to do)

- 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 that other people talk about.
- Stress – and the Stuck Liver Qi directly affect how the gut works – and hence how the Spleen Qi can even function.
- Eat a very varied diet – initially cut out that which you feel that you can't do without.
- Avoid anything sweet – including limit or cut out all fruit
- Avoid all Spleen Yang depleting issues and activities.
- Have orderly life and sleep habits.
- Basically live the way our ancestors would have.

Avoid extremes of everything

Looking after our Spleen Qi means that we can sustain ourselves, thus allowing for strong Yin Qi. To rest well allows healing. To not be able to sleep or turn off or relax is a double edged sword – as to rest one must have sufficient Yin and Blood – and to build these up one has to be able to rest/turn off/allow regeneration.

Life choices come in here – often the Yin depleted person seems to be an adrenaline junkie and not capable of slowing down – the very thing that would sort out the angst. See ADHD here also.

HOW TO WEAKEN SPLEEN YANG DIRECTLY (WHAT NOT TO DO).

- 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, including irregular eating/sleeping habits.
- Overworry/over use of thinking.
- Sedentary occupations with little or no exercise.
- Attempts at dieting – especially meal replacements, gimmicks, fad diets.

The central thought here is that it is easy to change what is happening to you. All you need to do is make some fundamental adjustments. Often these are all you need to do.

How do we get **Inner Heat**?

Have insufficient fluids, especially the value added ones of Blood and Yin, on hand. They may be present but be stagnant - not circulating properly. This then gives rise to all the degenerative musculo and often neurological conditions – all as a result of not drinking enough clean water and resting up and eating well . . . it is that simple.

In today's life usually through inappropriate food and fluids and lifestyle choices - one of the major ones - emotional suppression – not even KNOWING that you are upset as it has become such a habit – **BEING NICE**. Stop it for your own health's sake. Please look to the Stuck Liver Qi info later in this book.

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 driving excessive 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 internally to try to dilute/cool it down/put the fire out. 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 haemorrhaging wherever a weakened link is found. This creates bleeding disorders, menstrual flooding, miscarriages, and major exhaustion of the system, as it tries to recoup its losses. All the while still in overheated mode. This will itself create heat in the body; much like driving without oil does little benefit to an engine.

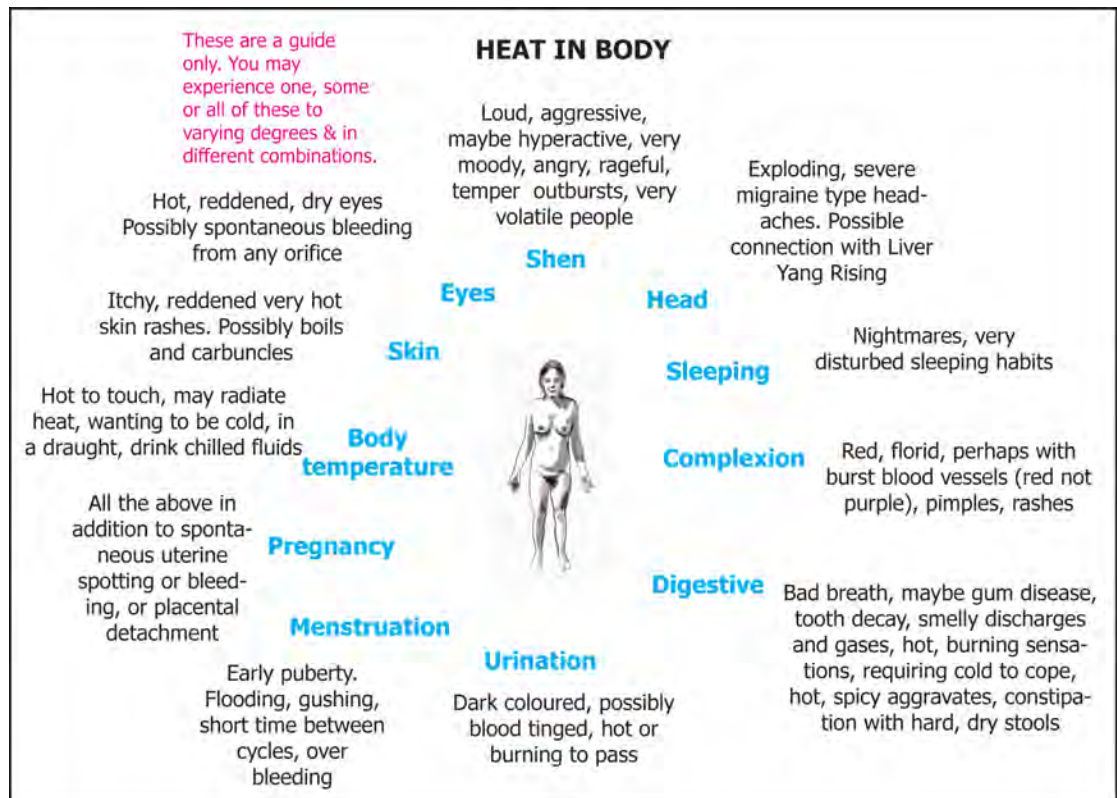
Heat disturbs the Shen This in small amounts may present as irritation, becoming more into agitation, boiling over into temper outbursts, irrationality, aggression, and eventually very difficult (wildly mad) people. Hyperactivity in children is better handled by correcting their inner fluid/fire imbalance. Disturbed Shen does not allow restful sleeping. If heat is still present, besides sleeping uncovered, and feeling hot to the touch, they may experience distressing dreams, visions, and sleep walking/talking may occur.

Without regenerative sleep, the person will gradually become more Yin depleted, leading to further heat problems.

Heat creates inner wind, which rises up, initially creating skin rashes that may be hot, reddened and itchy. Inner wind is that which raises the Blood pressure, reddens and irritates the eyes, gives headaches with violent exploding pain, dizziness, epilepsy and possible brain haemorrhaging.

The heat that is generated usually goes inwards and starts agitating the spirit - meaning that the Shen info (see earlier) is relevant here also. Looking to the Liver Qi (See later) upsets in also combination and the role of Blood in our bodies - as the apparently difficult problems of PMT and extreme over bleeding are 'just' a matter of clearing out the emotional stagnation from hiding away for the sexual and the emotional consequences of having been a women for a while

How does heat play out in the body? And yes - we are usually both hot and cold – and yin and yang deficient. . . so please don't try to work it out as an exclusive issue (we will all be a bit of everything).



Most diseases that are characterized by fever and/or bleeding have heat going to inner fire as a basis. It is really important to remove the heat as it is likely to kill – separate the YIN from the Yang – haemorrhaging or extreme desiccation if left unchecked.

WHAT TO DO ABOUT INNER HEAT?

1 - *Stop the cause.*

This is often very difficult as we all have habits and desires – that are usually feeding the conditions we are not happy having. Sugar and self medicated habits especially.

2 - *Repair life choices to enhancing self regeneration* – see above.

The ‘boring’ stuff grandparents would lecture you on – going to bed early, eating small and often – not going off for ‘big night’s out’ . . .

3 - *Drink a lot more water* and a lot less sugary/carbonated/alcoholic or caffeinated drinks. Stop all substances are not nutritious. These need more of the precious water you are probably not drinking sufficient of - and your physical liver has to flush them through.

4 - *Chinese herbs* are brilliant at this. As is *acupuncture* – think on this when next acutely ill – this style of medicine is well placed to stop disease in its tracks.

5 - *Look to what is really annoying you* – it may have been something irking you forever or a recent altercation that you are keeping quiet about – that is the point – whatever is stopping self healing is what needs to be outed and altered.

'It's too hard to work out what I have'

You do not need to. This is not an either-or situation - but an 'as well as' . . .

Usually both cold and heat are present when we are well – or unwell. It is when they start creating problems that we notice. Whether we were hot to start with or not, we often 'ice' an injury, sleep with the covers off unknowingly when a cold change comes through - and these small increments of cold build up very slowly.

We also spend most of our lives festering internally about something that did not go 'our' way. Instead of having a tantrum, we stash the angst somewhere eventually there is no more space for this. The heat generated wears out our yin - we eventually 'catch' some bug, and get really ill with high fevers etc, not realising that we are fuelling this with our 'nice' exterior harbouring all that is hidden within. Over time, this wears us out.

Whilst a well body can neutralise these to an extent, when older, very young or when ill or weakened through some other event, this stored cold and inner fury can then appear as a new issue and be labelled incorrectly through medicine as a 'disease' when all that really needs to happen is a spring clean of the life storage that has happened.

This brings us to the second major cause of ill health - the *EMOTIONAL* components of disease – and the role of the Liver Qi in the body.

To look at the emotions, we first have covered the Shen and the Three Treasures, how heat disturbs the Shen and how we get too hot – and now to really investigate emotional health we need to explore the role of the Blood and the Liver Qi's free flowing nature. Most of what is called 'hormonal' in women is actually the interplay between a relative lack of Blood quality or amount and the ability of the Liver Qi to move it.

Any dieting or foolish strictures on exercise, food intake and emotional wellbeing create ripples in the Liver Qi as they affect the body's ability to nourish itself – the Blood energy's job. PMT and all hormonal rages, headaches and other cyclical changes are nothing more than interruptions in Liver Qi flow.



LOVE YOURSELF BETTER

5 - 'BLOOD'

To cover emotional health and wellbeing, we have to firstly look to what Blood does in our body. The word 'Blood' when used in this book describes more than what is liquid and red and tends to spurt out when liberated. To show the difference I have capitalised it – as I have all acupuncture terms. 'Blood' here means the substance that nourishes all aspects of our being. Blood energy keeps every aspect of self bathed in nutrients, courtesy of the freely flowing [Liver Qi](#).

Blood like all substances in the body is formed through the transformation from digestion. The Spleen and Yang Qi mentioned previously have to be in a great state otherwise the Blood that runs us and our sanity/personality suffers.



Blood is made through the densest/most substantial inherited aspect [Jing] that 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.

Blood is classified as being a Yin energy within the body as it functions to nourish, cool and lubricate. Blood energy nourishes all aspects of all physical, mental and emotional wellbeing. The quality of our Blood energy is seen in the lustre of the skin, the shine, strength and colour of our hair, the easy transition throughout the month as a woman's levels of Blood and energy change with the menstrual cycle.

Blood nourishes the Shen – which is the seat of our psyche. When not nourished well the Shen no longer has a home. When stirred up with heat – from whatever source – the spirit is fiery – and all manner of distorted mental/possessed states can occur. Mental/emotional balance can be lost in many different ways - and of course the shock mentioned previously and very often in the beginnings of life all determine who the personality flourishes or not.

This helps explain why if losing too much blood weakens women – and why after birthing losing blood and not being transfused is so very dangerous. Maternal wellbeing and enjoyment (breastfeeding, maternal sleeping and sanity) are all depend upon her ability to be herself. Her beauty and sanity all depend on good stores of Blood energy. Ideally we would just know all of this as it would be part of our understanding of the world.

WHAT DOES BLOOD DO?

The state of our Blood energy dictates the quality of a woman's life. The basis of whether she is happy and healthy, and able to reproduce easily and be a sane member of her family is all about whether her Blood energy is strong – or not. As a nourishing substance the Blood energy works on every level of existence. On a more physical level it controls the flexibility and suppleness of our form by enriching the muscles, tendons and ligaments. Blood energy is circulated by the Liver Qi, and as such is greatly influenced by our levels of “stress”.

Blood energy keeps all body tissues vibrant and healthy. The hair, skin and nails are all dependent upon good quality Blood energy being circulated to them. This is achieved by the free flowing action of our Liver Qi. Our Liver Qi is that which becomes very easily frustrated when we do not say, do and feel what we need to.

How we feel and the amount of integrity we have to maintain a steady and calm demeanour, our ability to sleep well and regenerate and to be present as a sane and confident person is ultimately governed by the quality of our Blood energy. So too is our ability to think clearly, to perceive and respond appropriately. Especially to not be troubled with anxiety or attacks of panic. Palpitations tend to follow nothing wrong with the heart as such – just not enough fuel – or a stable enough home for the Shen

NOT ENOUGH BLOOD - EITHER ACTUALLY OR IN CIRCULATION

Blood is a form of ‘Yin Qi’ – and as such, it nourishes, moistens and cools in the body, also providing regenerative powers. When we lose our actual Blood, or if we gradually 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.

Shen disturbances - sleeping less deeply, maybe disturbed, unsettled within self, not feeling peaceful, equilibrium lost. Becoming emotionally vulnerable, needy, indecisive, anxious, or if severe as panic attacks. Anxiety states and palpitations and nervousness are often nothing more than having deficient Blood energy.

Mental lack of tone – This may show as a gradual lessening of self – dithering, memory unreliability, slow thinking, and lack of clarity, inability to do one thing properly, rather than several concurrently, and the apparent loss of previous mental capacities.

Visual problems - Our ability to see well is a gift dependent upon the health and condition of our minute eye muscles that are in turn, reliant on our Liver energy complex. Floaters, visual fogginess and general loss of vision all fit in here, as do dry and reddened eyes - and all may be retrievable with Blood improvement - especially using Chinese herbs.

Muscles, ligaments and tendons - may experience cramping, spasms and lack of lubrication/ nourishment resulting in such conditions as carpal tunnel syndrome and tenosynovitis, stiffness, inflexibility, discomfort and tension, eventually turning into pain and headaches.

Loss of pain free 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, labelled 'arthritis', degeneration, and so on.

Complexion/skin – Blood keeps all body tissues vibrant and healthy. We may wither and sag earlier than necessary, with weakened Blood energy. Skin conditions, will show up as being dull red in colour, itchy and poorly healing skin in general.

Hair and nails - The nails and hair are registers of the strength of our Blood/Jing quality. Hair that is falling, losing its colour and health, nails that are splitting, flaking, growing slowly, 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 – Blood deficiency shows in obstetrics as almost all that is seen as 'normal' difficulties in pregnancy. Easily managed through great nutrition – and possibly Chinese herbs to build up the Blood energy. Difficulty in staying pregnant, or possible malfunctioning of the placenta, habitual miscarriage, not 'blooming' when pregnant, or any of the other above symptoms in pregnancy, or after birth, especially with depression and emotional problems point to Blood deficiency.. As do an inability to easily breastfeed, poor quality milk, and if hair falling (NOT normal post birth) is also present.

This helps explain why, if we allow ourselves to bleed too frequently and or too heavily we start to feel and act 'neurotically'. Separate to being physically exhausting, our Shen (spirit) becomes under-nourished and we 'lose the plot'. As women, it is vital that we do not allow excessive leakage of this foundation, by believing that we will replace whatever we lose. The extra effort could be better spent in our mature years, keeping us vibrant, lucid and tranquil.

POOR BLOOD CIRCULATION

Besides having not enough good quality or amount, Blood can also be STUCK which leads to all manner of gyne condition that will NEVER be resolved without going into the energy model. Sometimes the broken heart that has been there all her life is the cause of why nothing in the surgical field is helping. Often it is the past rape or sexual assault that has created such a miasma of emotional turmoil – and maybe hidden and unconscious – that the menstrual area will never be ‘right’ until it is dealt with appropriately.

Imbalances appear in the energy fields and signatures. Even if multiple operations, and ingenious hormonal ‘fixes’ are tried - without undoing how she feels about herself and what has happened to her – any physical repercussions are unable to be permanently remedied. (Think of all the work done on trying to FIX endometriosis – perhaps concentrating on the Stuck Liver Qi leading to the [Stuck Liver Blood](#) would have more effect.

Ways to improve one’s Blood energy

The constitutional inheritance passed to us from both parents, their early choices as to our rearing, our resultant experiences, perceptions and habits, and our body’s responses to all of these form the tableau of our energy and Blood production and circulation. Ideally choosing calm, mature yet young parents should create a strong Blood foundation for the future child. Having an ordered early life, uneventful yet happy, with few shocks and disruptive influences, is likely to consolidate one’s beginnings.

Once being in charge of our lives and following life’s rules we can easily set an appropriate course to allow a return to vitality, using the ‘Three Heater’ production model. Key concepts here include conscious breathing, and the release of stored and blocked energy and emotional charges, to undo the cumulative effects of a life of scrapes and bruises on all levels.

The entire organ complex and related energies are a dynamic team. The body is designed to function despite handicap, and regardless of circumstance. It is very possible to greatly enhance one’s state of being by looking not just at iron replacement but the digestion and what goes to upset this. Enough Zinc and other micronutrients to assist assimilation are sometimes the better place to start when considered anaemic.

1 - Constitutional inheritance

The strength of our constitutional energy (Jing) is a gift, an inheritance, from our forebears. 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, and have had orderly, regular life habits. Additionally it is preferable that their own parents were not over 35 themselves when they had you. Parents who had regular, life affirming lives, which started you down a solid path.

1(a) Care of our own (unborn) and present babies . . .

For our own children, we can ensure that prior to and after their conception, we are as regular with our habits as possible. The role of diet and supplements is only a portion of this conscious preparation. The calmness of the maternal inner life and the degree to which she is able to stop and to nourish herself and the

growing life inside, disconnecting from the external world and its attendant dramas is just as important.

Yoga, meditation and early nights are all imperative, especially if mum is still working outside the home as she grows baby. Providing a totally regular, nurturing and supportive environment on all levels will allow the unborn to reach his/her intended potential. Having regular, warm nourishing meals, with an avoidance of chilled and cold energy foods, allow the development of a strong immune system. So too avoiding early interference by conscious postponement of vaccination, until the child is at least 2 years of age may all play large dividends later in their lives.

1(b) for ourselves, irrespective of intended reproductive status

Perhaps treat yourself as though you were nourishing the baby/child within. Seeing your self as precious, and not deserving of anything less than calm, harmonious and loving spaces in which to be here. Perhaps ask yourself - why am I still in that job/relationship/city where I feel stifled and unable to grow?

2 - Breathing

To make more of ourselves, we need to breathe well. This means great posture - not folded over yourself - especially true if sitting at a computer is your working life. 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.

Having quality Blood is the first step – then it has to be circulated. Without good posture, and adequate ventilation of the lungs, what you put in your mouth is fairly irrelevant, as we may not be able to use the great Blood made. Any blockage to the breathing cycle, especially holding unresolved grief and/or a 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. This may mean that you stop and rethink everything that you have ever thought regarding eating. 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

Whatever makes your heart sing - follow your bliss Why wait till later . . . now is the only moment you have. 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’ that have been 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?

The chest – Lung Qi stores grief and worry. Holding onto this, creates less ability to use 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. 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. Maybe look to the [self care massage](#) techniques found here - and stop to do at least the chest gouging – as you will feel so much more open to breathe deeply.

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.



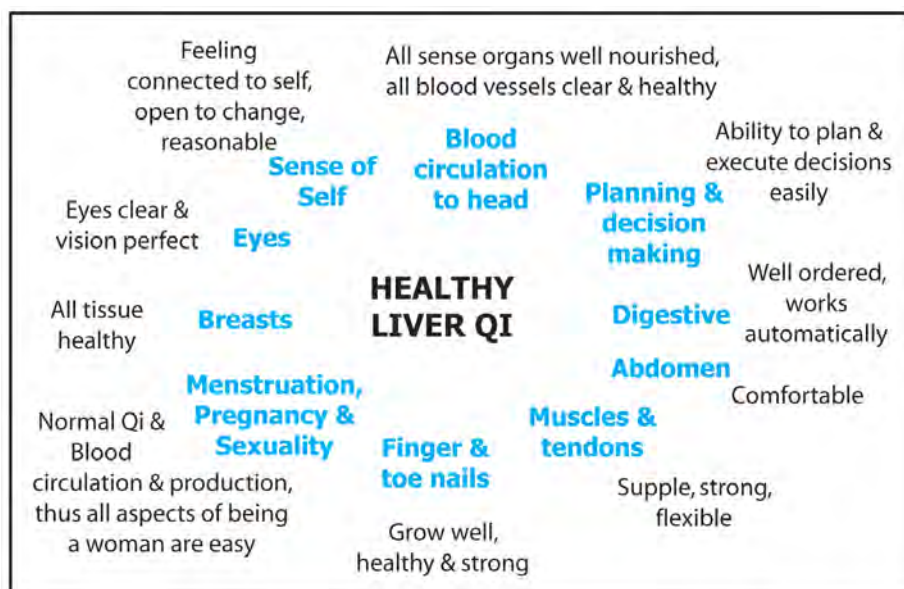
LOVE YOURSELF BETTER

6 – HORMONES AND EMOTIONS

It is important to have read what sets us up – the Shen, Qi (Yang and Yin) and Jing and the Blood – as now we can see that the hormones are really just the mechanical ways the body dances through the cyclic and seasonal and life time changes that herald being in a body.

The Jing grants us the framework to have a body. The Shen inhabits the physical shell. The Qi allows all life to happen – Yang Qi can be likened to the metabolism and the Yin Qi to the regenerative forces. Blood energy allows us to express as people sanely.

Much can be made of ‘hormones’ in a medical system that has no explanations for normal functioning and health restoration. If you look to the energy model and the raft of issues that the Liver energy controls, the more inclusive acupuncture energy model helps us explain why we feel the way we do and then how to change what otherwise could be a very hopeless situation. How do we get out of being ‘hormonal’ to avoid all of this - as often trying to, by chemically altering ourselves just gives us a DIFFERENT set of problems . .

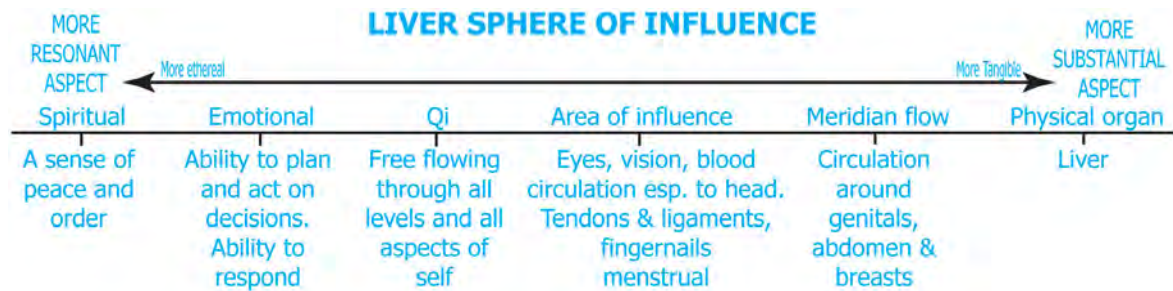


When the Liver Qi can't flow as designed (especially when we want to appear as we are really not), we get all manner of ‘stress’ related conditions - otherwise known as various forms of ‘depression’/period pain/IBS/PMS/ post natal depression leading on from ‘baby blues’ etc.

There is much written on this in the two other eBooks – so please browse there. When not happy – and when anything is obstructing your inner flows, the Liver Qi will start to get sluggish and depending on your own personal circumstances, will start – in conjunction with other Blood deficiencies, and so on – creating menstrual, or at least life hassles.

The Liver energy has to circulate

In a state of health all below works without upset or incident.



When everything works, life is good.

Everything all just works on automatic . . . no need to stress – it all just happens.

Normal periods occur when the Qi and Blood circulation and production are perfect. When anything upsets these – periods and the emotions tied into being a woman change. If there are problems experienced that come and go with periods or with ovulation – especially ovulation pains - Stuck Liver Qi is the cause. How did this happen? [Loss of sense of self](#) and sovereignty often.

“I FEEL TIRED ALL THE TIME . . . “

People usually say they are lacking in energy – what they mean is **IT IS NOT FLOWING**. It may be that a [shock has shut you down](#) - and panic attacks also feature in the lack of ability to be who you were/could be again.

Yin Qi is generated by Yang functions (eating and circulation), just as Yang Qi is nourished and kept in balance through its interaction with Yin Qi. The harmonious dance of these two is what we call ‘life’. When Liver Qi can’t flow – it leads us into Stuck Liver Qi.

Stuck Liver Qi

This may begin as an emotional result of being less honest with self – and/or by not expressing anger or frustration – or not getting on with life - or as could be due to a loss of Blood to nourish the Liver complex – or even a lack of oomph within to move it – or all of these. Depressed life force, [depression of spirit](#), and feelings of flatness or irritability will follow. Movement of all systems is obstructed. When the Liver Qi is not freely flowing, everything has problems. Anything seen as ‘stress’ related is a Stuck Liver Qi problem.

Breathing may well be affected as the diaphragm won’t work well. Asthma may also be part of the symptom picture – many diseases – one problem – Stuck Liver Qi. Sensations of swellings and fullness, of sighing, and feelings of suffocating and not being able to take a full breath, even though you may have just done so.

Digestion suffers. Feelings of distension and soreness, may often change location and intensity. This may be in areas under the direct control of the Liver Qi – abdominal (especially all gut problems), breast, rib and chest regions.

All menstrual matters and breasts may suffer from irregularities.

Everything will feel better with movement, and worse when rested, or overnight, or when stressed or upset. Movement of all aspects of self feels blocked – where you can only see problems; sprinkle with procrastination. You are left feeling impotent within your own life, and wonder ‘what’s the point?’

Anxiety and panic attacks? Maybe investigate [what lies beneath?](#)

- **Take action.** Move the Qi.
- Start exercising, regardless how tired you believe yourself to be.
- Choose living your life, rather than just showing up.

As an explanation - if we really have a real lack of Qi (energy) we are extremely ill – with very poor metabolism /cancers/HIV and the like we would have Qi deficiency (Qi Xu).

Lack of Qi

(This can be a [sub-clinical](#), or actual hypothyroid condition – symptoms, not blood tests). The simplest way to get out from this is to take charge. Do not sit in the ‘not really a problem’ precis from medical testings – as it is – it is messing with your ability to be all of who you are to be. [Simple solution here.](#)

Sufferers will usually have a pale, bright complexion, possibly with puffiness (bags) under the eyes, general weakness, lassitude, weak breathing, maybe with a weak cough and a forceless voice. They may be too tired to be bothered, including not having enough energy to become animated, about anything; maybe with a digestive system that is very fragile, with possible loss of appetite, maybe fluid retention/ oedema, loose stools, and either a flabby/fluidy or an emaciated appearance, as sustaining life is not happening well. Maybe allergies and food sensitivities and a feeling of being a hypochondriac, as never feeling well enough to be here. Where are your raw ingredients? Iodine?

There may also be spontaneous sweating, palpitations; possible night visits to loo, and in severe cases - bedwetting. May feel temporarily better after rest, or initially in the morning. [What do you make hormones with?](#) Can you?

Take action – Get [rid of the toxins](#) that are blinding your body to absorbing nutrients from your food.

Sign up for my [Love Your Body Better](#) course.

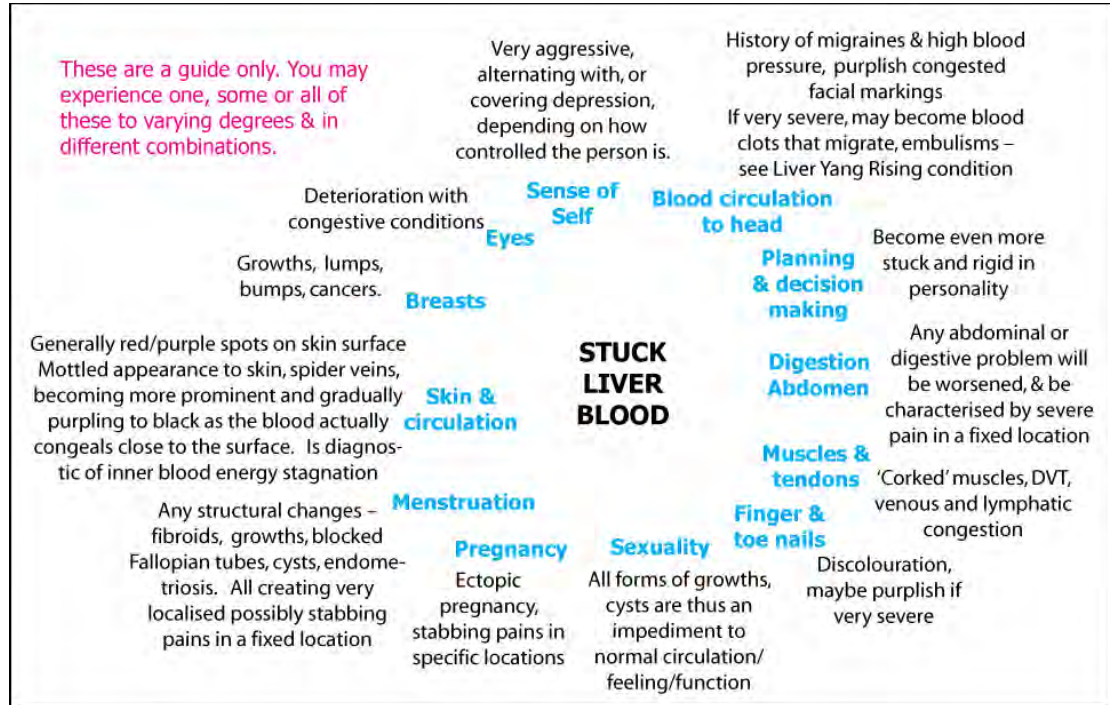
Visit a natural health care professional who has a framework that actively assists the return to normal functioning.

Stuck Blood

Stuck Qi can quickly become Stuck Blood. This then shows itself as pain - fixed in location, maybe stabbing and often very severe pain. Stuck Qi pain is more diffuse with more feelings of distention, bloating and fullness. This is when endometriosis and fibroids and any form of difficult pain results. Also heart attack pain and any stones being passed (renal and gall).

Stuck Blood usually begins as broken veins and bruising anywhere – also accumulations of matter where it is not designed to be. Those suffering with

Stuck Blood also have a tendency to have major emotional ‘stuff’ that needs undoing – not so much because of the pain – but because of the raft of the complexities that went to make up the Stuck Blood’s existence.



Past trauma is a cause of Stuck Blood’s existence.

Creating more Stuck Blood – adhesions and burnt off bits – due to medical attempts to undo what is an energy problem then just acerabates the problem. Taking pain killers unless they are of the Chinese herbal variety (that actually undoes the Stuck Blood and congestion) is not going to help fix the mess. Undoing endometriosis is very possible.

‘Hormonal’ problems can be simply seen as a combination of Stuck Liver Qi and Deficient Liver Blood – often with a smattering of Shock/Liver Fire Raging and Phlegm obscuring the Heart (Shen).

WHAT TO DO?

Realise that **‘hormones are only chemical messengers**. When your life is not going in a direction you are happy with, when you are fed up and can’t seem to change anything, when you are stuck in the past and are replaying whatever he/they said and feeling as though you are in a rut . . . or [stuck in rage](#) - your hormones will respond accordingly.

This may be you - two weeks of four . . .



Just as if you are calm and peaceful, getting heaps of exercise, have something to love for and to fill you with hope and passion – likely your ‘hormones’ are in a better state than when you are not.

Undo what has lead you to the inner mess you have.

Taking medical pharmaceuticals to hopefully ‘control’ your hormones (messengers of inner repose or rage) is highly unlikely to help you here – and may well make it all worse as the addition of more upsets to the physical liver organ is not recommended.



LOVE YOURSELF BETTER

7 – WHAT MAKES A WOMAN A WOMAN?

Women are set up to bleed regularly - for decades as a potential baby-making machine. Periods should start with no trouble ending many decades later - also easily. If puberty was a trial – look to the [Heat](#) and the [Stuck Liver](#) and [Deficient Blood](#) and Stuck Blood sections – there you will be – and often from being yourself a ‘hot blooded baby’ due to [birth trauma](#) . . .

The monthly period should just be regular, uneventful bleeding – not leaving you exhausted, weary and depleted. To have a cycle that differs from this signals imbalances in the Qi and Blood circulation and/or production. Accepting this as ‘your lot’ may appear to be heroic, but sets the stage for later health problems as you are ignoring the body’s early warning signs.

Contrary to what you may have been lead to believe . . .

Having a period is not a disease process or a curse.

Being a woman is not a health hazard . . .

Estrogen is not a demon.

Healthy periods

A healthy period is one that comes and goes unannounced. It comes and goes without ceremony. It should be completely symptom free involving a 5 day bleed of bright red flow every 28 or 29 days. A healthy period is neither intrusive nor life altering. The flow should start freshly red, slowly building up to a steady flow. Bleeding should turn on, reach a peak, gradually turning off cleanly as a tap.

Menstrual Blood is excess to the body’s own requirements. To have a normal period, one has to have an abundantly well body to produce and to circulate the blood. Regular production and release will then occur for about 4x 7 year cycles. The healthy cyclic state of relative excess may be blocked by voluntary or situational starvation, over-exercise, or shock/ abuse. These alone may impact dramatically on all other phases of later [Kidney energy](#) (hormonal) unfolding.

Unhealthy

There should be no clots, gushes, floods, pain, interruptions to flow, spotting and dripping before or afterwards, or lumpy, stringy or odorous material discharged. There should be no bloating, fluid retention, nausea, bowel changes, mood swings, headaches, pimples, back, leg or breast symptoms or any other cyclic body or mood changes.

*What if there are?
Something broke you.*

Effect of ‘hereditary’/consequences of past life actions

Old patterns, habits, and reactions that we have carried forward to the present interact with our daily lives and perceptions, creating essentially the report card of our inner and outer worlds – the menstrual cycle. We can then argue that we are experiencing our family patterns – as we are. The beliefs, the ways of being,

the habits – all on top of having been within the mother's energy fields and thus having had a default setting of whatever she was experiencing. Not in the genes – but in the learnt ways of being.

There is also now the toxic load from having the [mercury](#) and other [heavy metals](#) that are just part of the picture for all now in the 21st Century. Seen as 'safe' enough to use in most dental work and in light bulbs, and injections, we are all awash with what is harming us.

MENSTRUATION WEEK BY WEEK

The menstrual period can be divided into four separate phases - timing dictated to by the woman's 7 year cycles. Periods start when the body deems there is enough Blood to lose. This then starts a cyclic growing and shedding of the lining with blood needed to nourish a baby.

1) - Menstrual Phase

Starting with the first day of bleeding this should last about 5 days. During this time, the Blood energy is moving, relying on the free flow of Liver Qi and Liver Blood energy. Any Stuck Liver Qi or Stuck Liver Blood energy conditions will create clotting, pain, flow disorders and all pre-menstrual symptoms.

Flooding, gushing, short cycle and lengthy flows are all the result of Hot Blood raft of symptoms. The most common cause of Blood Heat is internal Liver Qi Stuck, also giving rise to the rage and immense mood swings. Explaining this hormonally, it can be seen that there is a sharp drop in oestrogen and progesterone as the endometrium is shed.

2) - Post Menstrual Phase

For approximately a week after bleeding, the body's Blood and Yin are relatively empty, as are the (see appendix) Chong and Ren (Conception) vessels. At this time, it is totally inappropriate to be dieting, as the body will prioritise for reproduction (some would say foolishly) over continued good health. **Physically** this equates with the follicular phase during which time the ovum grows and oestrogen levels rise under the influence of follicle stimulating hormone.

3) - Mid Cycle Phase

For about a week during this phase, the Blood and Yin gradually replenish the Chong and Ren (Conception) vessels. **Physically this corresponds** to the ovulatory phase when the egg is released from the follicle and the corpus luteum develops under the influence of the luteinising hormone (LH).

4) - Pre Menstrual Phase

Lasting about a week, this is when the Yang Qi rises and the Liver Qi moves in preparation for bleeding. Most are familiar with the energy changes, feelings of fullness and bloating and sometimes general 'bitchiness' that emerge due to the relatively over-full [Stuck Liver Qi](#).

Self-medicating using chocolate, sugar, caffeine, alcohol or other substances to feel better at this time will create much more Liver Qi Stuck and Blood Heat.

Calling any of this a ‘hormonal’ event is to lose sight of how your life has set you up, and thus what you can do to undo all of this. Relying on someone else using western medicine to ‘control’ your hormones rather than undoing what has unbalanced them, hence you, is not a way to live happily through your life. Take charge of yourself, your life, and your cycle.

If you are currently using the contraceptive pill to control your dreadful periods, it may be important for your future fertility that you seek natural therapeutic treatment to re-establish the normal flow of your life forces, well before you try conceiving as your body is telling you these generative organs are not happy.

Taking a pill or using some form of hormonal blockage to further upset normal will have consequences when you attempt to use what was telling you it is broken (the baby making machinery). How well you live in your later years is being set up by the quality and amount of your Blood energy to move and to keep you well and happy. If any menstrual issues are present – you are not either.

WHAT ELSE MAY BE GOING ON IN THERE?

Your symptoms will tell you – you don’t need a ‘diagnosis’ – no blood tests needed. Just report to an acupuncturist what is happening and how it feels - and they will know what to do.

1) - PAIN AND DISCOMFORT IN GENERAL

Pain is there as there is an obstruction to normal flow

Maybe - not enough Qi to move it

Too exhausted

Too old

Too debilitated from recent traumas, on any level

Having pain means that something is blocked.

(a) If the Liver Qi is stuck and not governing free flowing well, so there are local blockages - **bloating, feelings of distension, windiness, nebulous aching, often IBS** - nothing is working well, so the movement of everything is compromised. Why?

“Stress” – holding back from being all of self creates constant inner battle of ‘ought to’s’ over ‘want to’s’. This easily becomes

Stuck Blood – usually from Stuck Qi, although also from trauma, operations, fixed location, stabbing. Severe. Known medically as endometriosis, fibroids, clots and eventual cysts and tumours, (with Damp).

Can have also concurrently, or separately . . .

Cold – consumes Yang, starts the ‘lack of Qi’ cycle

Feels cold to touch, desires warmth, heat helps it feel better, and anything cold is uncomfortable/rejected. Or may have as well

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

2) - BLEEDING PROBLEMS

Either too much and /or too short a cycle means there is either

- 1) - Heat causing reckless blood – or
- 2) - Stuck Blood/ Trauma with the resultant inability to flow properly (and with all the blood loss eventually she will be wasted /worn out and maybe then lose too much as she is now too
- 3) - Qi Deficient to hold it in.

This can be a combination of all – so don't try to second guess your body. Sudden gushes and floods are no more than a combination of one of the three above – or a combination. When you know this it gives you the power to change it. Losing too much blood and too frequently will set you on an exhausted, nervous, anxious and sometimes outrightly 'mad' path.

Too little, or too long a cycle usually means that the body deems the Blood energy is not sufficient to have extra to lose. Often it starts brown not red.

If you feel you have Deficient Blood tends to show up as all or some of the problems raised in Chapter 5.

3) - MASSIVE CYCLIC LIFE CHANGES

(This is when people say that you are 'hormonal')

Usually it actually means that your Qi and Blood are really Stuck, and/or the Blood is really deficient (depleted),

and/or there is too much inner Fire – and often this is hand in hand with the Blood deficiency.

None of this is helped through not addressing what the real issues are – and taking hormonal pills to mask what is essentially warning signs is very short sighted. Very important if at some point you want to make babies.

Even just to stay sane and keep your hair on your head.

8 REPRODUCING OURSELVES - HEALTHY PREGNANCY

A healthy pregnancy unfolds in its own time to an inner clock as an indication of the strength and vitality of the mother's Jing and Blood energy. The appropriate development of the fetus and the easy birthing, breast feeding and maternal health and sanity are also indicators of these working well.

The major maternal pre-requisite for a healthy pregnancy is to have a totally trouble free menstrual cycle. Attempting conception whilst experiencing major hormonal imbalances maybe seen to be a recipe for disaster, every 'hormonal' mechanism is under the control of the Kidney complex and thus our Jing. Hormonal trouble means Blood energy and Liver Qi stagnation and Jing imbalances – often with Shen disturbances – why ever would you wish a pregnancy under these conditions?

A healthy menstrual cycle is dependent upon normal circulation and production of Qi and Blood. Any factors that upset any of these over time will create menstrual disorders. Attempting to over-ride the body (which is trying to communicate its distress by a disordered menstrual cycle) will only create further Qi and Blood production and circulation imbalances. These may not become immediately evident, or may show themselves through other body systems. The energy imprints of any surgical or chemical intervention stay within the body.

At the point of conception, the developing baby's Jing is equally derived from both parents. From then on this template unfolds according to the environment it is placed within, that is, the maternal 'fetal palace' or uterus.

Understanding a little of Chinese medicine then allows ease of understanding when minor and then not so minor hiccups occur in women's health and in her pregnancy. Rather than passively medically monitoring, acupuncturists can see that a gradual deviation from perfect is occurring, and can move the energy back to a state of healthy life balance. All well before something to worry about medically happens.

When pregnant, five energy shifts must be present, and maintained.

These are in no particular order of importance:

Increase in Heat
Increase in Dampness
Increase in Blood
Increase in Liver Qi
Relative decrease in maternally available Kidney Qi

In energy terms the pregnant state creates a particular pattern that is super-imposed upon the woman's normal life. At any other time, any of these alone or in combination would need to be re-aligned as they may signal health problems.

(Reminder - we are speaking in energy terms here) - in pregnancy there has to be a relative abundance of Blood, Heat, dampness and Liver Qi, and a relative depletion of circulating Kidney Qi to keep baby safe and to make the baby well.

If the woman started pregnancy in a less than healthy state, with any of the above imbalances, she is far more likely to experience the physical symptoms normally expected of pregnant women. This is NOT understood in western medicine and leads to all manner of alarmed interferences – when all that is really needed is a good understanding of returning wellness.

Initially the first sign of pregnancy should only be a missed period. If the mother is in a healthy and vibrant state prior to conception, she should have none of the ‘normal’ early pregnancy symptoms. These happen as she is not balanced enough to counter the required pregnancy imbalances.

The energy disturbances creating these deviations from well functioning are easily recognised and remedied when visiting health care practitioners whose frameworks allow enhancement of normal healthy pregnancy, rather than medical crisis management. All are easy to restore.

Nature reproduces on automatic. No micro managing/check ups needed.



Easy Birthing

At the point of total ripeness (much like a peach ripening, then falling off the tree) – when there is nowhere more baby can expand to – when the Yin phase is at its maximum - there is nowhere else to go (but birth) – a supreme Yang expression – action and movement begins.

Most expect pain to accompany this. But using the acupuncture model, pain can be viewed as an obstruction to normal flow. It is possible to birth in ecstasy. What stops all from this happening? Possibly what is stored in the body. This is where the massage and moxa work from the [What Dads Can Do](#) manual and DVD sets (now online instantly downloadable) is so invaluable – a very different form of childbirth education – practical hands on couple homework – to release all that she has stashed her body and pelvis – awaiting possible exit at birthing – or not – by creating birthing dramas... get in ahead...

Fear plays a large part. A line in the Chinese classics states that ‘when the Shen is peaceful, the pain is minute’. So too with birthing... why DOES it have to hurt?

Physically, the actual process of the uterus drawing up, allowing the cervix to widen to then release the baby into the external world is natural as is having a poo. If birthing mothers have no Stuck Cold or Stuck Qi or Stuck Blood or physical obstructions, and are able to ride out the intense surges of life force as they wash through, it should be possible to experience joy and release and much less trauma than is usually expected.

The accepted modern medical model is based upon illness and relieving pain and suffering. Part of this is due to the lack of understanding of there being more than the physical/ mechanical or biological factors involved in life. Please also remember that regardless of planning, there are always going to be random occurrences in any aspect of life, and these cannot be planned for.

Those thinking that they are protecting themselves and their families by focusing on the possibility of the worst scenarios could do well to remember that energy tends to follow thought – we get what we focus upon. Fear constricts the Qi, the life force and the sphincters.

Ecstatic birthing

An easy vaginal birth is far more likely if the woman is surrounded/ supported by an expectation of birth being a normal bodily event. Anything that triggers off maternal emotional distress will impact upon her body’s energy systems, which in turn dictate the physical mechanisms of birthing. We are mammals – and designed to become pregnant easily, carry easily and birth and mother easily.

Flood yourself with positive images of how easy birthing is. Focus on the bonding and the hormonal help that is all within you as you travel the path of reproducing love. Visit all that Dr Sarah J Buckley has written on the joys of maternity and of labour. <http://www.sarahbuckley.com/> Anything Dr Frederik le Boyer on gentle (non violent birthing) and by Dr Michel Odent on maternity will inspire you.

NOTE: Safe birthing supports Nature to bond mum and baby securely

Why would you **not** follow the wisdom of the ages and respect this?

1 – Respecting her Blood and her Blood energy

Blood nourishes the SHEN

There will be sanity, sleeping, clarity of thought & memory problems.

Blood allows women to nourish baby

Breastfeeding – the milk is formed from what menstrual Blood is made from – EXCESS to her body's own needs. If trying to diet to regain shape or to recoup what is seen as 'self', there may be enough quantity of milk, but not good enough **quality**. This is often the case when trying to rebuild Blood back after a post natal haemorrhage.

Blood nourishes her own rescue plus the hair/nails/muscles & tendons.

Any problems here can often be directly attributable to a lack of good nursing care at birth. No manipulation of the birthing process to allow a normal third stage and normal birthing of course is now rare and hence the loss of blood due to pulling in the cord and otherwise traumatising what Nature intended - has consequences.

Mum really HAS to be transfused for her continued wellbeing and ability to mother if she loses more than a litre. Even less if she is a confirmed vegetarian (esp. if a vegan).

OR – she could consume the placenta – preferably raw - and not in capsules. This is one of the most effective home rescues easily available. When all else seems lost – it is on hand. This has been used to great effect by many home birth midwives I know. Mum may lose 2 litres and then bounce back as though nothing has happened. Not everyone's 'cup of tea'. [Placenta recipes](#) here.

2 – Respecting and supporting her yang (not getting cold)

3 – Respecting the new being as it starts its own breathing mechanism

4 – Respecting the primal bonding between mum and baby

Return to the wise woman's ways of knowing. Live simply and well.

(See [Love Your Body Better](#) and [Healing Power of Touch](#) courses for more tips)

Easy breastfeeding/maternity

This is automatic if the birth has been as Nature intended.

It follows that birth and pregnancy are more likely to be easy if periods were easy. **Breast milk** is made from Blood energy and it flows or not by virtue of the Liver Qi movement. This is a circular argument - as if mum is happy and well, her periods are normal – easy and no drama – and all else is easy.

LOVE YOURSELF BETTER

9 - POTENTIAL WOMEN'S PROBLEMS

Health – the ability to adapt to change

When the nutrients (ingredients) are there, and the flows are flowing life is easy. Pain (on any level) is due ultimately to obstruction to normal flow/circulation. The more movement, freedom and opportunities to allow the body (rather than the mind and its beliefs) to get on with the job, the more likely the energy will flow, resulting in an easy woman's life – easy bleeding, easy sexuality, easy fertility, easy pregnancy, easy birthing – easy maternity, easy womanhood.

We have seen what sets normal into action. What upsets normal?

1 - NOT BEING TRUE TO SELF

The process of not being able to be authentic, to be self; not being allowed to express, being shut down - all have consequences. The **Liver Qi** has to flow. If we cannot make sense of/peace with - it festers. Imagine having to hold what is said to be 'a secret' and/or to be fearful, having had a fright (especially a sexual one, or any form of incident at any age, and pretend it did not happen) indefinitely.

If the Liver Qi is constrained, the secondary effect is to block entire body Qi and all other flows in the body /mind. This leads to almost all 'hormonal' problems. Not in the mind, definitely in the Qi – being stuck. What lies beneath?

2 - INVASION OF COLD

This is a very recent phenomena - ignoring what all older people who have nagged us about. If we persist in [adding cold to anything that hurts](#) (stopping the blood flow will not help healing) we will get the inability of the body to heal itself properly. Applying ice on bodily upsets is very short sighted - [it slows all healing](#).

It stops the flows flowing – and when circulation slows down – you are in trouble. Stuck Blood and the Stuck Qi of the trauma stay longer. You experience the congestion of all the physical matter being stuck there - [as it can't heal](#). The blood couldn't get in to replenish the oxygen and repair, or to take away toxins.

This is bound to cause all the Yang Qi disturbances – over bleeding, poor wound healing, immunity issues (infections), and weakening of bodily tissues including [prolapses](#).

Cold energy in the body wastes the Yang Qi

When becoming Yang deficient, (metabolism, digestion immune system and circulation) everything works less well. (See functions of Yang Qi). At the time when the body is called to work at optimum, sometimes it cannot.

The usual fluid/fat accumulations seen in menstrual cycling, pregnancy and women's bodies usually, leading into massive weight gain, fluid accumulating

anywhere where it shouldn't creates massive weight and self esteem angst in most women.

During birthing, much maternal energy is expended, often to the point of severe exhaustion; much Blood is lost, and much shock and trauma and joy are experienced. In this volatile time it is very important to be aware of the invasion of cold into the vulnerable maternal energy circuits.

Cold energy stays in the body (and the uterus) indefinitely. Once there it creates contraction and hardening, lessening normal circulation of Qi and Blood, hence setting up massive future gynaecological problems.

I speak of the energy that tells the physical body what to do and how to do it here. You may not feel all of these at once - problems at various times include general weakness and loss of tone, haemorrhaging, infections, incontinence, prolapses and future sexual, fertility and menstrual dysfunctions.

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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Poor circulation, immune and digestive systems and general aching relieved by heat, worsened by cold all fit under long term damage from using cold to numb yourself inappropriately (no woman's body should ever be exposed to it – like excess Blood loss - it ruins being a woman easily).

Upsetting the Spleen Qi leads to weakened digestion and thus the entire body (see previous chapters).

3 - LOSS OF BLOOD

The other major preventable woman's life/maternal enjoyment is that of **over bleeding**. If flooding or constant on going bleeding occurs past 1 week, do not be complacent; do not allow yourself to be told it is 'OK' to be so exhausted. Your ability to stay sane enough to be able to sleep well to recover from anything – be it a period or to replenish yourself, after birthing to breast feed well and to enjoy new baby are all dependent on your Blood energy's strength.

Please pay attention to your own daughters and grand daughters.

Looking back to the beginning of the eBook to the ages of woman and also the Yin deficiency symptoms, you can see quality of life is NOT obsessing about the years lived, but how well you are faring in terms of happiness and Blood energy will hold you in remarkable stead. Go well, with your new information base!!

In the appendix at the back of this you will find maps of the major acupuncture meridian systems for you to see how the body comes together. This is a far more intelligent way to view a body/mind. Speaking only of the end results - the mechanics or the 'hormones' as though they are the magic answers – is to miss that this is all dependent upon the energy instructions – let's change them!

When the production and circulation of Qi and Blood - and you have ease of emotional expression, all of the meridians should be in a 'well oiled' condition.

4 - SAFE MENSTRUAL CARE

When women menstruate, the discharge of the blood is to travel down and out. Anything that stops either the production or the flow of this will cause problems.

Why don't we look to the menstrual aids we use?

This is a subject seems taboo – we almost never speak of our bleeding to others. How we manage this is also not spoken of. Perhaps it is time to. Women often find when they change to using safer intimate care products, a lot of the over bleeding and pain and bloating, and other issues such as anxiety and the feelings of everything 'falling out' – just disappear.

Wearing standard pads is not pleasant; it tends to be a sticky/messy/smelly and a very wet experience. This often leads to wearing tampons, although many find that their bodies are upset when they do, leaving them in an awkward position - pads are awful and tampons hurt /create discharges/make them feel unwell. What to do?

Besides at least going organic cotton, there are other pad options. A few years ago, a Chinese man investigated why his mother may have died of cervical cancer and uncovered a huge issue - the UNSAFETY of the adhesives and the chemicals used in the manufacture of the throw away commodity that all women must use - [sanitary pads/products](#).

Because we do not eat them, they are not considered under the same safety guidelines as what we do. This has led to any and all chemicals being part of our inner structures because we absorb what is released when wet.

All the discoloration you can test yourself by wetting the inner linings of any pad or tampon – some release pale yellow, others pale brown – and when they are used as intended this is not noticed as they are disguised with the blood products. Not something people normally speak of – but highly pertinent when trying to undo nasty menstrual problems you may have been suffering from unnecessarily.

WHAT DOES THIS MATTER?

It matters a lot. Sometimes parts per BILLION are all that is needed to start hormonally disrupting our bodies. Often changing the menstrual products has an INSTANT effect on the problems you are having, as the products themselves are aggravating your inner balance. When using these different pads, the 'always dry' layer leads all moisture away from the delicate tissues.

Advantages

- (Besides always feeling dry and not as though you are wearing a nappy).
- The negative ion pad removes all bacterial and fungal possibilities - hence no smell.
- The negative ion pad also ensures healing ions are delivered whilst the wearer has it next to the skin.
- The pad itself does not leak out toxic chemicals to be homeopathically reabsorbed into the body. All this means that there is a huge woman's health issue unspoken of – what we are doing to CREATE the very problems that lead to us needing to wear what is often wrecking our bodies more often.

I strongly suggest that you search online for hormonal disruption – look perhaps to 'our stolen future' as a starting point. Living chemical free may be exactly what you need to live well as a [bleeding woman](#).

Using moon cups . .

Same as tampons – the flow is supposed to be OUT of the body.

Wearing tampons reverses the normal menstrual downward flow. At least not wearing these at night would be a bonus to the body. Incidents of toxic shock syndrome may masquerade as monthly migraines and discomfort. You may be very surprised to find in changing your menstrual protection some of the symptoms you have been experiencing disappear. Especially when they stay dry.

Most women having had experience with them over the past thirty years, will note that about 25 years ago they became a lot more absorbent – to the detriment of those who were not bleeding heavily enough when using them, causing discomfort when they were pulled out.

This local irritation also leaves us open literally to the flow of the chemicals that were used in their manufacture. You can yourself undo the products and sit the stuffing in water – they often leach out all manner of colours, in shades of yellow /beige and cream.

What is it?

The recycled materials were often chemically treated so we think we are using 'clean' material. In essence – as we are not eating them there is no legislation to protect us. What is placed on the body is absorbed (think of all cosmetics/skin care products). The hormonal disruption that is coming at us from all angles is also appearing in our menstrual protection.

The business of menstrual protection is one that could be safer for women. Using a product that is guaranteed safe - and was developed in response to the business owner's own mother dying of a female cancer - means that there is plenty of room for your choice changes.

See what wearing different protection can do for you. Many have discovered that their usual bloating/flooding/discomforts and discharges/smells and menstrual irregularities all disappeared when they converted to the safer choices.

Many women report that after stopping their usual supermarket menstrual protection, their flow was much less of a problem. Vaginal walls are vulnerable. It is likely that we are best going to use either a silicon cap or a sea sponge only internally, or preferably using SAFE external pads. (www.safeintimatecare.com)

Another common taboo subject and one we seem to have forgotten, that may have been for our benefit - ***sexual intercourse when bleeding***. This forces Blood and Qi upwards when the natural flow at this time is down and out, rather than up and in. When you think it through - how else could the endometrial cells get the chance to migrate into the peritoneal cavity?

Wearing tampons would help this greatly also - and the choice is obvious – a pad that feels good – hardly there in fact – that is safe and that has a healing component. Besides the comfort and the security of wearing a pad that doesn't leak or make you more unwell, you then need to look at the 'elephant in the room' – why is there such hormonal disruption as we go through time?



LOVE YOURSELF BETTER

10 - HORMONAL DISRUPTION

This is behind a lot of ANY 'hormonal' discussion. Once understood, you have choices – keep 'breaking' yourself – in commonly done lifestyle habits or change to become stable again.

Estrogen dominance can be found on many sites online.

[Bromide dominance](#) is a major problem – unheard of by most.

WHAT TO DO?

Go organic, simple and follow nature where possible

- Stop the sources of extra heat/toxins/false estrogens (avoid all soy products).
- Stop the heating and overly chemical processed foods and fluids.
- Drink far more clean and non-chilled water.
- Help your liver organ – it is your hormonal factory.
- Adding products that assist the natural progesterone, or using substances to enhance them in your body, may naturally reverse the endometrial issues.
- This often means investigating simple and older-style remedies and ways of living. Going 'green' will help the planet also.

Please look to the diet and supplement, for assistance in healing quickly; rebuilding is necessary to allow baby making to begin. YOU personally may never want to make babies – but this is why you bleed - the mammalian body is in constant maybe baby mode.

Giving yourself sufficient nourishment, at least immediately before, during and after bleeding, when the body has a reproductive agenda - monthly preparation of a nest - would allow the body to go about its business with much less stress than many women currently provide for themselves.

Paying **attention to adequate nutrition**, and resting when the body is trying to get your attention through heavy flow, pain and other symptoms that threaten to side-line you, allows the body the space to heal.

Questions to ask yourself and your specialist should you attempt surgical or chemical correction:

Why did the body grow those cells there?

What can be done to return my body to the template it genetically has?

Toxic life overload

We are now living with the consequences of having far too many organophosphates and oil derivatives in the food chain and in the air and water around us. It does make sense to investigate this and try to minimize your involvement with anything unnatural. This means cutting out all chemicals possible – especially the ‘diet’ and ‘soft’ drinks.

The occurrence of hormonal disruption was forecast first by aware scientists many decades ago and affects all of the planet – not just women’s period and male fertility. – <http://www.ourstolenfuture.com>

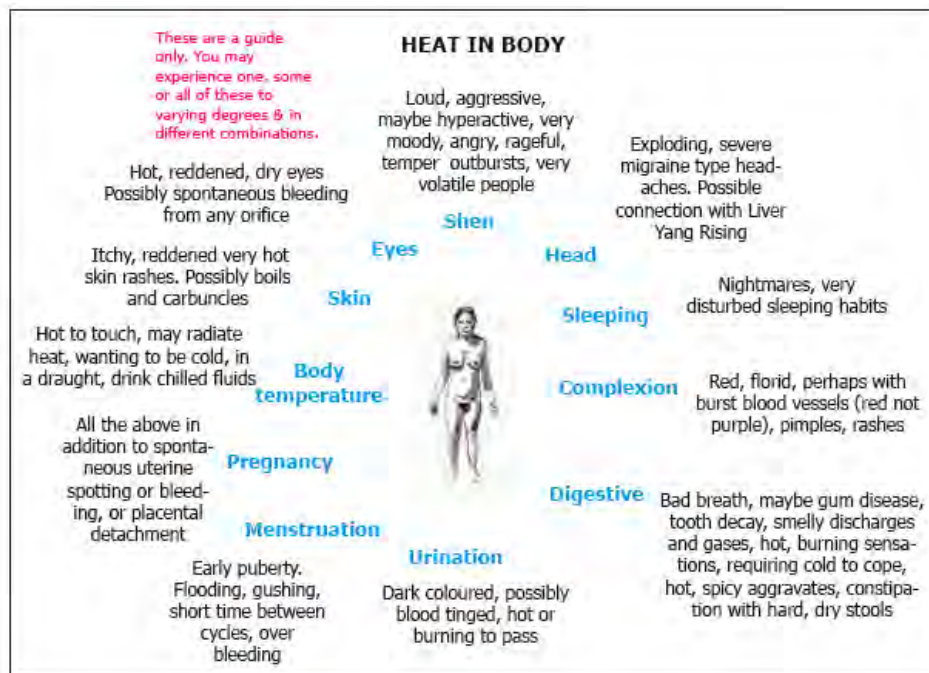
(Please also see [Dr Rachel Carson – ‘The Silent Spring’](#) circa 1960’s).

Looking first to the general environment, please search online about ‘hormonal disruption’, ‘estrogen dominance’ or ‘our stolen future’. Unfortunately the factors that affect us, particularly the environment we live within tends to be ignored by standard orthodox western medicine. The increasingly toxic soup that we all have to live in is creating a world in which increasingly distorted bleeding patterns and over feminization that is happening to all.

Look also to the internet - ‘toxic breast milk’ or ‘toxic sperm’ – both are full of fire retardants . . . from our modern bedding. What can be done?

Inner Heat = Toxins

Chinese medicine sees a lot of the over bleeding and the pimples and the inner heat often as being too hot in the night/having hot feet that get sent out of the bedclothes even when the weather is really cold – and the constipation and the mood changes - especially the anger and the outbursts as just being an inner heat condition.



The inner festering creates a huge amount over many decades. This then shows up as varying issues throughout the body as seen on the diagram below. They may not all show up concurrently and maybe there is just one that bothers you – and at varying degrees of upset – but all are related to far too much Inner Heat.

Where did this come from? The usual causes are diet and suppressed feelings. The Stuck Liver Qi mentioned throughout this comes to haunt us continually. Considering the diet – what we make ourselves with – we can easily change by only drinking pure (non-chilled) water and by not having any caffeinated or sugary drinks.

Anything that upsets the liver organ by creating more of a load needs reducing. This includes all sweet, all chemical and all food/drink/supplements that are not in natural form. This also means looking to simple food choices, not using stimulants, and being very mindful of what is being used to fuel yourself.

Anti inflammatories are less likely to be needed if we do not have the inner heat to put out in the first place. The heat comes from the toxins spoken about above.

This is where being kind to your liver organ starts. Physically this means that all modern food choices tend to have numbers as part of their makeup. Going simple, back to basics and slow home cooking does mean time spent in preparation and self-nurturing and often this is just part of why everything is falling over – there IS so little time for self-care.

It also means start being realistic about what you can fit into a day and into your life. Is searching the internet really helping you find what will make your heart sing? Are you really doing all you can to help yourself through the patch you are in presently? Do you really want to be in that job, or even live in that town, country? Start to be real and live your dreams.

WHAT TO DO

1. Try to clean up the chemical load in your life and refuse to use any extras, as the environment is already awash with more than enough that we are passively absorbing. (Do you REALLY need those acrylic nails?)
2. Invest in your future by starting the [liquid activated zeolites detox](#) – and allow your body to safely excrete all the extras that are blocking normal menstrual and hormonal functioning.
3. Look to drinking a lot more, clean, pure water (not chilled)
4. Allow healing to happen – take life slower.
5. Allow time to sleep – as this is the best healer.
6. Start using non-toxic fabrics, especially [menstrual aids](#).
7. Start a system of cleanses (the gall stone one is exceptional).
8. Knock out ALL self-medicating and take to meditation and inner work to undo what has lead you to being so very wound up.
9. Start living in your life – not just showing up to do yet another version of 'Groundhog Day'.

INSTANT QUICK FIXES

You may find simple solutions – like the use of [non-toxic menstrual care products](#) – make a huge difference to you – as others have. This may horrify you – why has the medical specialist not mentioned these simple solutions?

Why not look to nutrition? Most are eating out of comfort and habit rather than to nourish /rebuild themselves. We could stop doing this and start looking after ourselves very differently, understanding that what we fuel ourselves with dictates how the body is able to work – much like the car and the grade of petrol used – is a great start.

Look to what you call ‘food’ and re-evaluate. The bloated tummy may be telling you to stop all grains. Whilst it is a ‘food group’ and you may feel uneasy about stopping this, you may feel vastly better, lose the weight that is seemingly stuck on with superglue and feel as though finally your life is on track.

Many have stopped all grains - it is a very simple step to wellness. Transform your diet into a green and coloured veggie treat – with heaps of fat and protein peppered through it. Heaps of FAT – yes – this is what you make hormones with. Organic animal fat is preferable as all manner of chemicals lie in wait for us in fat (the body’s fat cells is where chemicals the body knows not what to do with get stored . . .for later).

TO AID THE NERVOUS REPAIR . . .

Get rid of the toxins that are stopping nutrients from actually getting used in your body. The [liquid activated zeolites](#) safely do what they say they do – the only ones I have found to do so – and quickly.

Use magnesium gel/oil on the skin topically.

Lie in an Epsom salts bath/use a foot spa (magnesium absorbed through the skin) a few nights a week.

Start taking a **Vitamin B complex** to assist with the possible nervous/ emotional and physical exhaustion and to relieve the adrenal stress that has started with this happening. Look to what you make hormones (messengers) with [here](#).

Zinc as an essential micro nutrient. Blinded from being used by the presence of heavy metals. It is easy to detect the absence of this. Obtain a taste test from your local naturopath or health food shop. If you can’t immediately taste it as awful, it means you are not accessing it even if you are supplementing with it. Take the liquid or powder forms as it then assists you to assimilate what you are eating better, amongst many other crucial things. BUT – you [have to get rid of what is blocking it being seen](#) as taking supplements does not mean that you are getting anything from them. Till you do.

Fish oil helps as it is a natural anti-inflammatory.

(Source the most natural possible).

Vitamin C – a little very often – can assist the detoxification, as the liver and digestion are both improved by its addition, as is the tendency to clot and over bleed.

A massively important anti oxidant and very strong anti inflammatory is constantly being made in your body. Glutathione. When we are not making it – (as you may possibly not be to be reading this) - it can be sourced externally. Enhancing the way your body works. Restore normal and stop accelerated aging.

Look for the [Glutathione accelerator](#).

Your state of energy . . . perhaps think of freeing up your circulation?



LOVE YOURSELF BETTER

11 - FLOWS (CIRCULATION)

A self massage taster is [found here](#).

[Maya/Arvigo](#) and the [Mercier work](#) may really make a huge difference to you.

The massage work I have been using in clinic for nearly 40 years is instantly [downloadable](#) for you to use on friends and to swap sessions - it is so simple and all works.

Acupuncture

Possibly all that is needed is you having a different look at what you think ails you. Is it REALLY *just* bad periods? Looking back to the symptom pictures that pepper this eBook, you will see that traditional East Asian and Chinese medicine has much that rings true for you.

Acupuncturists have been working with women with Qi and Blood production and circulation problems (all gynaecological issues – especially menopause, accelerated aging and fertility enhancement - as well as straightforward period disasters) for millennia.

It is NOT being experimental or ‘out there’ to see an acupuncturist. Chinese medicine is extensively researched and has a written history going back several THOUSAND years. There is no ‘newness’ about it – it works and has done for far longer than anything our culture ‘believes’ in - orthodox medicine included (which itself has a history of maybe 150 years and is constantly reinventing itself).

Life force needs to flow.

What may be stopping it in the body is simply the fallout from the operations and the incidents and scrapes we call ‘life’. This could be physical damage done in the past – and may seem irrelevant. Adhesions are the physical evidence of a life residue that is literally binding you to yourself.

Perhaps look to the appendix to see how the lines of each meridian of energy flow through all aspects of the body and how they interact with what you would consider to be life.

As an example:

A normal day in clinic where I repair the ‘fusebox’.

Often it is just a matter of the lines of energy needing reconnecting.

Walking out a new person.

This very often happens and is very easy to do. Part of her picture is a scar on her foot. One may say – ‘so what?’

The channels of energy that service the body are all through and over the surface of the skin and all through all layers of the flesh. When we have a cut or an operation, contusion or a scar, however old, the local circulation is always disrupted. It may well be – full of adhesions and inflammation – we can calm that down easily. Restore normal. Not manage the disruption.

If the local area, (although healed to sight), is still feeling odd – and you may say of course ‘It is a scar’, I would say ‘why don’t we actually work to reconnect all

the circulation back to normal? You don't feel it as 'normal' if the energy is blocked. After some local needling and perhaps use of moxa on it, it should feel the same as the surrounding flesh.

This allows the energy that would be normally circulating to do so again.

So when I placed needles all around her scar and then used moxa (a burning herbal stick) to complete the connection, she was amazed at how much more she could move/feel her foot (a motor bike injury of many years standing) – and I was sure that would have long term effects on the circulation to her pelvis. She had been so grateful to keep her foot at 17 years old when she came off the motor bike, that nothing else was important.

This may sound far-fetched to someone who talks of hormones as though they are separate/ disconnected to the rest of the organism – but the lines of energy that criss-cross the body are very subtle and integral to life, even though we can't see/hear/touch or taste them.

Although she was not consulting me for her bad endometriosis and the three weekly bleeds she had – it was all part of the service. Preventative, not reactive medicine works. When a body has scars or any form of interruption it needs moving on. Using a holistic model, the echoes of any trauma are seen to be still 'online', however subterranean, and will often still be interfering with what would normally be happening.

Putting a body back in working order energetically is the forte of an acupuncturist. As she had had various surgeries for her gynaecological problems these abdominal scars were all addressed in the same session. What she came in with – extreme heat and hot flushes and a red rash and swelling around her thyroid - were all diminished upon leaving. (You know now from reading this eBook that that these were all expressions of [Inner Heat](#), not a collection of unfortunate symptoms all needing different specialists.).

Usually there is a very simple natural solution – get the circulation going again. Have what needs to nourish the body able to do so.

Instead we may see young women are so distressed that they are self-harming /binge drinking/self-medicating with all manner of non-nutritive beverages and foods, and the emotional fallout of broken families/dreams and shattered lives is played out in the menstrual arena. All of this can be seen as being reflections of their [Inner Heat](#) (leading to or as a result of [Depleted Blood](#) energy), [Phlegm](#) and [Stuck Liver Qi](#) and [Stuck Liver Qi Blood](#).

Whilst labelling a condition as solely being a physical problem, most of the very traumatic other problems that walk in with a woman with 'period disturbances' are ignored. Normal Qi and Blood production and circulation mean all the body works well and hence periods do not need attention.

Sub/infertility begins when normal Qi, Blood production and circulation are compromised.

Emotional and mental instability begins as a consequence of not being able to support ourselves, especially our digestion coping with our self-image/food

choices. It often creates us losing too much/not making good 'Blood' and not having great energy to run a normal life.

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.

Healthy Living

Flows and ingredients

Although these two words not normally associated with health – when all is well, all is well. Elders of all cultures passed on what they knew worked.

More on ingredients (nutrients) needed for an easy life is found on my [easy breasts](#) site. The [Love Your Body Better](#) explains how the food factory works in detail – from an energy perspective – the one that gives the physical the instructions to be - and the circulation (flows) is then the issue.

We can help this with [The Healing Power of Touch](#).

Easy, safe, home based self help.

Healthy Aging

If a woman's life is happy, and she is resilient, and she has looked after herself, there should be no drastic demarcation between the time of having periods and of not. Aging is also not a design fault. It des however, as with all assets, depend on how well you have cared for the being that has to last the distance.

To quite an extent, part of this is good genes and a great sense of purpose – but it is also a matter of how well you have bled and been cared for during and immediately after child bearing.



LOVE YOURSELF BETTER

12 – SUMMARY: SMALL CHANGES: BIG RESULTS

Love Your Self Better

COLD

is not your body's friend

- Body temperature water is best
- Never chill your gut with cold food/liquids
- Protect all parts of your body from cold invasion (especially feet on the floor)
- Sleep without draughts - no fans or AC directly on you

Leave out the
SWEET
taste

- All that tastes sweet or converts to sugar in your body adds to body fat/flab
- Fat is a fuel source that rebuilds your brain/nervous system and hormones. Sweet is optional and makes you fat/sick
- Sweet feeds inflammation and 'bad' gut flora

Have plenty of

SALT

- Without salt you cannot live or digest your food properly
- Only use coloured salt, never white
- If you're too ill to eat, suck on a salted nut
- Salty broth to sip

Paint on some
IODINE
& **MAGNESIUM**

- paint them on the skin - bypass digestion.
- Both are essential body ingredients for life
- Iodine - paint on with cotton bud at least x2 daily (15% Lugol's Solution)
- Magnesium - roll-on is easiest - pain relief/feeds good gut bacteria
- Calms all stress away

Love your self better...
Enjoy being in your body

www.heathersays.com

HOW to action this life turn around?

1 - Make friends with your major chemical detoxing unit/hormonal laboratory

Become more liver friendly in all life choices.

(There is no place here for caffeine/alcohol/nicotine or replacements/sweet addictions.)

2 - Food factory

- Eat to repair and rebuild, not to satisfy emotional cravings.
- Supplement your diet with natural healing substances.
- Drink plenty of clean non-chilled water to flush out what is ready to leave.

3 - Clean and safe

- Choose everything natural.
- Use safe intimate care products.
- Detox using easy and life-friendly remedies.

4 - Let go what is holding you back

- Undo your past – heal your present and future.
- Express yourself, especially to your intimate partner – and become thus less stuck in all aspects of your life.
- Become more rested and happy.

5 - Let the energy/Qi flow

- Move more – get heaps of exercise whilst breathing clean air.
- Turn all sexual encounters into orgasmic events.

6 - Use safe intimate care products

Be serious about clearing out all toxic chemicals – starting with the very things that are supposed to make your bleeding easier. I suspect that this alone will surprise you with how much change you feel. www.safeintimatecare.com

7 - Using liquid activated zeolites

Get rid of deeply held [toxic material](#) that may be undermining all aspects of hormonal health on all levels. With the introduction of [Mercury](#) in amalgam fillings in teeth and vaccinations, we find ourselves often filled up with heavy/toxic waste. There is often a quick way when nothing else has worked.

Understanding what is happening and then what you can do to alter things is the beginning of the rest of your life.

Trying to get someone to 'fix' you is not possible, as you are the state of energy that is being expressed in the physical with all those 'hormonal' imbalances.

You **are** the condition – it is not that you have something that can be cut out. Changing who you are and what you do will automatically change your cycle, which is a report of what you have been doing to and with yourself.

This means YOU have the power to alter it – no-one else.

Love Your Self Better

Drink more pure **WATER**

- Drink at least one litre before eating or drinking breakfast
- Sip generously (but do not scull)
- Only body temperature, not chilled
- Pure water, not tap water

Eat more **FAT**

- Essential ingredient for hormones, happy brain function and nervous system
- Use high-quality saturated fats, preferably solid at room temperature: butter, eggs, fish, seeds and nuts

Get plenty of **SUNSHINE**

- Allows Vit D3 to be made in fat cells under your skin
- Vit D3 is essential for life
- As a happiness vitamin it assists your immune system
- Vit D3 is a building block of all hormones

BLEED Safely

- Women need to bleed
- Use safe intimate care products
- Let it flow
- Don't block it with moon cups or tampons

Love your self better...
Enjoy being in your body.

www.heathersays.com

Want to know more?

Look to my several helpful websites

www.heathersays.com/links

www.heatherbruce.com.au

www.easybabies.com.au

Home help self paced easy courses [here](#)

Start with the [self care massage routine](#) at home.

Add in - the [Love Yourself Better Home](#) massage course



LOVE YOURSELF BETTER

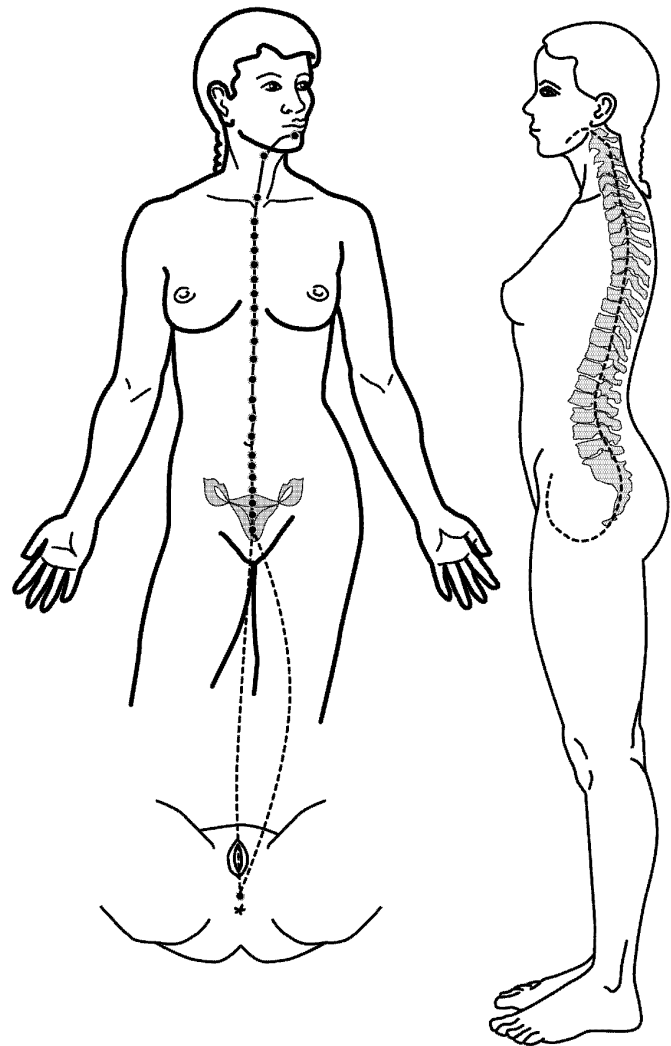
APPENDIX – THE ‘ANATOMY’ OF THE ENERGY SYSTEM – MERIDIANS

CONCEPTION VESSEL *Sea of Yin*

Ren Mai (Conception vessel) is also known as the **Sea of Yin** – and as such is one of the three major supervisors of all the Qi in the body.

Qi pours down through our uterus and onto the perineum, before flowing up the front and the back, and throughout our entire systems.

The Conception Vessel also services our front, and as its name suggests the processes of life – governing reproduction and our womanly cycles along with the **Chong (Sea of**



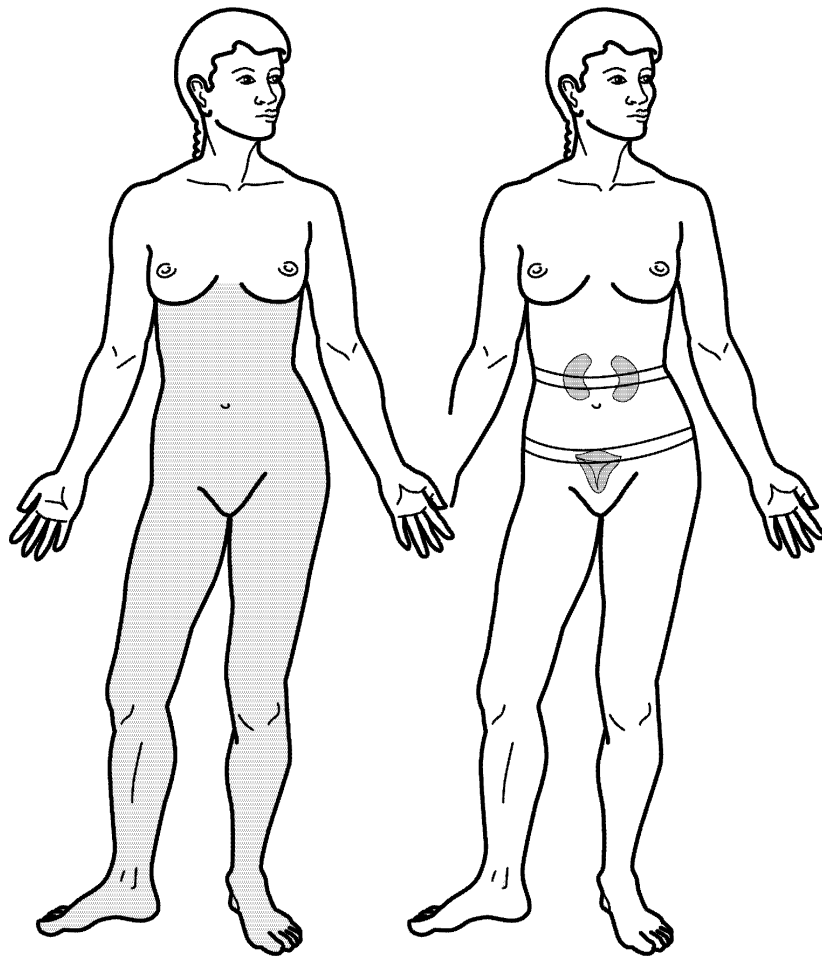
The Ren/Conception vessel governs the supply and flow of yin qi through out the entire body.

Any operations and blows of any description to this area will have far reaching consequences, as the flow of all our life force is thus affected. Think of all the piercings, C scars and the investigative keyhole surgeries – all leave their marks. In practice, I find undoing the blockages these cause often has colossal improvements in what has been happening.

*DAI (girdle) MAI***Dai Mai**

This meridian has the only horizontal flow in the body, and is exceptionally important.

It ties up all the circulation of all other meridian systems. It has as its points on the body only Liver points, and these and the Gall Bladder point that activates it assure that any vaginal, reproductive or thus emotional issues are tied into its flows are activated by freeing/ utilising this meridian



The only meridian to encircle the body, the Dai dominates all circulations to the lower body. It influences the waist and gynaecological and liver/gall bladder functions.

It also means that all flow of EVERYTHING is affected through the Liver and Gall Bladder flow – and these are distressed through anger/irritations and grievances not being aired and resolved. ‘Stress’ and ‘depression’ are nothing more than saying to yourself and the world about how you really feel.

The body cannot function with mixed messages on board, and all aspects of menstrual, digestive and circulatory dis – eases are just that – lack of free flow. Eventually the blockage becomes more solid, resulting in cysts, tumours and other various degenerative and often very painful hassles.

Act – move, express yourself. Get out of your inner prison you inhabit. This can only improve all circulation, reducing pain and discomfort.

Du Mai (Governor Vessel) is the Sea of Yang.

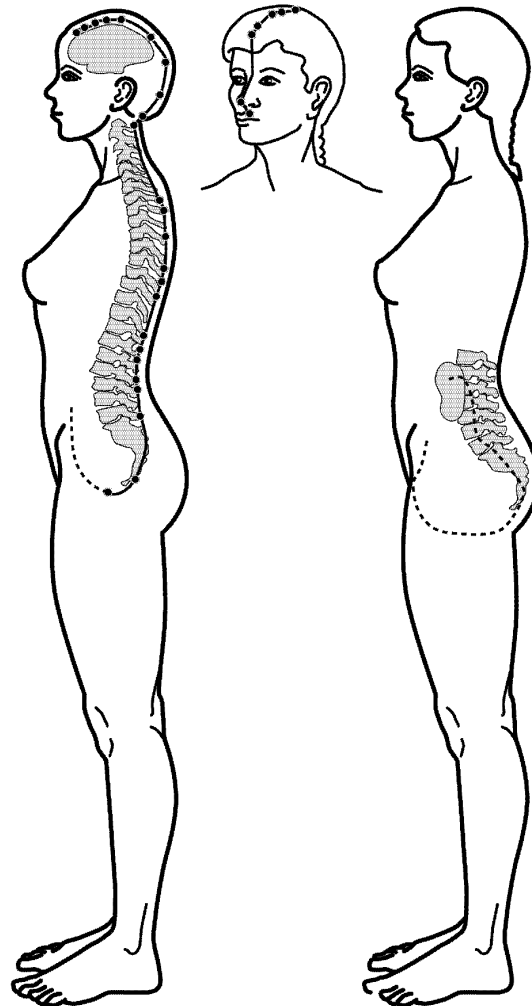
This governs all the structural integrity and neurological functions.

Having strong Yang Qi which is in balance with the Yin means we can stand tall and straight – as opposed to bent right over as some elderly find themselves.

Clearance of any structural misalignment and removal of the tensions and stress carried in the muscular system allows all aspects of the body to then work properly, as the straight flow of Qi through and up to the head is

GOVERNING VESSEL

Sea of Yin



The Du/Governing vessel governs all yang functions.

The brain and neurological and spine integrity, along with all yang circulation and protective functions.

Du Mai, as with **Ren Mai**, runs internally up the front and back of the body.

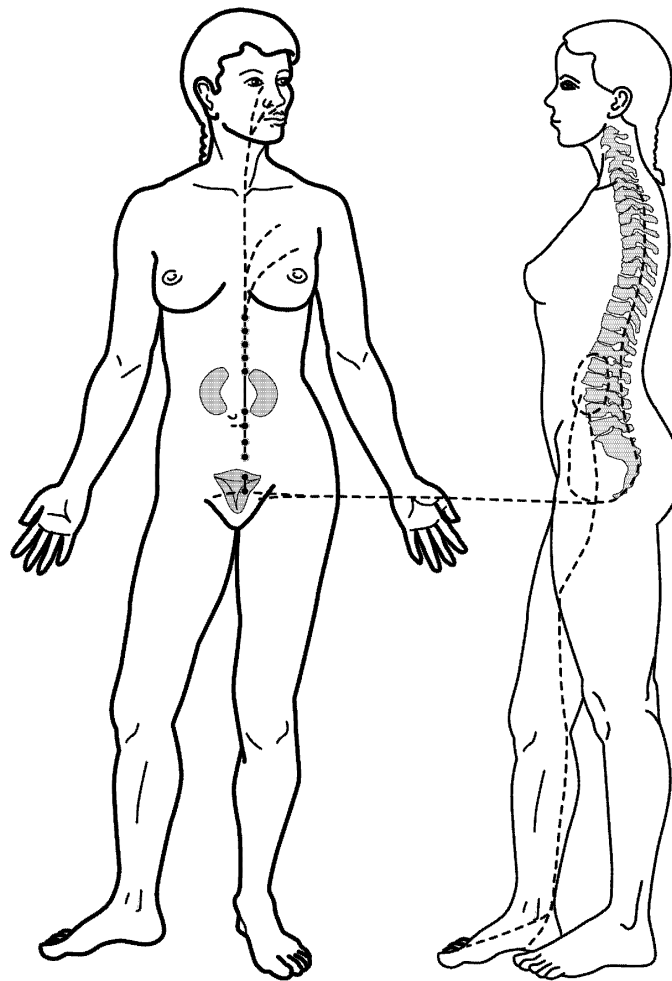
How your structure is aligned and how the inner tension and weaknesses stop normal self expression can mess with this. Find a great massage or structural therapist to help you correct blockages - and MOVE and use your body as it was intended to be.

Remember that the physical is only as good as the energy that is allowed to flow through. Don't rely on others to 'fix' you. Do something serious about being yourself and what makes your heart sing.

CHONG PENETRATING MAI*Sea of blood*

The **Chong channel** traverses the back and the front and also connects all the **Kidney** (inherited strength) abdominal points with the **Spleen** (self sustaining) ones, on both sides of the midline.

As such it is also called the **de-obstructing meridian** and is used to move all major blockages, especially those that are more solid or substantial - particularly those within the chest and abdomen.



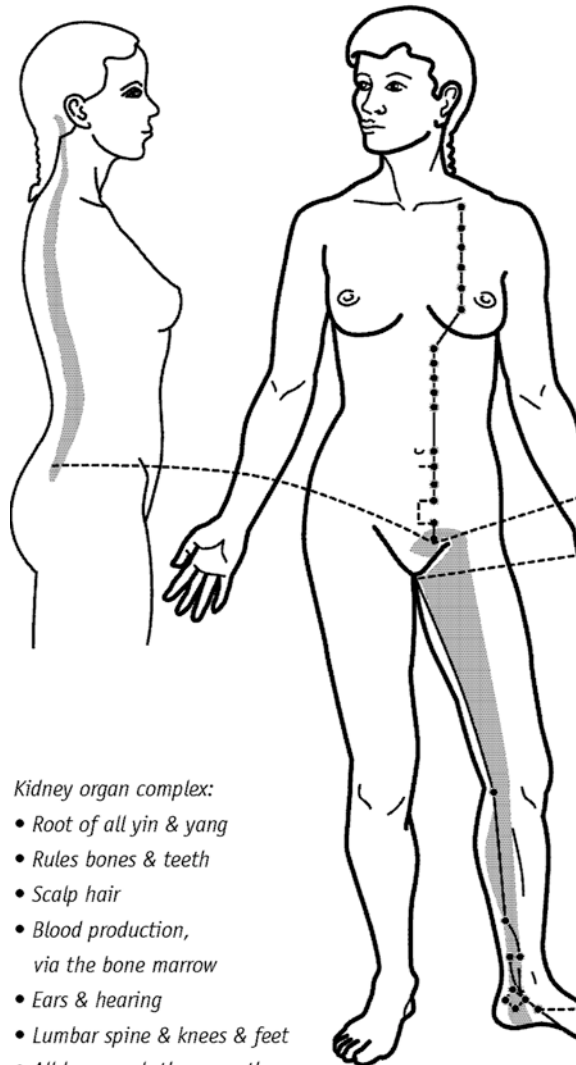
The Chong in the major blood nourishing and moving vessel.

It forms the basis for our ability to nourish ourselves as it brings together the jing from the kidneys and all of the three heater functions.

The **Chong, Ren and Du Mai** all begin within and move through the generative organs and onto the perineum and then around the surface of the body. When cut through, these meridians obviously have major blockages to overcome to allow us to function as we did.

The Chong Mai (vessel/meridian) is also indicated in all lymph blockages. Any thyroid issues and any issues of immunity – will all be tied back into the Spleen Qi and its complex of self nurturing via Yang Qi.

Any surgery up the front of the body – and in fact anything that is blocked – means this meridian is involved. Obstetrically it is particularly indicated for placental issues.

KIDNEY*Kidney Muscle and Main Meridians run on both**Kidney organ complex:*

- Root of all yin & yang
- Rules bones & teeth
- Scalp hair
- Blood production,
via the bone marrow
- Ears & hearing
- Lumbar spine & knees & feet
- All hormonal, thus growth,
maturation & development & ageing

The Kidney organ complex is what keeps us here in a body living well. We are not speaking of renal function, although that is a little part of this. Jing - if this is of poor quality, our constitution and life is not set on a great course. This is shown in our early development and maturation. It also shows in whether we have good quality teeth and bones, head hair and shining eyes and demeanour; how we age. This is thus the crucial area when considering baby making – what am I bequeathing my children?

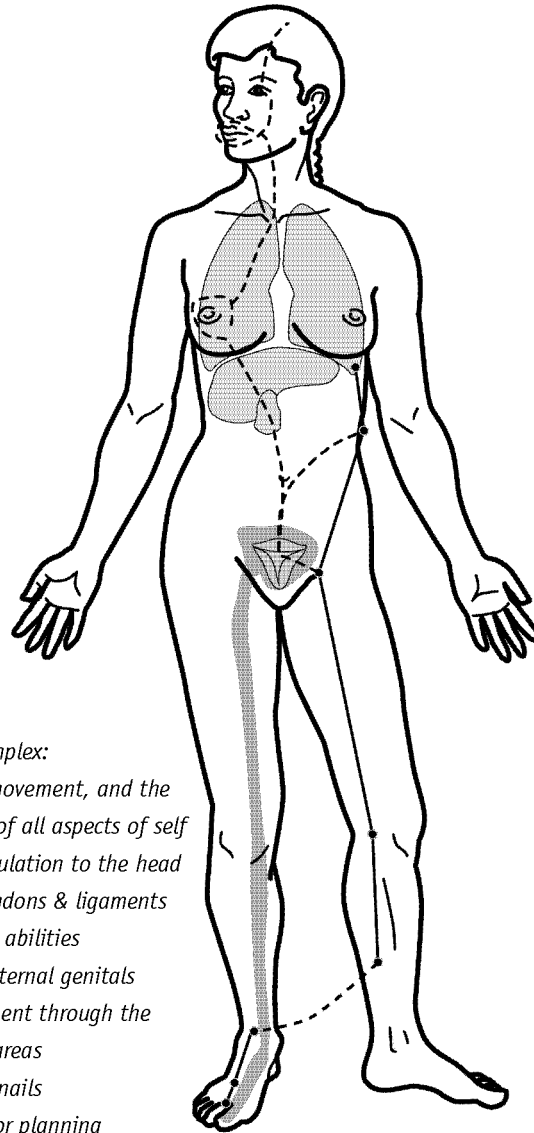
The Kidney Qi function keeps us asleep in bed at night instead of many times urinating. Our Kidney Yang keeps us sexually interested and active. Our Kidney Yin allows healthy living and baby making to occur. Kidney Jing allows us to be here at all, and to a healthy long age.

LIVER

Liver Muscle and Main Meridians run on both sides equally

The **Liver energy** must flow freely; otherwise all aspects of self are affected.

Similarly, all expressions of self and blockages therein affect how the Liver Qi can continue with keeping all flowing as designed.



Liver organ complex:

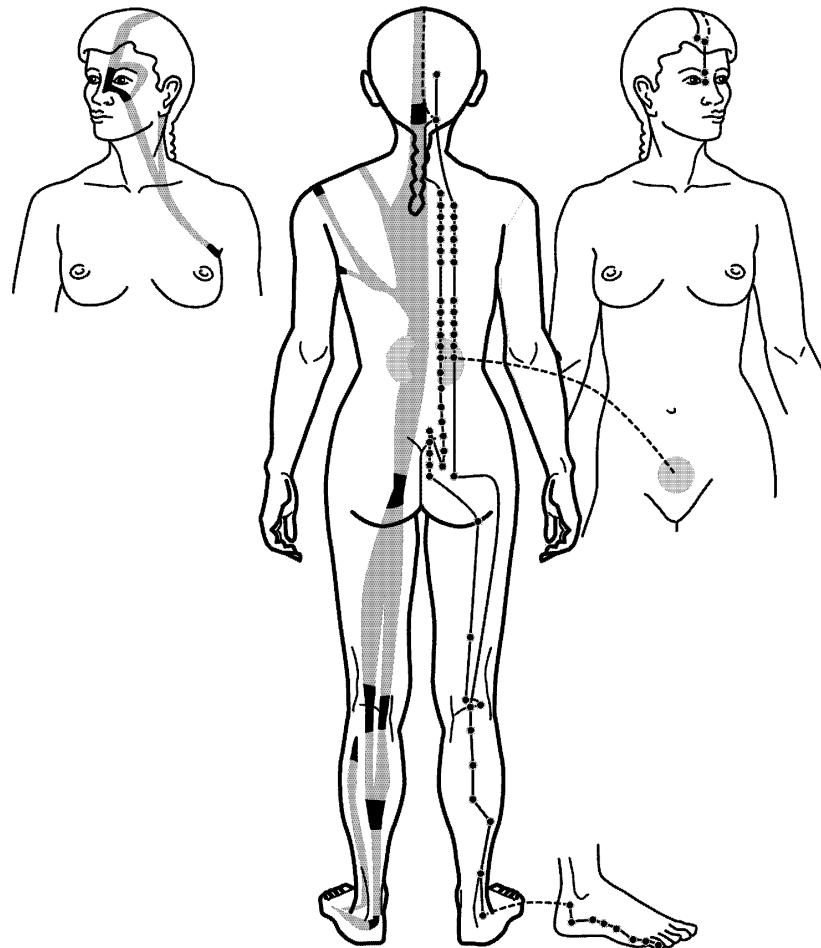
- controls all movement, and the free flowing of all aspects of self
- All blood circulation to the head
- Nourishes tendons & ligaments
- Eyes & visual abilities
- Internal & external genitals
- Blood movement through the reproductive areas
- Finger & toe nails
- responsible for planning

The **Liver meridian** governs all our female functions, thus is responsible for all our female cancers and holds all our angst. By not having good quality sexual release, by not saying what we want, and by bottling up what we really mean, we create all the dramas we have throughout our reproductive lives. When we partake of binge drinking, drug taking, and inappropriate living and eating habits, we guarantee we will have a difficult life, as our quality and Blood quantity are what keep the Liver meridian and the liver complex freely flowing to allow us an easy life.

To not allow chemical castration (the 'pill' and other horrors – including apparently safe cervical cancer vaccines) – anywhere near our young daughters would be to protect the grandchildren we are yet to see.

BLADDER

Bladder Muscle and Main Meridians run on both sides equally



Stores fluids for disposal. Is the major pathway for heat energy to exit the body via the urine

The **actual Bladder organ** is used by the body as a means of clearing excessive heat (energy and toxins) out of the system. This often means that simply drinking more pure, un-chilled water can make all the difference in all manner of health problems. So too, can stopping all the toxic (needing extra water to flush through) substances.

The **Bladder meridian** is the longest in the body. It runs through all the back and as such gives us our structural integrity. When in a state of imbalance, it may be part of why babies present in a non standard manner, and why chiropractic and osteopathic manipulations can assist in all pregnancy related and early paediatric issues.

NOTE – the major point for turning babies and assisting expulsion is at the end of the largest meridian in the body – influences all the structure. Hence always start on the sacral area, working only upwards (see Du Mai), and relaxing all of back prior to any other work.

GALL BLADDER

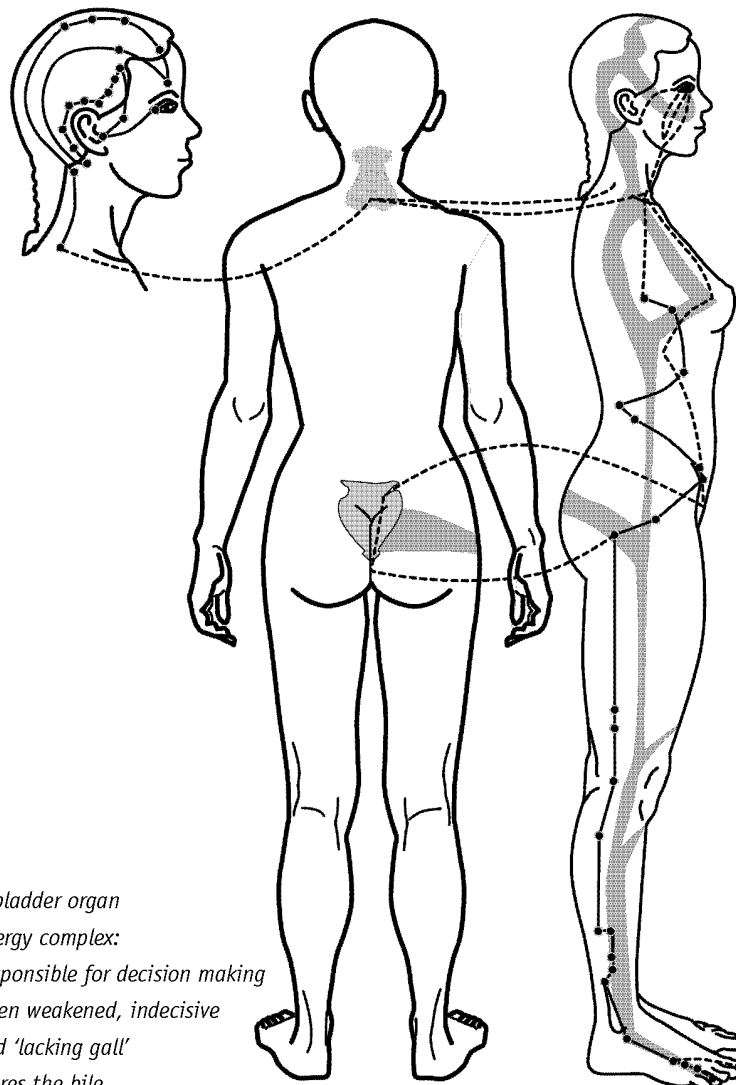
Gall Bladder Muscle and Main Meridians run on both sides equally

The **Gall Bladder organ** physically is seen to store the bile, that allows us to digest fats and to poo easily.

One of the less understood functions of the Gall Bladder energy is that it stores resentment and all the bitterness that we hold within.

This sets up the energy patterns for great gall stone formation.

(Along with the lack of bio-available magnesium, to set the stones into formation)



- Gall bladder organ & energy complex:*
- Responsible for decision making
 - When weakened, indecisive and 'lacking gall'
 - Stores the bile

When the organ itself is full, (could be of resentment/bitterness/hatred and other more physical manifestations- stones and calcified rubbish) it is a major component in the 'migraine' type headaches that plague some people. Doing a gall bladder cleanse (a naturopathic process) greatly restores the health of the entire being, as the Gall Bladder is closely allied to the Liver – which must be able to flow as nature intended.

The Gall Bladder meridian is that which gets upset with all the ‘stress’ we pile upon ourselves. The sciatic nerve and the tension headaches, in addition to the migraines, are closely linked to this channel of energy.

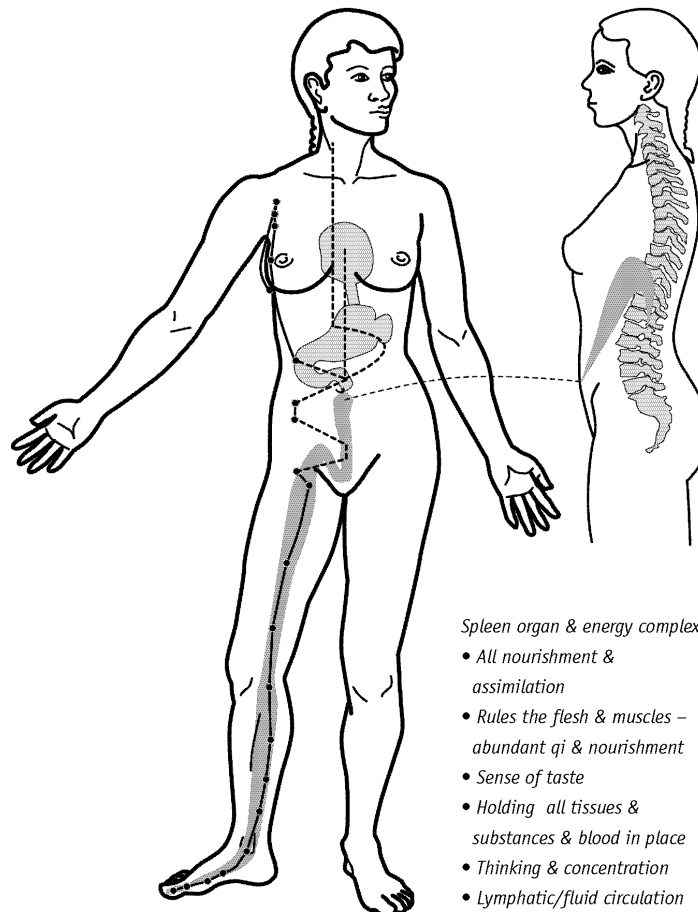
The **Spleen/Pancreas organ complex** is one of the most important in our systems.

This is what allows us to be, as it is the generation of the fire that runs the ‘Three Heater’ process – see a few pages on.

Our Spleen Yang is that which controls our food assimilation and hence the quality of all our Blood and other raw ingredients.

Our lymphatic and immune systems are totally dependent on our Spleen Yang. All cancer and other illness issues are directly tied to the

SPLEEN
Spleen Muscle and Main Meridians run on both sides equally



When the Spleen energy is weak, we start getting diahorrhea, maybe always loose stools, and if more severe – with indigested bits in them.

The **Spleen Qi** also holds all our tissues, organs and Blood in place. When upset – especially by the invasion of cold, or by excessive ‘stress’ - when our Liver Qi gets too upset, (as we are being very polite and holding everything in, close to our chests, or wherever we were taught to constrain our feelings) goes horizontal and attacks the Spleen directly – this function, as with all the digestive ones, and our abdominal contentment can just give way.

This leads to hernias, varicosities, prolapses, bleeding problems, and gut disorders – heartburn, reflux and IBS being the common ones. Many digestive problems are resolved simply by releasing the rage/inner frustrations appropriately. Nothing really to do with the gut except that is where the war is being raged.

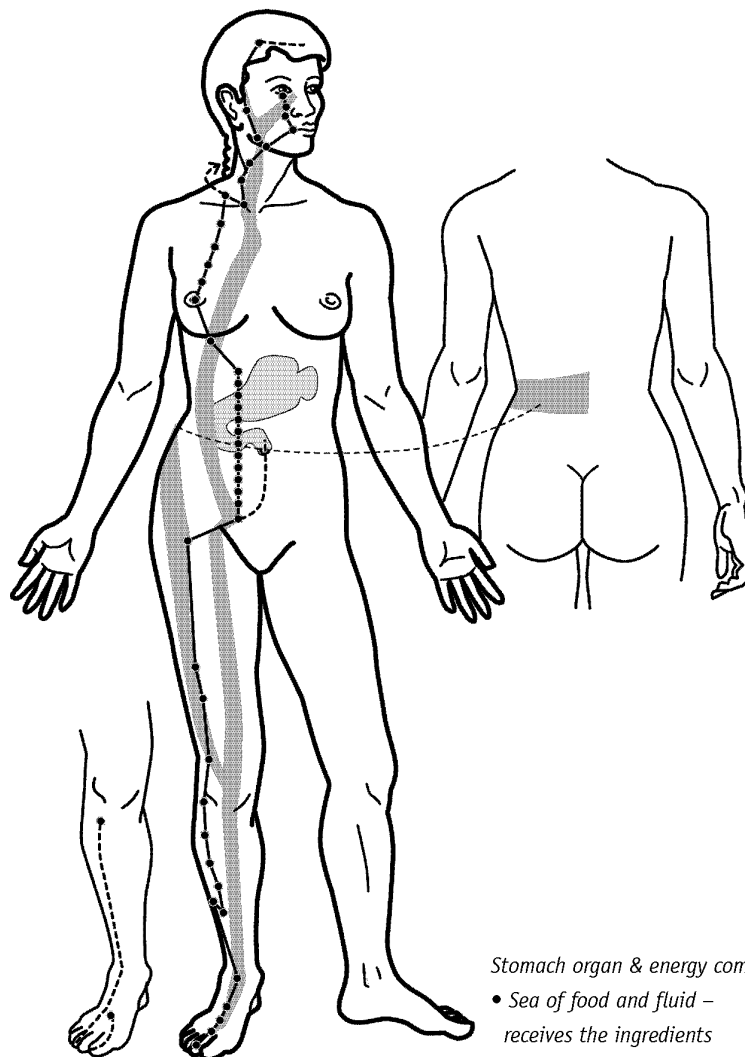
STOMACH

Stomach Muscle and Main Meridians run on both sides equally

The **Stomach meridian** is one of the most used ones on the body.

Due partially to its effectiveness, and to the fact that its point St 36 is the most used/ favourite of all for acupuncturists.

All facial and allergic /sinus blockages tend to stem from Stomach and Colon disharmonies, and can be treated successfully using these points and altering the diet.



The **Stomach organ** holds the food as it is being processed. Its flow is to be downwards. Any sensations of nausea mean that the Stomach energy is being over powered by something, as the flow should always be downwards. If actually vomiting there is clear indication that something is creating a counter flow and requires immediate assistance.

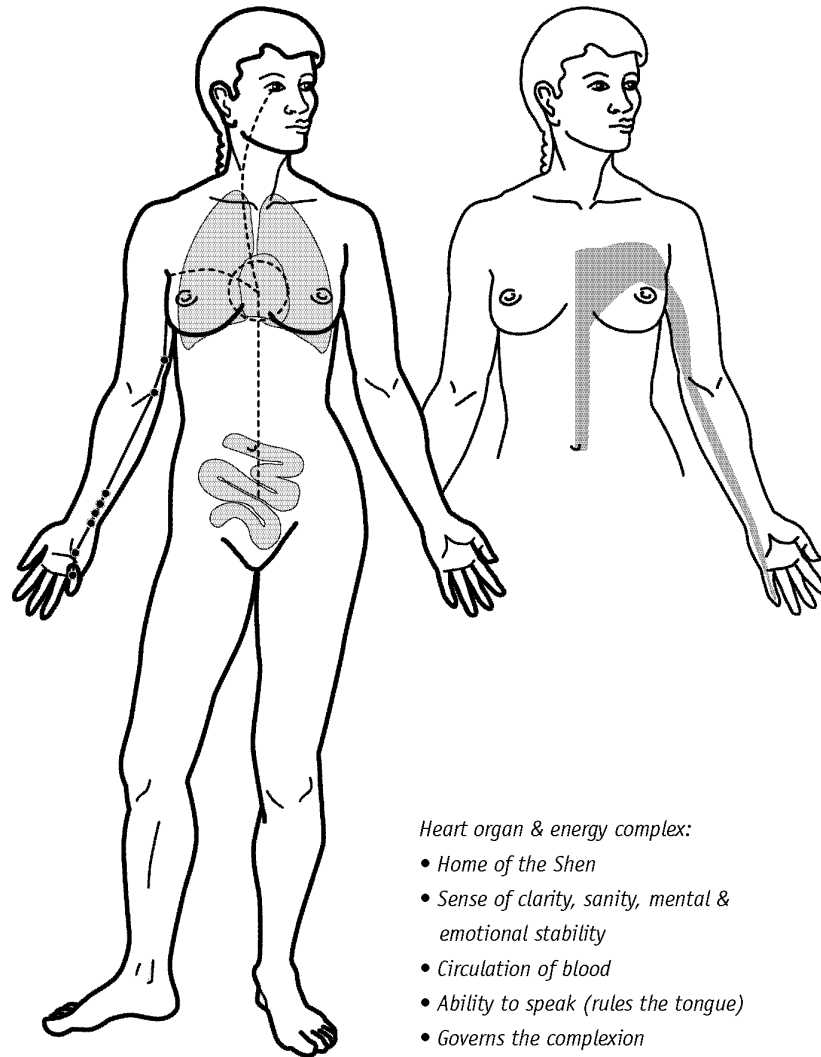
When pregnant, this could be that we are not eating a little, often, and of bland, warm nourishing foods. It may also be that we are not discharging wastes easily and need to be far more mindful of our bowel habits.

(See the colon page). If we start vomiting, it is cause to re evaluate what we are putting into our mouths, and also how upset we are – and starting to slow down and take the time to be with ourselves, as we come to terms with whatever pregnancy is meaning for us.

Also see [Hyperemesis Solutions](#)

HEART

Heart Muscle and Main Meridians run on both sides equally



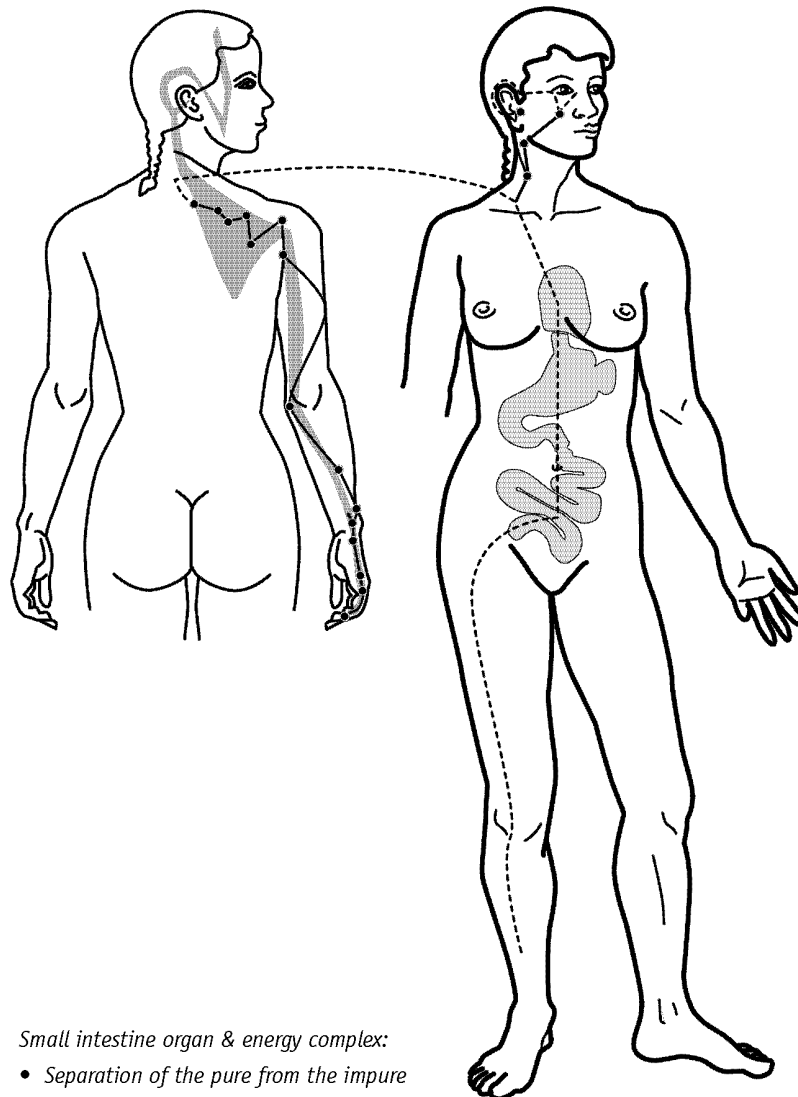
Heart organ & energy complex:

- Home of the Shen
- Sense of clarity, sanity, mental & emotional stability
- Circulation of blood
- Ability to speak (rules the tongue)
- Governs the complexion

The **heart organ** is where our Shen /spirit is said to reside. Anything causing us to have an unquiet Shen is always going to be that which creates heat, and which thus creates sleeping, mood and clarity of thinking problems. (Also see the pericardium page.)

The *cardiac function* is less of a concern here than the expression of who we are – the Shen and hence sanity and stability and social and human communications.

The **heart meridian** besides the obvious up the arm - runs to the tongue, is totally related to our powers of speech – how we can communicate on all levels and also to the lens of the eye – hence how we show ourselves to the world.

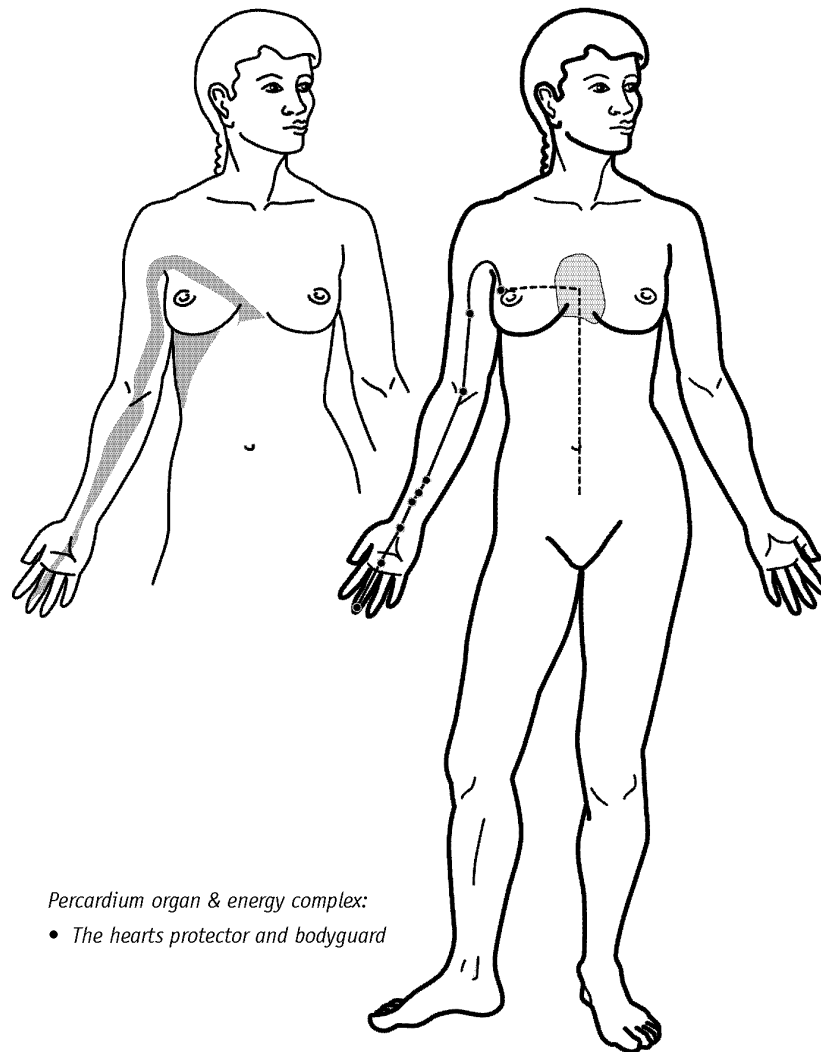
SMALL INTESTINE*Small Intestine Muscle and Main Meridians run on both sides equally*

The **Small Intestine organ** is that which separates out what we want from what we do not. As such, it is under the action of the Spleen Yang, which itself is powered by the Kidney Yang. As a physical organ, it is not mentioned in Chinese medicine, as the Spleen and the Three Heater ENERGY functions explain all. Points influencing assimilation and digestion of foods are not to be found on the named meridian, but on the Stomach, Conception and Governor Vessel, and also on the back Bladder meridian.

The Small Intestine meridian - is more used for local arm problems, and its major point is Si 3, which activates the **Du Mai** and **Yang Qiao** vessels.

PERICARDIUM

Pericardium Muscle and Main Meridians run on both sides equally



Pericardium organ & energy complex:

- *The hearts protector and bodyguard*

Our **pericardium energy function** begins at the first breath we take independently at birth. At this moment our previous lifeline from our mother shuts off, and we begin supporting ourselves. This instant, and the ease or shock that it brings, sets in motion who we become. The imprint of the effort or grace at that moment reflects upon us from then on and affects all the perceptions we ever feel through our senses throughout life.

Our Shen, whilst said to reside in the heart, is protected through the pericardium energy. This is how we are and who we are seen by others to be – all our behaviours and projections come from here.

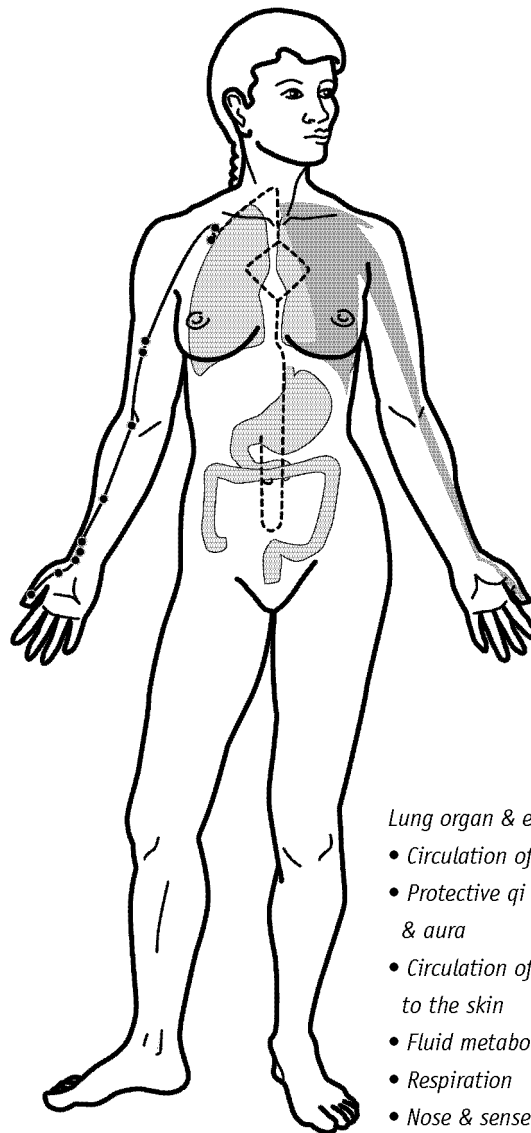
The actual meridian has many major points, which work to calm and support us, especially opening the **Yin Wei Mai** and affecting very strongly the **Chong Mai**.

LUNG

Lung Muscle and Main Meridians run on both sides equally

Breathing is particularly susceptible to both the invasion of cold through cool air especially during the evening when sleeping.

Also from **Stuck Liver Qi**, from being able to express what is thus caught up under the diaphragm, hence muddling normal flows.



Lung organ & energy complex:

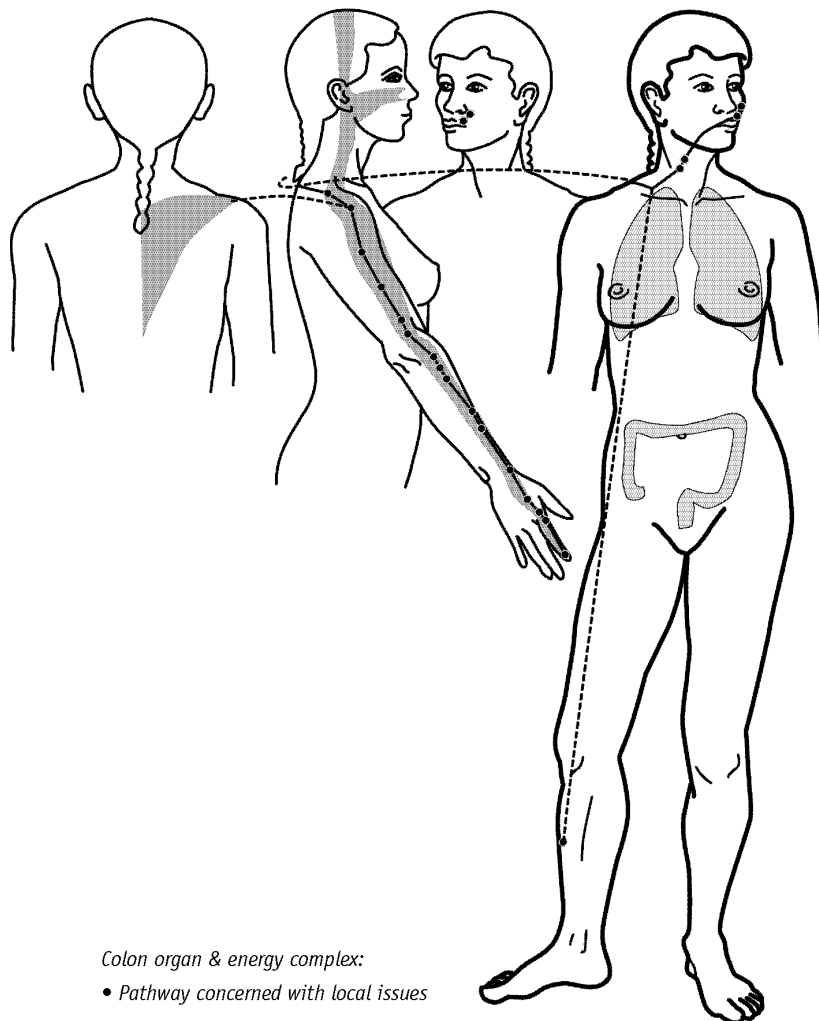
- Circulation of qi in the body
- Protective qi circulating in the skin & aura
- Circulation of qi downwards & out to the skin
- Fluid metabolism
- Respiration
- Nose & sense of smell

The **Lung organ** is one that acts as a bellows – it is not an organ of storage, but one that allows free movement. Hence all breathing and coughing issues are born of flow being affected – through the storage and hence blockage to flow of something – be it substantial, like phlegm produced through the incomplete transformation of food (see **Spleen Yang** issues) or more energetic - like grief or cold energy, stored often over a lifetime of bottling and hence festering.

The **Yang Qi** is nourished through the Lung Qi strength, which itself is dependent upon the Lung Qi – the defensive **Wei Qi** travels freely through the surface layers of the body – the pores and the body hair are our first physical defence – the aura being another aspect of our ‘immune’ defences.

COLON*Colon Muscle and Main Meridians run on both sides equally*

Intimately connected to the Lung through being an 'element' partner, the Colon is often more functionally seen as being allied to the Stomach, as these two meridians form a very strong 'Yang Ming' connection – and heat in the upper organ reflects into the lower.

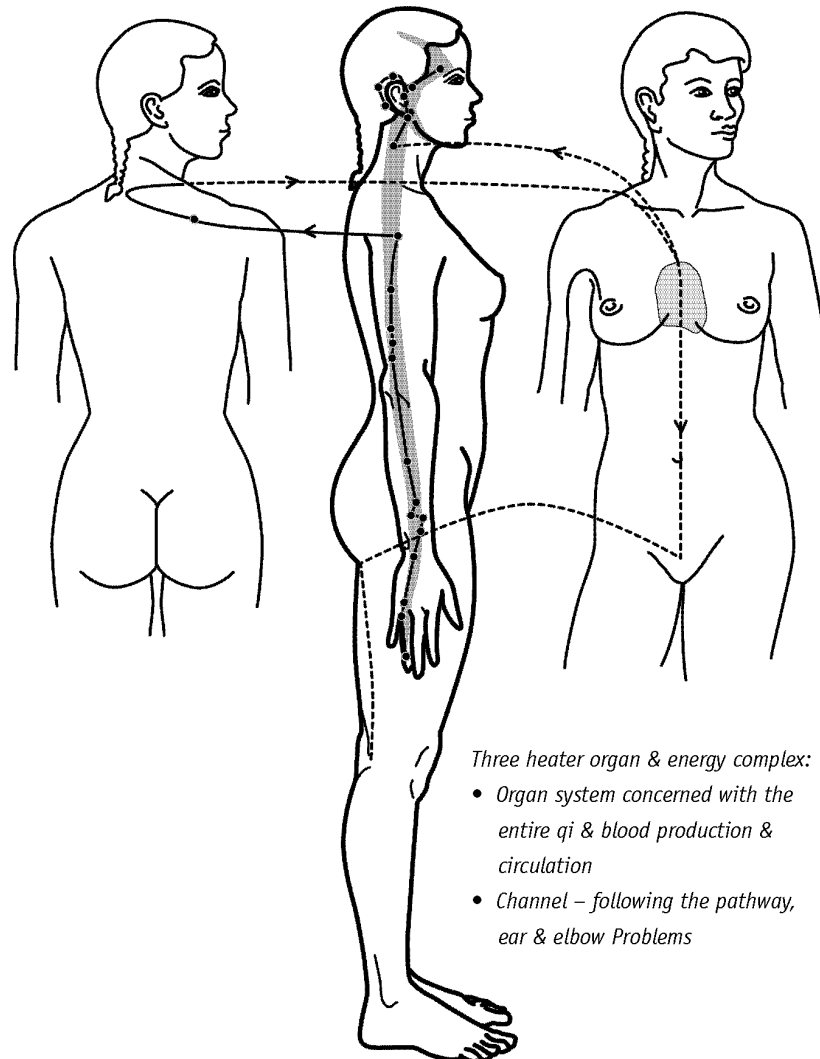


Heat can arrive through the lack of appropriate food and water intake, the ingestion of non nutritive substances, and/or as a direct result of emotional suppression creating **Liver Stuck Qi** which attacks all aspects of self – a common complaint called in western medical terms various things – stomach ulcers, IBS, reflux and heartburn to name a few.

Any relationship to the physical excretory organ is more through the free flowing nature of the **Liver Qi**, and hence the colon's element partner, the Lung being freely able to function in a complete breathing cycle. **Wei Qi** - the protective Qi is circulated from the Lungs. Sinus, nasal and general facial congestion are more a response from the cluttered gut – often allergic due to the heat generated from inappropriate food and lifestyle choices, which then poison all aspects of self nurturing.

THREE HEATER

Three Heater Muscle and Main Meridians run on both sides equally



Three heater organ & energy complex:

- Organ system concerned with the entire qi & blood production & circulation
- Channel – following the pathway, ear & elbow Problems

The **Three Heater 'organ' function system** starts up as we take our first suck from our mother – the nourishment that is required to be self processed – the initial sucking and colostrum we take on board setting us up for life. The most important aspect of self sustenance – **our food factory** – is governed by all the systems seen in the preceding pages, and is totally at the mercy of the available [Yang Qi](#) (especially look to the pages on cold and how to avoid and remove) and whether the [Liver Qi](#) can freely flow, or whether we are holding onto some social convention we place more importance upon than self respect.

The Three Heater system is as near as a concept of thyroid and digestion, circulation and immune system function. It is far easier to work with as when we change the **temperature** and the **vibration** of what we do - the physical body can then responds.

We can make major shifts when we become more conscious.

Want to know more?

Look to my several helpful websites:

www.heathersays.com/links

www.heatherbruce.com.au

www.easybabies.com.au

Home help self paced [courses here:](#)

Start with the taster – a free [self care massage routine](#)

Add in - the [Love Your Body Better course](#)



LOVE YOURSELF BETTER