



# **Cold Damages Your Health**



**Heather Bruce**

[www.heatherbrucehealing.com](http://www.heatherbrucehealing.com)

## ABOUT THE AUTHOR



Heather Bruce has spent many decades working with anyone wants 'more' when faced with apparently 'hopeless' health challenges. Being a naturopath and herbalist, a Reiki channel, and a vibratory healer, a [Maya/Arvigo© therapist](#), and senior acupuncturist, author and teacher, Heather combines many approaches and responses to solving all life and health conditions.

When she graduated from acupuncture training in 1978, Heather realised it was more important to teach people about how they were disturbing their own balance — and thus contributing to their own problems — rather than trying to 'fix' things 'for' them.

'*Cold Damages Your Health*' is one in a series of eBooks Heather has written to share her vast experience with traditional women-held values and knowledge.

How did she fall onto this life path? In 1977, Heather began her acupuncture training with a six-week-old baby in tow. Her maternal experience was totally at odds to all she read and formed the counterpoint to what she was being taught – male perspectives from a male culture overlaid with the perceptions of modern male medical 'authorities'.

She discovered almost no reference in her original acupuncture training to maternal care, for example, to birthing women or to the new mother. She began writing and presenting her own training materials to teach her colleagues and help make up for this deficit. In 1981 in Brisbane, Australia, she co-wrote and taught an undergraduate acupuncture course, commencing writing and delivering postgraduate seminars.

Heather is also the mother of four adult children. Over recent decades, she has witnessed the ever-increasing tsunami of interventions that have disempowered all - disconnecting everyone from their innate mammalian wisdoms.

Her third child arrived as a seriously brain-injured baby, profoundly autistic. Heather spent the first eight years of her life turning over every stone to help her daughter live well and achieve functionality. Kathryn inspired Heather to strive for more for all – especially those who feel that they are in a hopeless bind. [More here.](#)

From her first-hand experience of the suffering life can inflict when things seem not to be going our way, Heather has discovered many short cuts to good health.

Her [Pregnancy](#), Women's Health ([Periods](#)) and [Fertility Apps](#) can be used as navigation tools so you can access the insights that may make a massive difference to your life. They have been placed on this site <http://heathersays.com/apps/>

These can be found in other writings at <http://heatherbrucehealing.com/>

Please buy yourself the [home rescue healing tools](#).

**DISCLAIMER**

All information in this book is intended as an educational tool and is tempered by the author's life experience and clinical practice. It is not intended to address the specific health concerns of individuals.

As all humans live with the same blueprint, so the information in this book is relevant to everyone. It will assist you to make life-affirming decisions about your health and wellbeing.

If you wish to make health and lifestyle changes based on this information, the author recommends you do so under guidance from a local trusted health professional.



**© COPYRIGHT HEATHER BRUCE 2016**

**ALL RIGHTS RESERVED.**

**NO PART OF THIS BOOK MAY NOT BE REPRODUCED OR TRANSMITTED IN ANY FORM  
OR BY ANY MEANS, ELECTRONIC OR MECHANICAL, INCLUDING PHOTOCOPYING,  
RECORDING OR BY ANY INFORMATION STORAGE AND RETRIEVAL SYSTEM, WITHOUT  
PRIOR PERMISSION IN WRITING FROM THE PUBLISHER.**

**FIRST PUBLISHED IN 2016**

**CREATING LIVING ENERGY PTY LTD**

**PO BOX 314, CARINA QLD 4152, AUSTRALIA**

**PHONE: +61 7 3899 2274**

**EMAIL: HEATHER@HEATHERBRUCE.COM.AU**

**WEB: WWW.HEATHERBRUCE.COM.AU**

**NATIONAL LIBRARY OF AUSTRALIA**

**CATALOGUING-IN-PUBLICATION ENTRY:**

**BRUCE, HEATHER**

**COLD DAMAGES YOUR HEALTH**

**ISBN: 978-1-922065-86-5**

## Your missing piece of the health puzzle! Cold applied anywhere in the body may have lasting consequences

***Please note that I am not speaking here of lifesaving application of ice to keep limbs and organs and embryos alive – here I am speaking about the chronic and often ill-advised use of ice and anything cold “just because”.***

Here I am talking about minor tiny little amounts in your daily life – that may feel good at the time – but unbeknownst to you are very gradually weakening your life force, adding to what you see as being your ‘health problem’.

Please pay attention: [Cold invasion](#). Likely to give you some or all of these.

1. If you feel better with the application of heat,
2. If you feel cold a lot more than others,
3. If your digestion,
4. Your circulation,
5. Your immune system and
6. Your ability to hold your tissues, organs and blood in place are not happy.

Some or any of the body systems below are probably compromised through your past incursions with cold or cool. Possibly removing this is the easiest way out of your troubles. Why? The addition of [cold messes with your normal](#)

### Yang Qi body and soul integrity

#### Protection/immunity

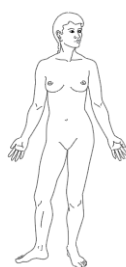
Yang Qi whether fighting infections or invaders of all types, grants you sovereignty over your being  
Yang Qi – opens and shuts the pores, regulates temperature control, as through active homeostasis we are able to adapt to change.

#### Warmth

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

#### Vital “oomph”

Bodily blueprint expresses itself well, through  
the 7 (women) & 8 (men) year cycles.  
Easy transition between life-stages  
Spark of life providing libido, ability to orgasm



Healthy State

#### Transformation/digestion

Moving all energies and substances from one state to another within your body.  
Governs all digestive processing, food into  
Blood, Qi and body fluids (and wastes)

#### Transportation/circulation

All flows flowing freely on every level.  
Moving all from one place to another  
Controls all fluid & lymphatic movement  
Circulates blood throughout the body.  
**(No pain when everything flows well).**

#### Holding all in the right place

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

© Heather Bruce 2016  
[www.heatherbrucehealing.com](http://www.heatherbrucehealing.com)

You may be attending all different health care professionals, but not finding permanent answers. You (and they) may have never thought of the temperature of what goes in your mouth as having anything to do with what happens next.

[Please do so now.](#)

If you have :

- Pain anywhere,
- Metabolic issues – low thyroid function, adrenal exhaustion or fatigue,
- Auto immune problems,
- Inflammations,
- Gut disorders of all kinds,
- Circulatory troubles,
- Urinary problems,
- Reproductive system malfunctions (male and female),
- Neurologic degenerations
- Chronic ill health of all descriptions . .

It may look somewhat like this:

## 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

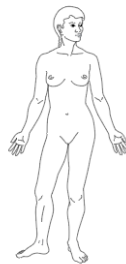
Prolapses, incontinence, ~ pelvic floor collapse, haemorrhoids.

### 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.

© Heather Bruce 2016  
www.heatherbrucehealing.com

You will have all sorts of diagnoses, labels -and thus people do things to you.

Why not just reduce this down to pulling out the cold – as I do in my clinic – and then watch as it all settles back to perfect functioning??

That way the blueprint that your body has, can reassert itself.

Over the decades of delivering health care services, I can now see that it all boils down to flows (and lack of) and nutrients (and lack of).

I see all comes down to the same problem – the lack of circulation of your good energy (and maybe not being able to even produce it). Your [Yang Qi](#) – the strong sense of self-preservation has weakened. Reduced gut function starts the slide into malfunctioning.

Of course until your health leaves you: it is assumed to always be there.

How to get it back?

Not by annual flu vaccinations, drugs taken for life, or hoping whatever ails you will all just go away. You may have tried all of these and here you are.

### **All elders knew this**

There is always a better way and as a lifestyle, never recommended.

They warned against getting cold/of not staying warm.

However, naturopaths, 'life coaches', and all the juice bars out there implore you to partake of their cold wares. Please think: "can my body and my belly cope?"

Usually already you are not so well to be choosing to change. You may well already have a gut problem. Sometimes you may even have a named condition, or a newly discovered parasite as well. Perhaps wonder why your body is not attending to this itself. What has weakened its self defense?

Continuing an attack on yourself (raw/sweet/cold foods and fluids) whilst expecting your upset gut to happily work in these freezing conditions (much like having the oven door ajar whilst trying to bake a cake) just does not work. You may currently see no relationship between what all elders would have counseled you against, as there is 'no research'. No need to have – no one born over 50 years ago would have been that silly - definitely no one born of Asian parents.

### **Fundamental**

You can't live well without your health. This is fueled by your digestive strength. Regardless of what the recent spate of 'research' from drug companies with something to sell you, what goes in has a direct bearing on what happens to your body. You need a good gut function to be able to digest and transport anything – and this means – the cold stored within you has to be gone.

You can take the stored cold out of your body, safely and easily. [Here I show you](#) an ancient home remedy that has been employed for many cultures – in a specific way that in my natural healing clinic over the past 35 years has revolutionised how I work with all who seek care. In anything.

This was assumed knowledge – all did it before they sought out who to help them next. Foundational medicine – what we all did at home. Looked after ourselves better also. You can actually sort this out yourself – and forever after be able to help others around you. For always.

**Who is the expert?**

Your body is self repairing - designed to heal itself. On automatic function, you just 'feel' like eating: you think it is time to put more clothes on/take something off – all these happen from messages that you are listening to from within. This conversation happens with little thought – we just go to the toilet, take a drink of water – and hopefully we rest/sleep when it is needed.

This was what the old people did.  
Always the elders had secrets and contingencies.

This is what was done at home before any paid assistance was sought.  
You can undo the majority of problems you begin to encounter at their source.

**Adding in ice/cold deliberately**

In the recent past someone thought adding in ice when something was damaged would help. It took off. Even with [his retractions](#) – it is still now the 'go-to' for all First Aid. This is causing far more need for servicing of every past damage that it has worsened. Icing is creating a whole industry in servicing wounded people.

Going to see a medical tradesperson may only show you with their testing that you are 'within the normal range' and that you are not that ill.

You may have worked out that the body equivalent of roadside breakdown service is not what keeps your car running well and that some general maintenance, and even some running instructions in the form of a body manual may be helpful at this time. Here it is!! (['Cold Damages Your Health'](#)).

**Cold invasion in the body in any form causes a reaction**

Our body has to stay within a tight range of variables for life to exist. Forget bugs - they come on board when our troops have been exhausted. What does that do to us? Having to 'guard against' the cold that was never supposed to be in us – and that which our grannies all nagged our mums against.

Please watch this [Causes of Disease](#) 15 minutes . .Chinese and all Asian medicine know this – as do all other traditional systems of health and longevity care.

When a large dollop of cold energy – be it through the mouth with continually raw, cool foods or fluids, freezing cold icy smoothies and juices, or always starting a meal with a very cold drink, or using cold anywhere apparently therapeutically, the body will not be able to keep up its past perfect functioning with this onslaught. It can't operate with such an insult. Unable to get rid of the cold and its effects, you gradually wind down. (Do look again at the page before).

Add to this is an unintended cold incident - or even the intentional icing of any additional injury, (worsened exponentially when a woman is very vulnerable at birth or in the post natal lactation stage, or in a pregnancy, for any reason and in any entry point – icing body eating or drinking cold, even sitting on a cold toilet seat).



**Learned at our parents' knees**

If you reconsidered what you heard when smaller - the 'old wives' tales'  
You can probably hear your mum's voice . .

'Wear a singlet'  
'Do not expose a naked midriff'  
'Always wear shoes and shoes'  
'Do not go out in the cold night air'  
'Don't wash your hair and go to bed with wet hair'  
'Stay out of draughts'  
'Put something in your feet'  
'Take your wet clothes off – especially bathers if sitting about before going  
in the water later'  
'Shut all the windows so the cold night air does not come inside'  
'Don't go swimming with a period (may get cold)'  
'Get your socks on'

You can think of so many others. .

(Our parents probably did not listen to their own parents when children either).  
When very young and vibrant, the cold invasion is taken care of as you have  
many reserves – it is just that you are using them – like spending the capital - not  
living off the interest. As you age this will then rear up.

**Cold causes the body to need to draw reserves from elsewhere**

This creates a short fall for running your body and life well.  
Maybe not now – and maybe when exhausted you will then fall prey to Bells'  
palsy – unexplained – except it is called 'wind cold invasion in the face channels'  
in Asian medicine. So simple: there was not enough of you to juggle all, so a ball  
was dropped. If you know of someone who has had Bell's palsy – or maybe  
yourself - please – [see the presentation of this here.](#)

This means stop immediately drinking anything cold particularly replacement  
meals) with ice. Anything other less than body temperature is not to go in your  
mouth. Why? [See here](#)

There you have been thinking that you are 'doing everything right' . .

But freezing your belly is not that.  
If the body is already compromised, this may be the 'last straw'.  
You may then be 'down for the count'.  
Never knowing what just happened to/for you.

Cold wastes your [righteous body energy.](#)  
Which it needs to run your body.  
What specifically?

### **Your metabolism**

Whether you can feed and warm and defend yourself against all things.

**Your circulation** – transporting all wastes away and out appropriately and keeping all tissues nourished and in a fit state to work together for the whole unit to be adaptable and able to cope with anything that may happen.

Whilst wasting **your defensive energy** on every level, ‘bugs’ then get an opening – as usually the gut (Yang Qi strength again) is able to fight off all comers. Not the role of vaccination – but of a strong resilient [Yang Qi](#).

All elders knew this, just maybe not how it then happened to breakdown. The surviving (old/successful) cultures all practiced ways to enhance life.

In traditional Asian medicine it has always been known that no young girl or woman of any age is to introduce cold into her body willingly, as it will cause often life long changes to emerge. Particularly in relation to her menstrual cycle but also in child bearing and in all later aging stages for her.

### **‘Patients’ in clinic**

All who visit me for almost anything find themselves under a cup. Me looking at their tongue at regular intervals: them feeling better as a result – less pain, more mobility if troubled by a musculo skeletal problem: with more colour and life in their face, happier, calmer, out of gut pain and discomfort.

### **How did I do it?**

Released part of your back into circulation - those parts are now able to take over. Too simple? Indeed.

If you are in pain, or if you feel that something is missing in all the medications, therapies and suggestions you have tried to follow . .

Magically you may find that when you DO release the stored cold, all the body functions bounce back across all markers - often permanently.

Please see what you [can easily do for yourself at home](#) – today.

Also – coming soon!

[Women’s Wellness](#) package  
[Welcome Baby kit](#)

**Easy, safe, effective and life changing!**