



Maternal Age

or

Baby Readiness

Inner Changes for a Well Pregnancy

Heather Bruce

www.easybabies.com.au

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DISCLAIMER

When making health and lifestyle changes, I recommend you take nature's path.

All that happens to you is within a grander plan. The body you inhabit is but one vehicle that is operating in your experience of life. Reading this information will assist you to make different sense of what may be troubling you.

We all live in a mammalian wrapper called 'a body'. It is the sum total of many other influences, which are not necessarily acknowledged in the culture we live within. The energy, the vibrations and the very soul of us may be ignored in the push to explain the physical in terms of only the physical. This work brings into play all of what makes a being. As such, this is not a medical advice information service, but a reminder to you that you are more than the flesh and blood.

Oral traditions were the way we got to here. Recent apparent 'advances' in medical thinking and information often lead to confusion. I suggest that you always go back to what works, the advice that your grandparents would have followed as youngsters.

This is about YOU, your life and your future. It is often about the future of others, too, especially when bringing through new life. Your baby will bear the lifelong consequences of your current decisions and actions. Wellness is your responsibility.

Your choices will make your next steps happen.

The quality of your life is dependent on your living well. If you want to make huge life shifts, I recommend you do so under the watchful eye and assistance of someone local to you – using life-affirming, respectful, professional natural health care. Second and third opinions are often necessary, and even then, please remember that your choices are your choices.



This is life information, and is in no way to be seen as medical advice. It is your life. I show you alternatives from the oral traditions and wise womanly ways - how you may live well. Helpful hints gleaned must be tempered with your common sense and your respect for the highest good of all participants.

ABOUT THE AUTHOR

Heather has been involved in all levels of acupuncture education for 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® 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. In this suite is 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!!! Please consult Heather's natural-health-solution-finding [Pregnancy App here](#).



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FOREWORD

The life model presented here is informed by things that have stood the test of time. The East Asian and Chinese medical traditions go back millennia and are based on supporting life.

After decades of my own maternal adventures, intertwined with my maternally-inclined professional clinical experiences, I offer the observations you find within. Please follow as a sensible farmer/gardener would in times past – nature has the last say.

Everything is a lot clearer when you know the rules of common pregnancy and even life events. The body gives so many hints, then warnings, like a red light on the car's dashboard, and eventually this can mean more than the early warning let on. Please follow nature.

If you find yourself in pain, that is your body telling you to pay attention.
If sex is not making babies, maybe ask – why?
Once you work out the blockage, life flows again. Pretty simple really.

In my decades of assisting couples to make their families naturally, I have often seen women who have been given many medical excuses as to why they are not getting the result that they feel they deserve. Answers always lie within. By following the template that nature has laid out for all of us, and by listening to our own truths, we may get a very different outcome. Unpacking what has led to the current impasse, and undoing these things, is the way to success.

Slower and less showy, this approach is more intensive of your time, and often confronting as you undo what has happened and been stored on your body. This course of action will mean easy babies after an easy pregnancy and easy fertility – once you have easy periods which, as you will find in this book, are your body's report card.

Sperm analysis is his health report card. All of this is dependent on your easy digestion, and easy sleeping. If any of these are not easy, then here is your starting point.

Simple.
Natural.
Life Affirming.

Following the Easy Babies path is a win for the baby, and the pregnancy and the family to be made. Becoming Baby Ready is the easiest path to parenthood. Not trying to jump to the top of the ladder, but having a firm foundation, you will gradually take each step/rung to the top.

You can alter your biological age. We all 'age' according to our actions. Changing these will not change the number of birthdays you have had, but how your body functions and repairs and then renews you. To make another being, s/he will be better from the life reassessment you are undergoing to become Baby Ready. By becoming healthier you will be so much more fertile. Enjoy the ride!

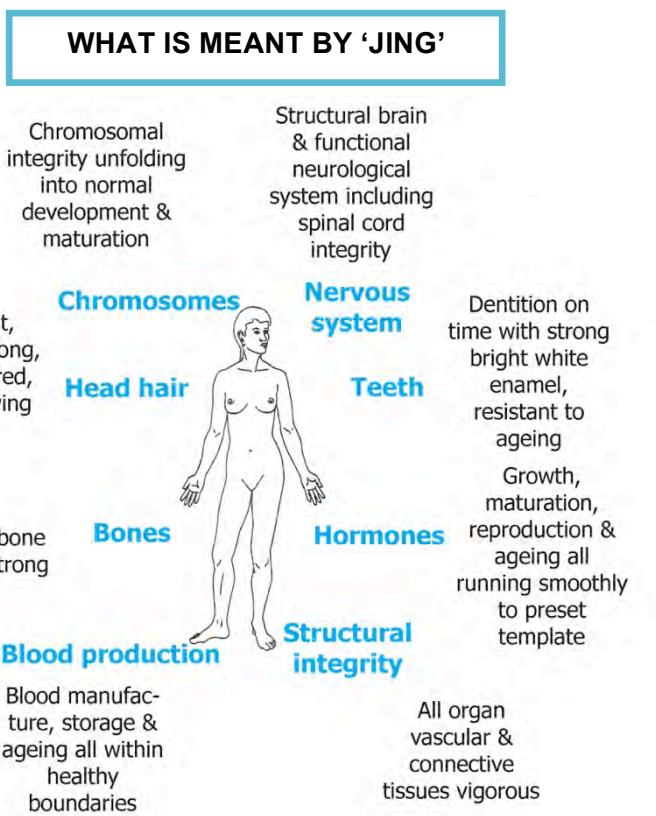
1. MATERNAL/PATERNAL AGE & STATE OF BEING

One of the very gross markers western medicine uses is maternal age. This does NOT reflect the state of a woman's inner strength, preparedness or even ability to reproduce. It is thus not mentioned in any of my work as the BIOLOGICAL age; the condition of her [Blood energy](#) and her [Jing](#) is of importance here — not how many birthdays she has had. What you will see though is a lot about Jing and its state, and also that of the Blood energy.

Everything inherited on the physical and chromosomal levels comes from our parents – the strength of their own Jing, and the care they have taken of themselves.

This very loosely, is 'ageing'. We can see weakness in those around us, and often this is ignored when reproductive technology starts MAKING the body make babies.

The QUALITY is the issue when we are raising these offspring — the QUALITY issues show you on this page, in your Blood energy state well before conception.



When the body is overwhelmed, (if it was not well and vibrant when pregnancy happened), a catch-up phase is needed. If possible, you should heed this, slow down, and possibly just go to bed (early and often). As with a baby going through a growth phase, or a teenager who seems to sleep their life away, emerging just to fill up with fuel and do it all over again, when we follow what our body dictates, there is usually a reason for it, and we can sail through this growth/regeneration patch easily. When we override body wisdom, there are often consequences.

Many women find themselves sidelined with nausea, vomiting, great lethargy and other initial, apparently 'normal', early pregnancy symptoms. These are the body's attempts to get mum to slow down and rebuild/heal before she gets too far along with the pregnancy.

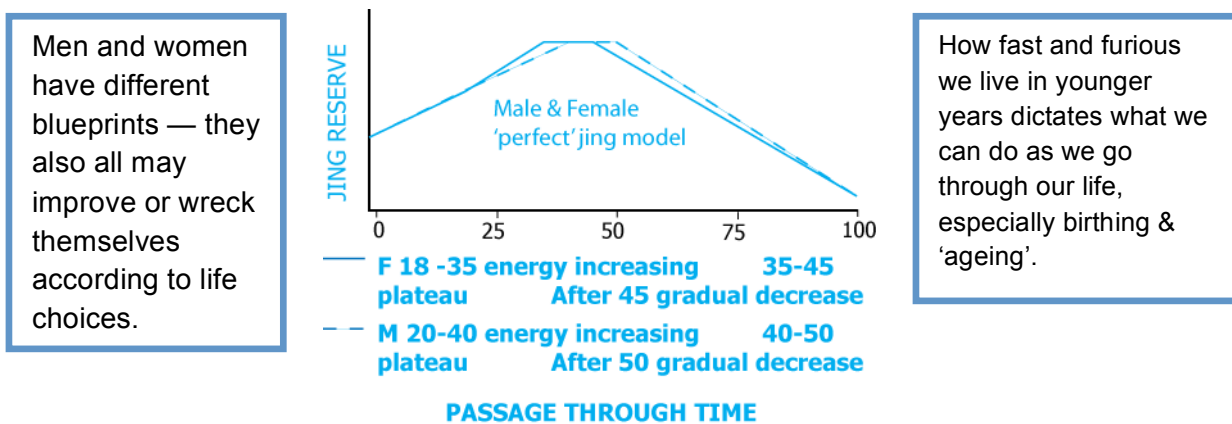
Often this is not heeded; she continues to go to work, placing far more of a burden on her systems as she continues to ignore what her body is telling her.

This may continue all the way through pregnancy (the making of another being and their life-long foundation). All the while, mum chooses to ignore the warnings. The orthodox medical fraternity says 'it is normal'. I contend that it is not normal to feel less than optimal whilst gestating another. We live in a time of plenty – yet malnutrition is rife and shows up as the maternal aches and pains and woeful early (and often all-of-) pregnancy experience.

A maternal lack of biologically available resources, and their circulation to where these need to be, are behind all of this. Whilst this may be happening now, it is not nature's plan. Heeding nature will give very different outcomes. Listening to the medically-inspired fear campaigns will lead you into interesting life cul-de-sacs.

It is totally up to us how we age, and we usually don't start thinking of this till it is almost all too late. If we live well with healthy, orderly parameters of lifestyle, we can overcome a possibly less-than-perfect start to life, including a wobbly genetic inheritance. By living well, we can easily enter gracefully into a great old age. Alternatively, we could have the best inheritance possible and choose to wreck ourselves. When the argument of 'old eggs' comes up, you have to be very clear about what you have been doing with where they are stored — your own body.

Taking them away to be stored elsewhere is a retail experience for others, manipulating your fears. Perhaps ponder this: your eggs were made by your grandmother. They are within you for safe keeping. Have you?



Here you can see that the top line is the potential. It is as perfect as we could be if we valued and respected ourselves throughout our lives. This shows the optimal line. Depending on how we are treated as we grow and mature, we can hit our intended peak and stay there — if we follow simple ways of living — essentially living according to how our forebears did.

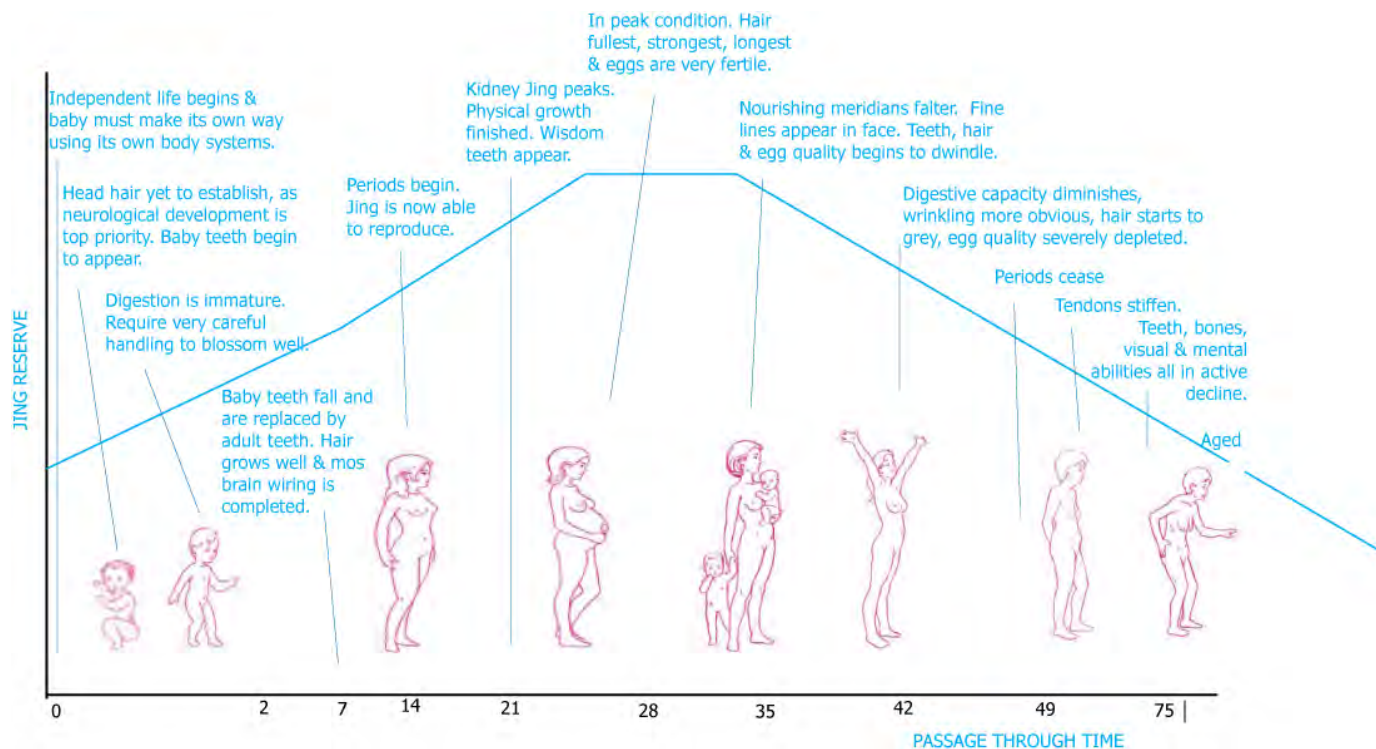
The parents' job is to give their children the best opportunities to live up to their potential, and before conception and during pregnancy are the times when this is set down.

Perfect expression of potential drops off substantially as some of the consequences of lifestyle choices kick in. With a lessened life, we start from 'behind'. This means having older or not-well parents, and/or a disrupted early life. These choices for your baby are up to you.

Why waste its life reserves and intended life capital through working until the last minute? Why allow the medical ‘specialists’ (not life enhancers, and not ensuring easy maternity through mother-baby bonding optimization) to talk you into an early induction (before 42 weeks with first baby)? You could be making a stronger body and constitution for your growing child to live their life with, by allowing nature to dictate what is happening!

Become baby centred in all you choose to do.
Nature knows best – if you trust your gut feelings and live simply.

How a woman’s life plays out biologically



Ageing is a function of many things, only one factor being how many birthdays we have had. As many can attest when they start having regular maintenance or tune-ups from a natural therapist, their sense of wellbeing and also nimbleness improves. So too does their complexion, the sense of grace, and the general health markers often bounce back to how they felt 20 years before.

Hence, when pregnant or considering pregnancy, finding a person to lead you to a younger path will be valuable for when the subsequent pregnancy times occur. Obsessing about how old you are is not as useful as altering yourself back to youthfulness through becoming as well as possible, under the care of someone whose job it is to deal with wellness, not illness.

Life impacts

Many look and feel their age, and others do not. Part of this is inheritance — how old and well their own parents were — and part of this is the kind of care and attention they were

grown under. Much like plants. Another part of this is how they then took over the reins, and handled themselves and own their life choices.

One of my revered teachers noticed that the periods of life that really impact are:

1. at puberty,
2. when starting to become sexually active,
3. in pregnancy and
4. in menopause.

At these times, the hormonal/life shifts create ripples upon our functioning that alter us more profoundly than at any other stage of our lives. If, when pregnant and birthing, we are very stressed or upset, this distortion whilst we are regrowing ourselves has far more impact on the rest of our lives, than if the stressor happened at any other time.

All women can attest to being more vulnerable, more highly sensitive and much more deeply affected by anything at these key times in our lives, which create us. This means that when a woman is pregnant, EVERYTHING she feels, her baby feels too.

PATERNAL AGE

This is even more crucial, especially as medicine seems to pretend the man is superfluous to baby-making. Great sperm is an essential, and few men have it. Most women partner with older men, so when we speak of 'old eggs' we could equally be concerned over the lack of sperm vigour. Sperm are very vulnerable to all forms of abuse, and like tadpoles, are the first indication that things are not going well. This means that the accumulations from a life 'well lived' may need releasing in long naturopathic cleanses to get the man's body to where it can even produce ANY, let alone great, sperm. [Please see more here.](#)

Most women have heard 'aging' warnings regarding reproduction later in their lives. And heeded them in some form. They probably have been more respectful of their bodies, and the intended incubator that they may use than most men have not been 'saving' themselves for great baby making. She is usually more aware of the role of diet and supplements and of moderating her own lifestyle when wanting to become pregnant.

Conversely, a number of men seem to take the medical (not veterinary) line of 'anything goes' for them. But near enough is simply NOT good enough. In my naturally-based better babies practice I would suggest that at least 90% of instances when women are not happily pregnant are due to his ignorant reticence (medically induced usually – he is told that having just 4% of his sperm looking normal will do the job). Then there is frank reluctance to take any interest or responsibility to contribute consciously.

Most farmers are not so stupid as to have a dud stud in their paddocks to service their livestock. That translates as very poor business sense for them, and very poor outcomes for you. Medicine is not paying attention to farming logic and common sense. All you may need to do to allow the perfect babies you want to come through is to **stop** attempting to make

what nature is not happy about, and pause. Become more well — and thus less old inside. Healthy equals fertile.

Why is it so different in humans? Just even getting him to do a sperm test can be a challenge. Unfortunately, possessing superior sperm doesn't constitute the current benchmark. What we accept as the current 'normal' has dwindled alarmingly with no corresponding panic. There are fortunes being made from his being so much less fertile than his grandparents and their forebears ever were. As with cancer rates skyrocketing, who cares whilst the money rolls in?

Did you even know? [See more here.](#)

Whatever is upsetting the sperm production is also upsetting the likelihood of her making the best nest (endometrial lining) and maturation of her eggs to start new life perfectly. We can back up and fix all of this. Or we can be in a hurry and bear the consequences of a less-than-perfect outcome – someone's baby is too early, not made well enough, or is stillborn. YOU can lower the chances, as it is Baby Insurance to start as though you were the one to be made. Not in hopefulness, but in pure intention for perfection guaranteed – use foresight, planning and intentional, conscious preparation.

Often I see men making only two-headed sperm or weird malformations. Going to IVF to make a maybe-baby is not necessarily the baby-to-be's choice of manufacture. This is a recipe for disaster – and more retail experiences for others – and more heartache borne by you.

If she already has any health challenges, which show up as her cycle not being (or ever having been) perfect, we have potential trouble ahead. Her chronological age is somewhat immaterial. If you are told your eggs are 'old', that the AMH is too low, your FSH is too high – accept that this is the 'weather report' for today. It will be different when you take steps to allow the storms to blow over, and a clear path to pregnancy is taken. Better health first. Plus take a long hard look at the prospective father, how is he also making sure the best happens?

OLD EGGS/AGING SPERM/POOR 'OVARIAN RESERVE'

The concept of 'old eggs' is something that came in only very recently. Here we see maternal age as being a matter of BIOLOGICAL, not CHRONOLOGICAL, wear and tear. The numbers of birthdays you have had do not tell the story of how well your parents bequeathed their inner resources, at what rate you used yours, and what you have in storage to get you through the rest of your life. The presence of apparently irrelevant (though highly useful when adopting a holistic health vision) symptoms, such as hot feet at night and the other indicators of [Jing](#), do tell that story.

Using East Asian Medical/acupuncture theory, to have a condition where the inner fluid and constitutional reserves have reached a point where the '[yin deficiency](#)' signs are flashing, is a large warning. Using the different health focus which I share here, you can also watch those with the warm/hot feet at night go on into potentially all the 'high risk' issues, including and not confined to: premature rupture of membranes; bleeding at the end of pregnancy;

anything 'requiring' a C-section; low birth weight babies; apparent shutting down of and placental failures, and many unfortunate outcomes including stillbirth.

Nature may have been warning her for some time. Medical monitoring all the while ignored her obvious lack of ingredients and necessary nutrients (all pains and dis-ease experienced stem from this, not a lack of pharmaceuticals) and her life flows not flowing well. We are just not listening.

Regardless of the specialist 'care' and the monitoring, and the labelling of your various conditions, you really need to look no further than the Jing and Blood issues that you see on these pages.

The five energy imbalances needed in pregnancy, (which I discuss in the next chapter) and how they unfold within your maternal theatre, healthy or not, show you what to expect when expecting.

Perhaps you should ask – how would I myself wish to have been made?

The time to be particularly conscious and alert to these issues is prior to conception. Don't rush to force unhappy eggs into being. This is a process of orderly monthly perfection, to be mated with abundant perfect sperm.

WHAT CAN YOU DO ABOUT ALL OF THIS?

*For a great pregnancy and healthy baby and happy fulfilled mother and family,
take the time to repair yourselves.*

Do not listen to those who think that aging is about birthdays and the passage of time. There is obviously more to it — all of us look/feel/age differently. Modern medicine is about crisis management. It is not about life enhancement and has no idea about how to live optimally. This was all once within the Mother's realm – at her lap and knee – and the knowledge is now all disgraced as being 'old fashioned', or even 'old wives' tales'.

Medical myths and tales are replacing the time-honoured ways of being/knowing/tending life which are seen as somewhat secondary to the blaze of medical glory gained through seeing a 'specialist'. It is as though life cannot do the job perfectly alone. Medical 'help' is actually not concerned with normal, but abnormal. Mothers at home were the holders of the life knowledge – of tending gardens and home animals, young and soon-to-be mothers, children and life itself.

Orthodox medicine does not have health markers. For this, we need to look to those peoples who are healthy, as cultures. Those cultures do not incentivize for illness management.

Perhaps we should look to [sacred foods](#). Follow what has always worked. Being vegetarian and vegan may not be a part of this.

Slowing the pace of life also slows our ageing process. Simplifying, and living according to the ways of the world, by growing our own food and being part of very small communities, will only help. Decrease 'stress'. Taking more time to be ourselves, to relate in a connected way with others, makes all the difference. Undo distractions. Go back to basics. Possibly the as-yet-unconceived baby who wishes to come through, needs more than you currently have to give?

Please look to [Helping Mother Nature](#) if you are still trying to conceive.

If you are wishing to become more well, and are already pregnant, my work has been designed to give you the framework to follow. At a glance, the simplest, less expensive and quieter options of living will always be the ones that will suit growing a baby better.

This means anything that was not around when your mother's grandmother was about, should be avoided. Forms of interventions and screening could be taken away, as well as all the packaged/processed foods and the highly plastic lives we lead.

If you do not follow sensible preparation, and get in shape first – much as you would if you were preparing to run a marathon – there are consequences. They have been normalised in this current age, yet were totally foreign even two generations ago.

Pregnancy is the most responsible action you will ever take – making another person who is to be your child, forever. Often the process becomes self centred – “I want”. Please step back.

Pregnancy is a time of vulnerability.

This was acknowledged throughout older times.

Modern women now are just expected to carry on.

They also demand to work till the birth, and this is not necessarily the best for themselves, for their baby or for the health of the pregnancy. BOTH of them are affected, forever, as you will see. Jing is only made once. It is the foundation of baby's future, and gives you continued use of your body. At what cost will you stay at work? A short term gain, but..?

Mum-to-be may feel as though her body seems to 'run out of puff'. Medical monitoring does not take the place of sensible life adjustments. Nature knows best. Always. Pregnancy is a time of remaking herself whilst she makes another. Is she allowing this to happen? Or is she perhaps pushing on with her personality and life desires as though making baby is an afterthought?

Many 'high risk' issues may appear to land unluckily at her feet.

Her body will have warned her.

Medical manuals suggest all that happens will go away after baby is born, as though your body is being somewhat silly. To just soldier on, ignoring blatant pleas to the contrary – all the while being told, 'it's normal' – may be your choice.

If you became responsible for the foundation for another – as pregnancy is – would you make that choice?

Becoming aware of contributing factors, and making the necessary life changes to correct these imbalances, mean that the optimal path of pregnancy is restored, resulting in a better foundation for the baby being made. You may even have the perfect optimal pregnancy and easy path to parenthood, making an easy baby, all as nature intended.

HORMONES – A SMALL NOTE

Hormones are the physical representatives of the acupuncture concept of '[Kidney energy](#)'. This forms the foundation that life works through – the strength of '[Jing](#)', with '[Blood energy](#)' – as the main players or raw ingredients. To have good production and circulation of Qi and Blood means the hormones will also be in balance. A normal regular menstrual cycle with no incidents or hassles alerts you to the state of your health – it is a monthly report card.

If your cycle is not perfect and never has been, then your baby-making factory is damaged and needs fixing. Fix it before you make babies. This may be the main reason that you have reached for this book. It also may be why you need to just get healthier. The answer to the medical excuses of your seemingly-impossible 'maternal age' and 'biological clock' and 'old eggs' – your apparent 'need' for donor eggs and even donor embryos – is right here. Get biologically younger through self cultivation of what helps life thrive.

It may take more time: it took you a while to get to the state you find yourself in.

Maybe ask yourself – and the system of body thinking (usually orthodox medicine) – “what causes health?” Without understanding and ‘nailing’ this, how can a health pregnancy and/or baby happen?

Living the seemingly ‘boring’ existence that your great grandmother would impose upon you if you were living under her roof, may be a very cheap and effective answer to what is ailing you, and motivating you to even be reading this. Expecting to always be ill (or not well) is to accept that you have no part in creating, and thus altering your own body or life.

Hopelessness is so medically acceptable and so disempowering. This is not the message of this book.

Many believe that because they have had a prior medical condition in pregnancy that they are more at risk. They are probably right. Get well first. If the imbalances that finally lead to a diagnosis have not been corrected, the next step in the disease process is just waiting for your progress. The key is to listen to the body’s warning system and take the steps required back to wellness. Often women present before pregnancy with many of these imbalances - they may have diabolical periods, lack of vigour and/or general weariness. The pre-pregnant state dictates how well or otherwise the pregnancy and post-natal time will be.

Often the very things that we may reach for when upset (or ‘hormonal’) as self-medications – alcohol, caffeine, sugar, chocolate and an irregular lifestyle – are the very things that we should stop, which would correct the problem.

These imbalances have to be present for pregnancy to be easy and to continue. This gives us hints as to why miscarriages may happen and why IVF embryos often do not implant successfully. Studying normality and recreating natural is always the way to win at reproduction, and life in general. You may see aspects of yourself here, or you may think that you have everything, or you might have bits of all.

Do not panic, the body is very resourceful — REST MORE.



2. NORMAL PREGNANCY = ENERGY IMBALANCES

You may need to broaden your outlook on life here. What you see below is possibly nothing like what you have been exposed to before. It will surprise you how far-reaching and easy it is to adopt in your own life. Taking this on board will also assist you in your quest for more understanding of life and the issues you face personally.

Please refrain from judging this model/paradigm/world view with the eyes of the one you are used to. It will not be helpful for you. The energy model explains how life is powered – what gives life instructions to be, what drives the physical. To be here in physical form is possible only with your energy signatures allowing this. Wellness is having your energy in a state of balance.

Life may be seen as a dynamic interplay between forces seen and unseen. Acupuncture and other vibratory and/or energy forms of inquiry are different in that they see a holistic picture, not just the physical components of life. The energy that runs the 'real' or more physical aspects of self are ignored in orthodox medical adventures. Energy work is considered from the orthodox model to be 'out there' or 'whoo whoo' – wacky.

Yet – a computer (body) will only work when turned on/attached to a power source (energy currents/auras/Light body intact and so on). The hardware (physical bits that our physically inclined culture/medicine work with) and the software (more mind/emotions) are useless without the power source (energy grids and fields all attuned to life frequencies) to work your hardware and allow the software to function appropriately. As with the power source of the computer, the energy has to be at the right current and switched on. So too with your body.

Acupuncturists speak of 'Qi'. They work within a state of dynamic balance.

If there is a problem in energy, often it is not YET perceived in the physical. It is also often easily remedied through life changes, or a few sessions with a health care (not illness) practitioner. These energy changes drive what the medical world then takes as being the whole picture, the actual physical body. To understand why any deviation from apparent health is happening, we need to know what normal is and how to achieve this again.

Pregnancy – the act of replication – making another within a body

To be pregnant, the body changes. Energy shifts, as a huge job is underway. Below are the 5 markers showing how the pregnant state differs from the non-pregnant state. These changes that would normally be marked as a state of imbalance in a well woman, when not pregnant, are essential for pregnancy to develop easily and normally. All body warnings are ignored in orthodox medicine as they have a crisis management approach, and until various blood and testing markers show a deviation from expected arbitrary outcomes, all is noted and watched.

My [presentation here](#) will assist you to understand what is written below.

1. INCREASE IN BLOOD

In early pregnancy, in addition to the physical increase in the amount of blood in a woman's body (which is essential as she undergoes massive architectural shifts to stay pregnant later on), there is also an increase in her Blood energy. All that is nourished by [Blood energy](#)— the head hair, fingernails, complexion, muscles and tendons (so there is no pain and perfect structural alignment and function), the [Shen](#) (spirit allowing calm, peaceful demeanour with easy sleeping), the [lactation process](#), and before that, the growth of a well baby — should all be ticking along beautifully. If some of this is not, living more simply, maybe seeing a natural health care practitioner to ensure normal reasserts itself, is indicated. Any natural system of traditional medicine will allow the life-affirming to continue.

Classical, traditional acupuncture is a great system for naturally restoring normality. Chinese herbs work wonderfully to allow the body to produce and circulate the Blood energy to become full and lustrous, nourishing all aspects of self again. All is dependent on good gut function.

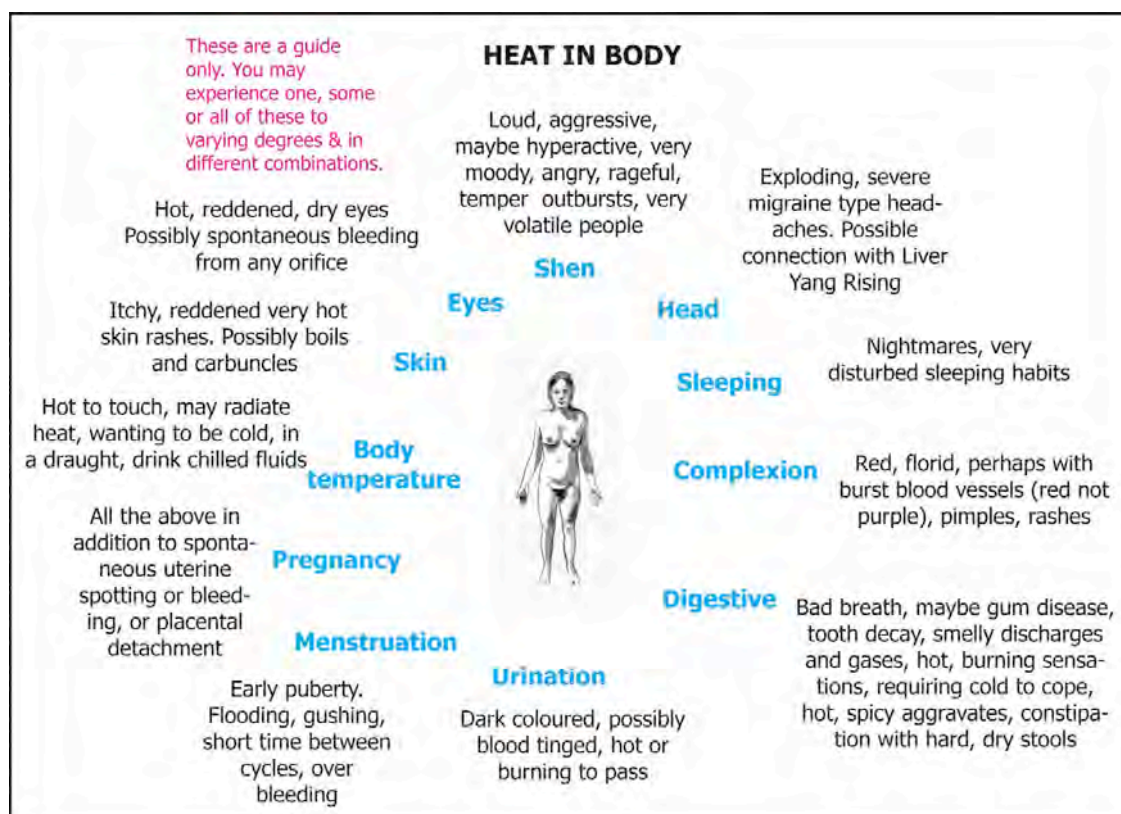


Our ability to be beautiful, sane and happy rests with the quality and strength of our digestive system to make good strong Blood energy, so the Qi is able move it to where it sustains our life and that of the new being we are growing. Many women come to me with their hair falling out, their periods awry and their emotions all over the place — expecting my treatment in one week or month will restore their IVF/birthing chances. How long it will take is dependent not so much on how quickly their body gets pregnant, but how well they want the baby, the pregnancy and their body to be afterwards. (It is all a matter of quality begets quality and longevity for all).

2. INCREASE IN HEAT

Mum’s body temperature should reflect this, as the progesterone flooding her body should have the basal or resting temperature up half a degree (Celsius) higher than normal. In a healthy woman all is fine, and she might just feel warmer than usual in bed with less need for covers, or feel the cold less in winter than usual. The extra heat is also a reflection of there being a lot more actual blood on board. Measuring 36.6/7 C optimally in the first part of her cycle – going to 37.2/3 C and staying there all through the pregnancy is ideal – this is vaginal temperature and measured first thing on arising (after at least 4 hours sleep).

If she already has a pre-pregnancy tendency to an inner heat imbalance (usually in conjunction with yin deficiency — see later), some of the symptoms seen below may appear. These are often associated with and called ‘normal’ in pregnancy through the medical eyes — more so if late pregnancy coincides with the hotter weather in summer. *None are signs of health and are all warning signs.* Biomedicine needs a lot more progression into disease to distinguish this, so asking questions of your orthodox practitioner may not help you.



If however, she was always in the category of ‘[Yin deficient](#)’, this may reflect in all sorts of accelerated ageing, and then when pregnant, late pregnancy problems. These themselves are made so much worse through not resting, still trying to get everything done prior to birth, and by keeping going, never resting — especially if too many children close together, and/or futile IVF attempts have not allowed her to replenish properly again before starting in on a new project (baby).

Backing up a bit...

What is the function of [Yin energy](#) in the body?

- To cool,
- To nourish
- To moisten
- To regenerate
- To provide rest.

Hmmm...

Having a Yin deficiency equates with being stressed, irritable, lacking in sense of humour, having too much tension, and not able to rest to release it, or not able to wind down by yourself. You will often have heat when eating, or in your face and have a tendency to redness and complexion worries.



Is this you?

All that is reflected above is happening because there is not enough real fluid and fluid energy to cool you down and to nourish all the normal body systems. These conditions have led to the recent panic over prospective mothers being 40 (maybe now 35), whilst totally ignoring that the men are in a worse state. Sperm quality and [men's health deteriorating](#) underlies what I am saying here. Un-wellness is not the beginning of a well pregnancy – hence Nature is currently saying “no”. You need to repair – to grow yourself better, heal, change things about in your life, and then automatically your body will reciprocate and it can turn that ‘clock’ (the ‘report card’ of your ‘ovarian reserve’ is only a report card), and when you do better, it will indicate this. BIOLOGICAL age can decrease.

Relative yin (regeneration/resting/cooling/nourishing) deficiency

Easily fixed. Stop overdoing and over-giving and over-achieving.
Can't do it all (perfectly) at the same time.

Body fluids have been damaged and dryness and heat symptoms result. This may be just through looking after everyone else (especially when babies have been/are close together, or you have had many unsuccessful attempts to make baby/excess IVF attempts, and in believing the retail industry around making children. Your believing their ways – telling you that you are 'too old' (quick make-more-eggs-and-store-them) – will create so much faster ageing.

If you achieve pregnancy, you may have a few little niggles on this list. They are often blamed on pregnancy and 'you will lose them when baby comes': great nausea (sometimes all through the pregnancy till labour - see [Hyperemesis Gravidarum](#)), reflux, heartburn, cracked lips, dry skin, reddened complexion, fluid and swellings, gestational diabetes, high blood pressure, any structural issues – cramps, pains, aching anywhere and carpal tunnel – all as well as feeling generally hot and bothered, irritated and can't sleep/settle and hate being pregnant, even if it was a much-wanted state of being initially. None of these should happen in a well, easy pregnancy.

Novel thought - why not repair yourself? FIRST?

You will have a better likelihood of making better babies naturally that way. See this as Baby Insurance. Stop any possibility of all those 'high risk' issues that the medicos manage. In their not understanding how these happened or how to remediate them, an opportunity for fear arises, that you can easily fall into. Stop. Breathe. Please listen to the older women – those who have been this way ahead of you. They know that mothering is a lifelong challenge and that sanity and making the best baby possible is the most important thing that you can do.

They probably also wanted to do it all and have it all. They were not allowed to, by a culture that was a lot more baby and woman friendly. Problems with cooling, nourishing, lubricating, rest and regeneration, general stability on all levels of being, and prematurely ageing and body breakdown will happen if you do not listen.

STATE OF AGEING TOO QUICKLY/ BEING YIN DEFICIENT

Many may have had a number of these symptoms as far back as they can remember. This means that you have been in accelerating ageing. In the race to get eggs out by 40, (have you seen the real stats on this being a viable option for you?), even IF you manage to produce decent quality eggs /embryos, there may not enough in reserve in your inner bank ([Jing](#)) to keep you ticking over well.

ANSWER

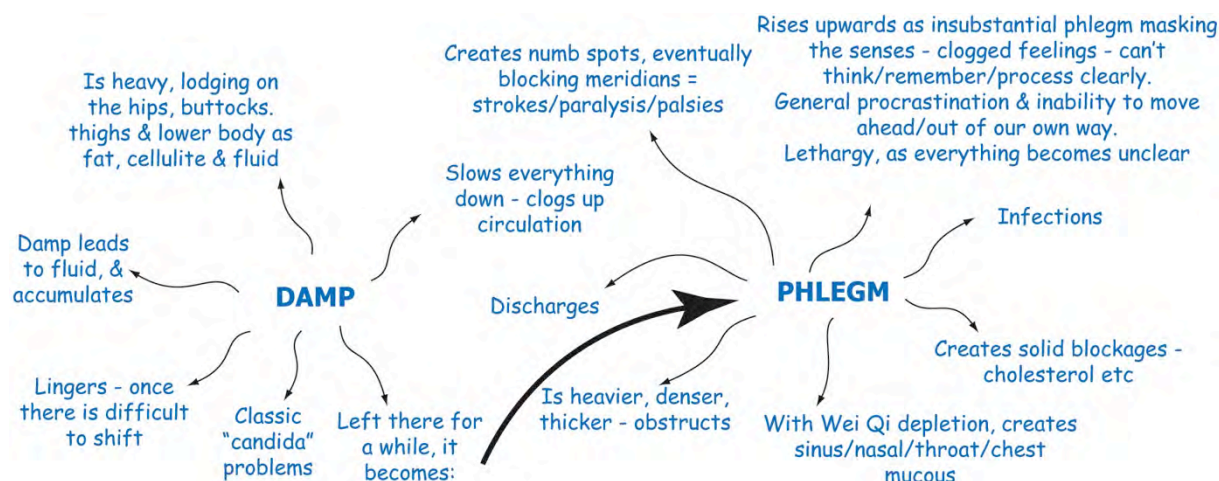
Change your habits and follow nature for as long as it takes.

3. INCREASE IN DAMPNESS

This is a normal state in pregnancy, and is needed to make things work better when pregnant. Your gut health is all-important. It is often not the best, as you choose to eat and drink funny things. However, as the energy of [dampness](#) is something that tends to obstruct and clog normal life processes, we need to study this more closely. We can create the state of dampness by eating immoderately; it is primarily the result of stressing our digestive strength through our food choices, that is, choosing sweet, raw and cold foods and drinks, and consuming them when they are cooler than the body.

With the energy of dampness on board, we are far more likely to experience mental fogginess, discharges and tendencies to ‘thrush’(Candida), fluid and fat build-up, and general digestive, infective and likely inflammation horrors. All of these are actually low iodine indicators. It’s easily fixed – Lugols’ 15% solution on a cotton bud painted on the skin – ovaries, breast and belly moving the spot you use (palm sized) daily. See more on [iodine depletion states here](#).

Dampness looks and is exactly the same as [low thyroid function](#). If you have not been taking your [BBT](#) now is a good time - as having your own base line is the answer later in pregnancy, when the call for extras resources from you is on. You may still be working as well as making a baby, which will mean possible adrenal fatigue, and exhaustion, especially if you are only taking a medically sanctioned prenatal supplement made by a pharmaceutical, not a reputable, supplement firm. You may be suffering from actual malnutrition. You may be unwittingly making this worse through obsessively eating that which is NOT good for your [Spleen energy](#).



The use of topical iodine is indicated – see [my work here](#)

The amount of [iodine](#) that is biologically available to you is likely to be 1/100th that of a Japanese woman, as they consume sea vegetables daily in large amounts. We do not. We also have [Bromide Dominance](#) and have little access to the [raw ingredients needed for life](#). This sets the wheels in motion for the medical people, who are NOT looking at ingredients, to tell you to keep worrying (not fix what is happening). When they themselves have idea how they are contributing to this, where is your best answers?

The best way to avoid the increase in dampness, then phlegm, is to eat small very regular and nourishing snacks – many times a day, not leaving large breaks between snacks. Dampness is physically the easiest to change, but the hardest when we all eat what we feel like, not what our body necessarily needs.

We can also avoid dampness through [NOT eating cold](#), chilled or sweet, or a lot of raw foods. We can tend to become very focused on what we like, what we justify as being ‘good’ for us. It must be, as otherwise we would not crave it!

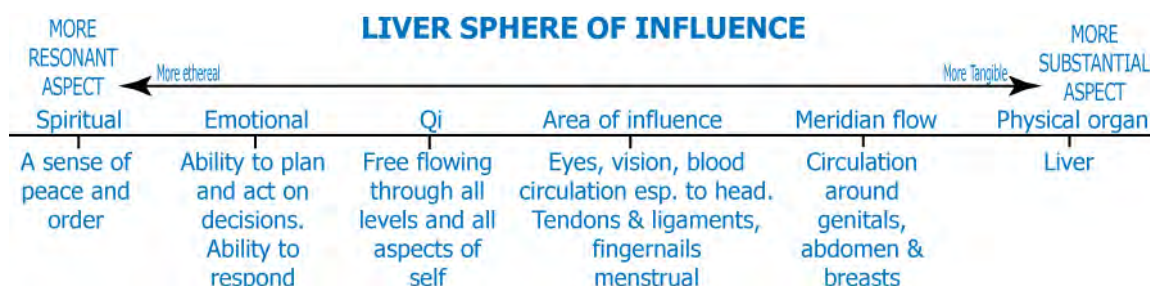
4. INCREASE IN LIVER ENERGY

In a well body, the Liver energy allows everything to flow perfectly. The time of pregnancy is a time of new beginnings and the Liver energy governs the process of life and movement and Blood energy within all parts of the body, keeping it flowing well. The flow is easily undone through emotional repression.

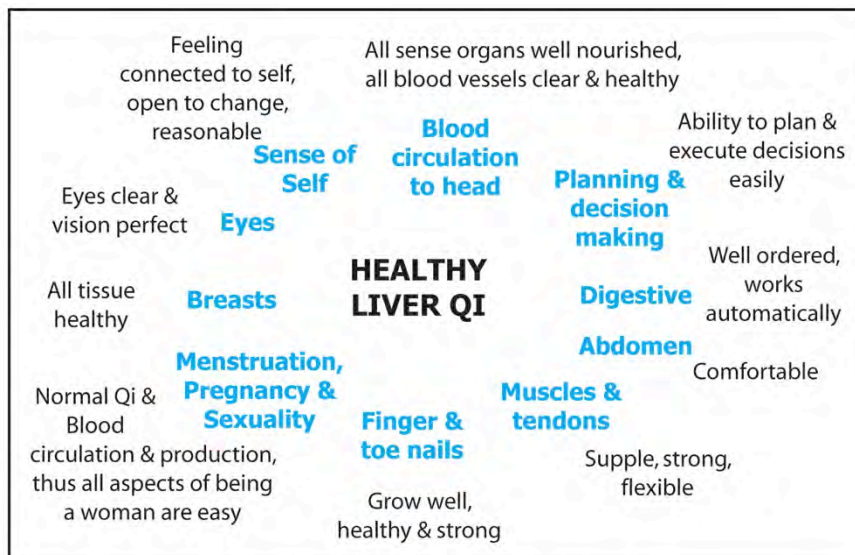
Women have a cyclical nature, their levels of [Qi](#) (energy) and [Blood](#) fluctuate in an orderly way as they go through the months and years of their fertile times. The [Liver energy](#) in the body allows this to happen in a systematic and cyclical fashion.

This means EVERYTHING — from bile, so we can poo well, to the fluid in our eyes, so we have well lubricated sense organs, to ideas, and all the blood that has to irrigate all aspects of our being. When it is not able to flow and circulate as designed, all manner of secondary problems come on line.

What does the Liver energy do in the body? Looking from the RIGHT to the left (opposite to how we usually read), you will become more familiar. **START ↓**



What does the Liver **energy** do in health? Here I am not speaking of the *actual* organ liver, but, the energy sense of this most important of our organs.



When the Liver energy lines are distressed, they can become unbalanced giving rise to menstrual or mood and physiological (other body) changes.

These are then labelled, and chemical or surgical removal is attempted.

When the Liver energy flow is disordered, various systems go down. Which ones, and in which order depend upon individual strengths and weaknesses. Some get migraines. Some are hit with very debilitating premenstrual symptoms. Some appear to go mad.

Others have gut issues (IBS/reflux/heartburn/ulcers/nervous gut). Others just become volatile emotionally and are volcanic all through their lives and people learn to stay well clear of them.

It is possible to have an entire body upset with 'just' being stuck – structural aches and pains that are worsened with stress are a key measure – but anything worse with stress, is about you not speaking your truth.

It's easy to call it being '**hormonal**' – but actually when our **Liver energy** is out of balance – all parts of the body are afflicted and everyone around the person knows about it.

Often it is lack of good strong **Blood** (especially when dieting or choosing a strange diet, or very ill, or when bleeding too heavily) that leads women into these dramas. Then they feel hopeless and at the mercy of their bodies, and make it much worse through trying to control what is actually a warning sign.

This may seem too hard to grasp here, but when we start wondering why such apparently diverse issues as mastitis, post-natal depression, period pain and generalised tension upsetting the gut come to haunt us, we need look no further than what was not working properly — our emotions blocking up all flow in our beings.

The biomedical model may give the wrong impression about this process, by looking at the bits not the whole, or the process of energy not moving well, or much. It gets stuck.

The physical symptoms are warnings, or cries for help from the disordered body, and by masking or removing them (as the biomedical model would do), the underlying imbalances remain, and continue doing damage.

If balance is not restored prior to pregnancy, (and in fact if natural fertility has been difficult), it is highly possible for these warning signs, which may have been medically labelled — often as PCOS (Poly Cystic Ovarian Syndrome) — or other apparent benign condition, to

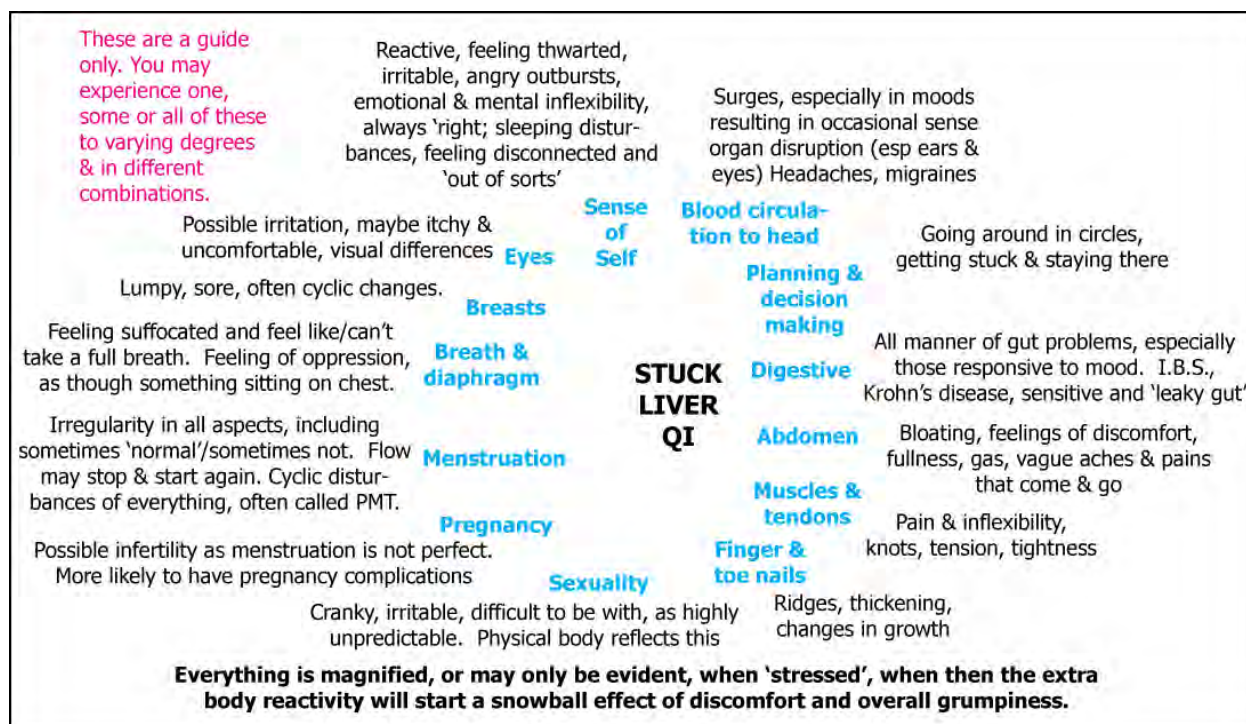
become evident as Gestational Diabetes or even pre-eclampsia. All these were showing warnings before the medical lines were crossed.

Altering hormones means working on the right-hand side of the line (see diagram on page 22), however, the instructions to do it well, along with the pregnancy and afterwards, may still be wonky. The mother needs to be living an ordered and calm existence.

Well before anything gets to into the range of the medical model, there are mild and often apparently annoying body warnings — much like the red light on the car’s dashboard.

If it is the petrol gauge, you know that there is some fuel left, but a top up HAS to happen before too long, or the car stops. If it is the body, we are inclined to somehow shut off the warning signs — they are often seen as just an annoyance with no apparent connections to illness in biomedicine.

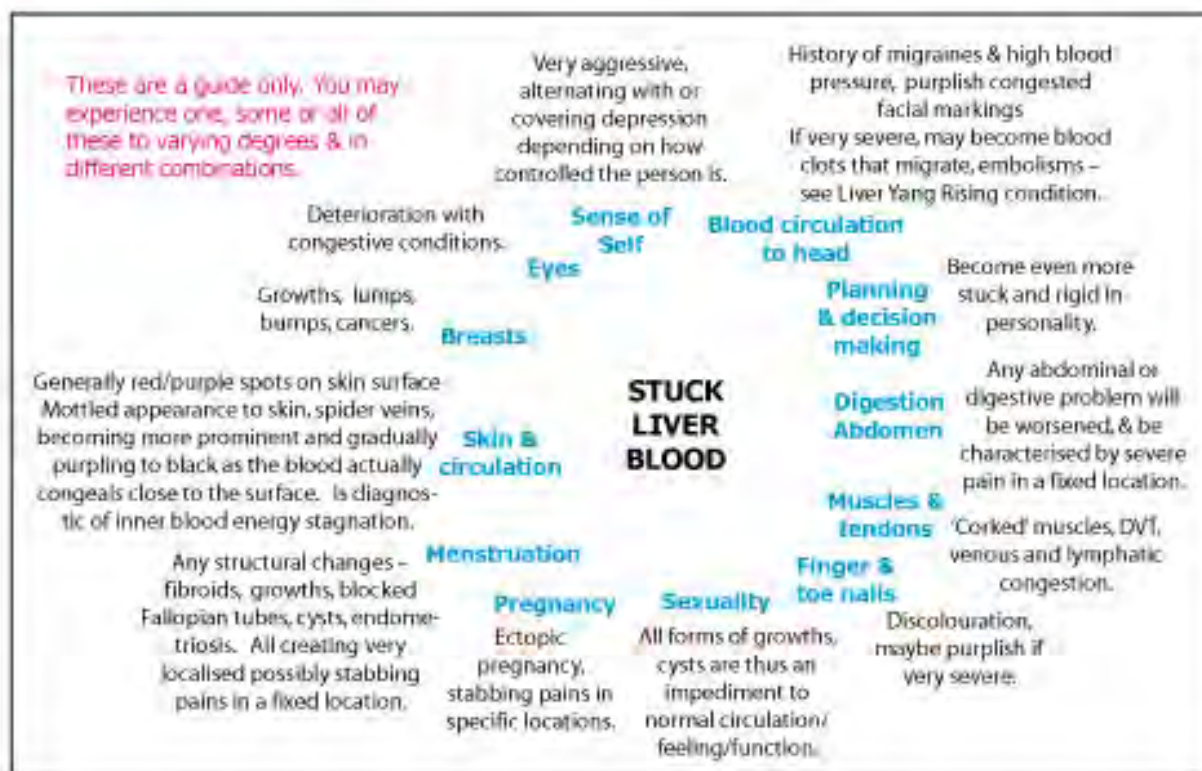
So now, we have an understanding of what happens when [Stuck Liver Qi](#) (‘stress’) reigns.



This includes being sexually fulfilled and having heaps of orgasms to ensure hormonal health. Much more touch is needed – perhaps look to the [help yourself courses here?](#)

Stuck Qi may be because we are just not good at looking after our own interests in life, not standing up for ourselves, and hence end up with rage festering within, which could be a lifetime habit. It could be from the abusive childhood, or from one incident that really changed the course of your life, as you see it. (This is often eventually picked up and diagnosed as a form of menstrual disorder - endometriosis or other forms of physical distortion that lead to pain and pelvic congestion).

Things get worse as we let them fester, hoping that they will go away...



Orthodox medicine does not understand wellness, how health is achieved and maintained; it cannot (and is not expected to) offer a permanent 'fix'. It is there predominantly to stop you dying – but how to live well? Unless you alter the underlying energy imbalances ([Stuck Liver Blood](#) and Qi) that direct the emotional reactions and habits that in turn give the physical structures their instructions, time and again you will find yourself back to the same place.

We carry our past being along with us. Sometimes the state of our [Liver Qi](#) may become congested because we have less Blood energy, (either actual or circulating) than we should.

This circles back to being clear and honest with yourself and others about how you really feel and what you really want. This can be very confronting as often we may not know ourselves, having lived to please others all our lives. If this is not attended to prior to baby, post-natal depression and all sorts of other [Stuck Liver Qi /'stress'](#) conditions await.

These merge or lead into the problems that may occur all at once, or just some of these below:

Insufficient Liver Blood


A woman often starts pregnancy in this condition — had she cleared this up prior to trying to conceive, she may never have had to go down the IVF or assisted reproduction path.

The lack of good quality **Blood energy** to nourish the Liver is a great way to get into a depleted and sometimes apparently neurotic state. How did this happen?

Often years of being on ‘the pill’ and living a normal modern women’s life is enough. Excessive or prolonged bleeding and/or a past history of dieting, anorexia, bulimia, worry, or stress-related conditions, and/or excessive exercising may all alter the amount and quality of Blood energy, resulting in **Liver Blood Deficiency**. Life just got lots harder.

DEFICIENT BLOOD (ENERGY)
Not necessarily anemia, but includes this

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

<p>Blurred vision, dry eyes, spots in front of visual field, visual disturbances. Dizziness/vertigo/soft noises in ears</p> <p>Dull, reddened skin, mild itching, skin sensitivity and irritation, rashes, dry and wrinkling skin.</p> <p>Insufficient quality and/or amount</p> <p>Late cycle &/or short flow. Scant amount, light red or brown in colour, possible cessation of periods</p>	<p>Shen</p> <p>Eyes</p> <p>Skin</p> <p>Lactation</p> <p>Menstruation, Reproduction</p> 	<p>Easily disturbed, frightened, anxious, nerviness, neurotic, palpitations, general mental and emotional instability</p> <p>Dream disturbed sleep, insomnia, light sleeping, restless, awakens and can't return to sleep, awake between 1 – 3 am</p> <p>Light-headedness, fainting, dizziness, vertigo.</p> <p>Colour fading, premature greying, hair losing health, strength, shine, growing slower and shorter. In severe cases, dried out and straw like appearance</p> <p>Pale, dull, unhealthy looking</p> <p>Muscle spasms, tremors, tics, cramps, tightness, numbness, tingling. Maybe thinness or emaciated</p> <p>Dry, flaky nails, poor, slow growth</p>
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HOW TO BECOME BLOOD DEFICIENT
Worry (digestion, circulation and respiration all reduced quality).
Malnutrition – dieting history, anorexia or bulimic past.
Digestive problems of any description, lessening the quality and amount of nutrients available.
Loss of actual blood – especially a history of flooding, or very long heavy bleeding from any source. Can be a once only birthing haemorrhage.
Stuck Qi creating Stuck Blood, so less in circulation than there should be.
Heat from any source, drying out the yin and Blood energy.

This condition, *Deficient Liver Blood*, is a common problem. It goes a long way to explaining all the tendino-musculo issues such as arthritis, carpal tunnel, RSI, pubis symphysis pain and separation, and other serious structural inadequacies and disruptions — often held over a lifetime.

Add to this the emotional preciousness/neurosis/depression and sleeping disorders that you thought were just ‘you’ or ‘genetic,’ as your whole family is like this, or you have been there all your life. Instead, it is just that you have been in a state of depletion, and need to rebuild

yourself WELL BEFORE you think of building another person, who will at present be a replication of discomfort, as you are.

Having less Blood energy circulating and even being made, means your life is hard to live in. It creates major personality changes leading particularly into being very difficult to live with, at least premenstrually, but often all the month. Other effects can be post-natal depression, lactation insufficiency and sleeping or general issues of not coping after pregnancy, should it happen.

This has an impact on how a woman sees herself, and thus everything else becomes affected in her life or reality - preciousness, personalising and becoming slightly, if not cyclically 'neurotic', or at least anxious.

If she becomes and stays pregnant when she has been exhibiting symptoms within the diagram above, it is possible to either massively improve her health from then on, or dig a big hole from which she may never exit. It is your choice. Best to start as though you had a full tank – not wasting the petrol by driving the car faster to get to the service station the quickest way.

It is important to realise that pregnancy and birthing 'mishaps' are not the result of bad luck, but of mismanagement, and usually, total unawareness of what could be achieved. Most can see themselves within these diagrams of symptom pictures.

If mum prioritises herself, stops thriving on drama and being too busy/working outside the home, and begins a self-healing, nourishing life, doing yoga and meditating, and becoming more in touch with herself, the baby will be calmer and more peaceful than it otherwise would have been.

Mum will be then in excellent shape to cruise through motherhood. If it is not possible to rest more, at least finding the services of a good acupuncturist to calm and restore the balance as the weeks go by is a great investment.

Deficient Liver Blood as a category is one of the major reasons women 'fail' at IVF (the supposedly 'unexplained' infertility). Spending their fragile Jing resources extravagantly by forcing massive egg development when obviously in a Blood or Jing deficiency state, is to invite preterm/late pregnancy problems, and often baby problems, if pregnancy is even achieved.

Nature is likely to be vetoing pregnancy for a good reason

When there is insufficient good-quality and possibly quantity Blood on hand, the Liver is not nourished as well (remembering this is an energy model).

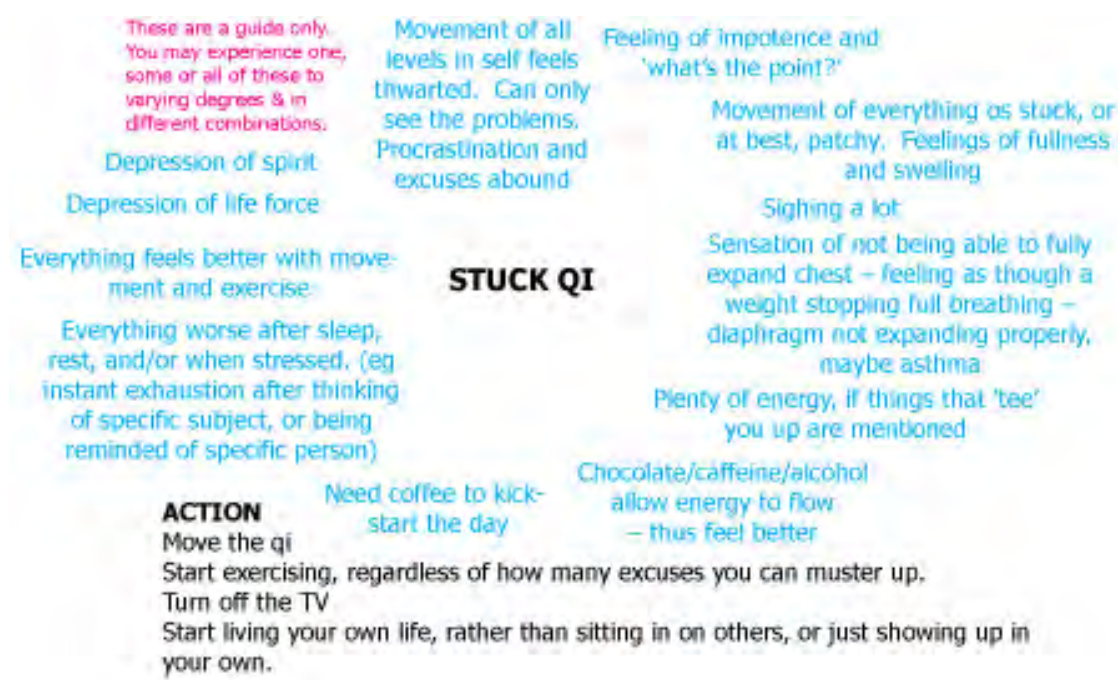
This leads to distress and to what can be called 'stress'. It is a simple matter of getting more exercise, consuming less heating substances (everything that is usually reached for when in

this state), and starting on the water and more water and rest regime, along with plenty of nourishing and protein/fat rich foods.

We usually do not live in honesty. We are not honest with ourselves initially, and then spreading outwards – are we being real? When we are not, the physical body stores the mismatch of instructions. As one thing is made to happen, the rest of the information says differently. Even if we are ‘just’ smiling when we are really upset (so as not to upset others), we live lives that CREATE the dramas that we then try to correct. We are still not registering what we are doing to create them. The emotional issues and how the Liver is involved is covered in much greater depth in [Getting Out of Your Own Way](#).

Undoing this, leads to where your Qi is not stuck or congested, and you FEEL a million dollars; the endometriosis that you have been told is wrecking your fertility, will also then recede.

Stuck Qi warning signs that we all tend to pretend is ‘just us’ /normal



The combination of these signs in abundance at the end of pregnancy — the increase in heat, along with the increase in Liver energy and the decrease in available maternal cooling Kidney energy, means that many of the late-stage energy complications are already forming before you are even pregnant, hence the continual push from me to get well and happy BEFORE getting pregnant.

What to do?

Lose the stress and SLOW DOWN, drink more water and become full of gratitude.

A SMALL NOTE ON ENDOMETRIOSIS

No surgical operation or drug regime can resolve the instructions that are within you. A classic here is the panic over endometriosis. It is just a state of disorder that you need to undo, not try to get rid of, as the energy reasons for it being made are only undone when you actually change who you are, and what is inside you that was [never supposed to be](#).

Taking pills, having operations and fearing the possibility of never conceiving due to endometriosis comes from a medical approach that does not understand why it is there, or how to return you to perfect functioning.

It is much like not setting a broken leg, and trying to stave off the pain that will happen forever as a consequence. The actual reasons for endometriosis are NOT physical — it is the end result of a lot of other issues. Often sexual and emotional repression are the origin, so it IS NOT easy, but undoing all of this will guarantee a happier you and healthier life.

The medical model can appear to put you back together again, but when everything all grows back, we really see that trying to band-aid something is not the answer.

The same issue happens with cancer. The body grows something, and unless the instructions are also undone, of course it will return!!!

This is important to understand. It may be that you are running the inner belief that anything a doctor/specialist says is right — maybe and maybe not. Why not start actually taking charge of your body and life, yourself. It will be far more comfortable in the years to come if you do become more conscious.

This may be why you are in the state of 'trying to conceive'. Perhaps it is a gift, to allow you to alter fundamentally who you are. The medical dictate is to try to get pregnant as soon as possible after surgery, because they realise they cannot FIX what is essentially who you are.

You have the power to heal all of yourself.

It means there is no shortcut to becoming happy — it is in your hands.

Do not watch and wait hopefully for a nebulous shift, all the while continuing to (unwittingly) do what is creating the drama. Go back to nature. Simple, natural and safe, effective solutions.

Please get my [natural health problem solving apps](#) and look at the easy ways you can make such a difference in your own life.

Please see [Endometriosis Solutions](#).

5. DECREASE IN MATERNALLY AVAILABLE KIDNEY ENERGY

This is why mum can grow a baby — the Kidney strength she has is channelled elsewhere to the NOURISH/SUPPORT the baby. If she was well before pregnancy and has been able

to rest and nourish herself, then all is well. If, due to a myriad of factors she is, or has been very ill, this leaves her in a highly weakened state. Often the entire pregnancy may be a matter of trying to catch up on where she should have been prior to conception, or at least back to how well she was, before pregnancy. It is all repairable, with intention and natural health care.



What does it all mean?

You are supposed to be in this state of imbalance when pregnant. You were not supposed to be in this state PRIOR to getting pregnant, but it is often the case, as conception is forced upon the body.

A forced state of pregnancy, in conjunction with the stress of trying to get pregnant without asking why it is not happening naturally and easily, (as sex is for making babies), plus poor eating and life style choices, gives you the garden that is ripe for growing 'high risk' issues in late pregnancy. See [The Natural Fertility Detective](#)

If you were already way out of balance when conception happened, if you are living a very stressful life, and /or the weather is really abominable (hot and steamy in late pregnancy), you may find yourself in trouble towards the end of the pregnancy. You can change this.

3 - WHAT TO DO ABOUT IT ALL?

Breathe – it is easy to shift this state of being.

With Nature's help.

And time.

Few medical people seem to see the problem from a vets'/farmer's eyes.

On a farm, well and vibrant stock is needed to make the next generation.

1 - Preferably be physically well **BEFORE** initiating the next baby. Resources well spent.

2 - Stop obsessing about your age and fix your life quality.

The question that needs asking is, "What are we making this baby with?" If a baby is not easily conceived there is something that needs correcting and then a flood of children will cascade into the couple's lives — just like our forebears. Find the [Natural Fertility Detective](#).

[Take the courses](#). Get your [pelvic flows sorted](#).

Does it all seem as though it is too much? How much effort has so far NOT netted you what you desire? Was there a guarantee that anyone knew why babies were not happening? I do not mean what medical excuse was put forward – as maternal age is the one that stops you from asking questions. What about the quality of the donor sperm – or why is his **NOT fertile** 4% normal sperm is being used with potential donor eggs? It is all too King Henry VIIIth for me.

You can only make that baby the once – no second goes around. The foundation for this new person's life is made in utero and before. Nature is trying to give you what you will then be screening to assure. Why not just make a great body yourself, and allow the babies to follow?

No farmer would be so stupid as to use decrepit sperm.

Fertility is a measure of wellness

Healthy conceptions accidentally happen any time of the month. The menopausal babies women have been having forever were a testament to the truth of wellness creating more people. The real problem today is that women are frequently not in a state of wellness prior to trying to get pregnant. Going through with assisted reproductive technology before getting well is a very short-sighted, and entirely normal, move these days. No baby? Go to the specialists – but they are not **life specialists**, they are surgery and pharmaceutical agents.

We need to start here for a sustainable future

Starting from the beginning, as any farmer or gardener would, is not seen as an option. There is no money in getting well first. Seeing a life /natural health care professional is the first port of call – or at least check in with the average grandmother from the past.

They all knew what made babies. Start with great ingredients – well mum- and dad-to-be.

This advice, which an elderly doctor said to one of my patients about 60 years ago, would solve many problems:

1. Stop work
2. Go on a month's holiday with husband
3. Go home and make the nest ready.
4. If not pregnant within a year - go back to work – only part time.

What does this mean?

1 - Stop work – the energy expended for another (regardless of how important your finances are) is not as crucial as the regeneration you need to be making by living slower.

2 - Go on a month's holiday with husband. Reconnect in peace and quiet – do you even still want to be together – re evaluate what it means to be in relationship. Forever (in this life) as parents together ideally. Start with a strong foundation.

3 - Go home and make the nest ready. The nest is inside yourself and within the home space. This is serious time to declutter and as the external happens – the actual work is done – you remake all you believe yourself and your life to be. This is not a small project and will set the tone of the rest of your life.

4 - If not pregnant within a year - go back to work – only part time.

Again – a new woman emerges.

Instead . . .

Western medicine monitors and worries you with possibilities (which are based on numbers), not on what is actually happening to YOUR body. This is not going to help you to correct it.

Understanding a lot of the energy imbalances spoken of above leads you into solutions.

When the medical retail opportunities are called for – (IUI/IVF) – who knows what you will make instead of your much-wanted, precious offspring?

Guarantee?

Regardless of whether you make a much-desired baby or not, you still have to live in that body. The ease of your menopause and of your mature older life **AT LEAST** will be vastly

enhanced, and so will the quality of any babies you make, AFTER you have healed the immediate problem. This is NOT 'no pregnancy', but not being well enough to carry a well baby easily.

Look after your health: your body will reflect your investment

EVERYTHING that happens to you in pregnancy and afterwards gives signs of its coming, long before it does. Things 'going wrong' don't just happen – 'bad luck' is more 'didn't see it coming'.

Western medical systems do not have the diagnostic or preventative abilities to see past crises – hence the current fears running medicalised maternity care models. Nature sets us up to win, especially if we listen to warnings.

Attending to any fears through informing yourself, seeking knowledge and exercising self help will enable you to breeze through your pregnancies and into maternity.

The East Asian traditional medical model I am using here has been in existence and has been used extensively throughout history as the primary and only form of health care. It is based on the collected (written) observations of a myriad of practitioners. They paid attention to cause and effect in their daily lives. In the case of the Chinese medicine traditions, it has happened for the past few thousand years.

If you wish your life to be easy, pay attention to **ingredients** (nutrients) and **flows (circulation)**.

This may be why there is trouble and why you are reading this – as few will direct you to this information. It seems too simple and no one else seems to be mentioning it.

1. Nutrient pathways need respecting. This is not just as simple as eating any longer - or even being conscious about what goes in your mouth rather than getting scared here. Please pay attention, as it may be the reason behind all of your woes – the nutrients being in you, but not being seen to be used, is part of the next paragraph.

If you agree to having **vaccinations** in pregnancy or any more **heavy metals/aluminium/** contaminants put in any other way (**dental** is a great lifelong source) – you will be messing with the delicate state of nature within. Please undo this safely, **effectively and easily**, before embarking on making another person, as the toxins will go from you to them. The **Body Burden** you carry will be potentised through their being made from all of this. The answer is too simple.

2. Flows need to flow – circulation – especially within your pelvis – **male** and female.

4 – BODY WARNINGS

Modern biomedicine does have many blind spots. The information I am presenting here was designed to assist you to see where you may be failing/falling. Pregnancy and life are not so much about luck as good planning.

If you go back and look at [Jing](#) and how it manifests in the body, you will see that I say hot feet at night are a warning of [accelerated inner ageing](#). When you change what is creating the warning, low AMH and high FSH readings are easily worked with. The hot feet and hair falling may be part of a Blood depletion you have had all of your life, leading into the PCOS etc that you thought were 'genetic'. Look again at the chronic mercury poisoning – the handing over of those fat cell toxins from mother to child is what is 'genetic', as in, it is really under your control. You can change this NOW before you make your babies.

You can help yourself as these small deviations from normal are very obvious. When you know what is ahead at the end of this progression, should you get there, you are even more likely to try to revert back to normal.

Rather than worrying about your age - think about some of the expressions of actual ageing. Here is a signal from your body of accelerated ageing/toxicity wearing out the [Jing](#) too fast. Loosely, hot feet at night mean that there is accelerated ageing going on. Asking an obstetrician or medical practitioner about this will not help as they have little or no energy understanding of what is happening and must wait until it hits the gross physical realm.

It may sound 'way out there', until you understand the warnings the body provides. Some very young (under teenage years) people also have this. It is a major indication that there is far too much inner heat/insufficient 'oil' to lubricate the engine.

This minor grievance is often not even mentioned; in fact many women have had it as long as they can remember. It tends to be ignored, as there is no medical reason for it - no medication to take - so it is just part of life...

When it gets really bad, it can also be accompanied by hot, and or itchy legs, always at night. It is different to, though may also be accompanied by, a feeling of insects crawling under the skin (called formication). This is not good. Your liver organ is greatly upset, and as a first step you need to at least drink a greater quantity of pure water. You do need to go to the cause, and not try to mask this.

In clinic, I have found that this apparently benign annoyance is an important warning. Doctors, when asked, have no clue what it means, along with a lot of the other problems mentioned in this information. These symptoms are standard in acupuncture texts, and within my understanding of how a well body functions.

Yin depletion/false inner heat ([maybe chronic mercury poisoning](#)), having feet too warm or out of bedcovers, can all be a precursor to conditions often considered to be 'high risk' later in life and also in pregnancy. If mum has had this often, especially premenstrually, it is sometimes overlooked and yet does need to be drawn out in questioning. See my [Jing Markers](#) information as part of the [Natural Fertility Detective](#). ([His version is here](#)).

UNLESS you are very well at the onset of pregnancy (ie. the warm feet at night and other deficient Jing markers are not present when you begin a pregnancy), there will be 'health' and possibly illness consequences later on. These are often unseen and showing up as reduced vitality for either of you in later years. Many other apparently high-risk outcomes in late pregnancy were actually obvious to anyone with a different set of health measures, earlier in the process.

Accelerated ageing is the price of living hard and full. It also happens if we do not rest and regenerate, if we do not take lots of time in reflection and to just 'be'. As proper rest seems to now be a foreign concept - even stopping for lunch, having a weekend of pottering, having spare time to spend/give away - we are not running our bodies as though we value them.

We live in them for all of our lives, and they do work better with, and need, respect. Some have had warnings of living 'too hard/too fast/body needs help' all their lives. The standard medical model ignores these health markers. Please pay attention, as it impacts immensely on your life.

People with hot feet at night are in the 'high-risk' category in subfertility/pregnancy woes.

Western biomedicine divides the body into parts. The body works as a whole. Often one area is not working well and it impedes many others — or the whole altogether.

A holistic system of health care sees all of you. One part impacts on all the others. Being broken hearted, as an example (which many of us are - and have been all our lives), does not fit in any of these medical specialities succinctly, as we get distressed in all of our selves. Having hot feet is not a podiatrist (foot specialist) issue — the feet still work, they just feel uncomfortable.

WHAT YOU CAN DO ABOUT THIS

- ✚ Stop trying to conceive until you have NOT had the hot feet for at least three months.
- ✚ Avoiding all heating foods and fluids (the usual list you can pick up anywhere). The most natural/organic and 'healthy' as possible are needed to repair you so you are well enough to be a parent. Avoid all sweet tasting foods as they aggravate inflammation in the body and are craved as your gut bacteria is unbalanced.
- ✚ Follow all advice about rest, replenishment and regeneration.
- ✚ Looking after yourself pays dividends. The foundation for the children you make is up for discussion here. You can change this. Easily.
- ✚ Join up for my [Natural Fertility Detective course](#) and find yourself healthier, happier, and easily pregnant!

EXTRAS

There is much to see on all my sites – [check them all out here.](#)

Learning more about [actively helping yourself](#)

Please go to www.heathersays.com for further helpful and handy hints on how to live more comfortably in your body – at any time in your life.

Want to know more about [self help](#)?

All these courses are self paced, online - designed for you to take charge of yourself. Safe and easy to follow using a range of learning styles, with multi media presentations.

Please find out more through visiting www.easybabies.com.au

Your body can heal itself

If you let it.

Simple - natural - solutions.