



# **Cold Damages Your Health**



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

**© 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**

# Cold Damages Your Health

## Cold prevents healing, causing long term health crises

**The application of cold may initially feel good as it temporarily numbs a wounded area**

**BUT**

**it has huge ramifications later on in your life**

*Missing piece of your health puzzle - a secret in plain view*

Cold energy also leaches away your life force.

This sets you up for most health conditions

**Remove/avoid the cold**

and watch your body work as it should!

### **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.



## **WARNING**

You will hear the words of your older relations all through this work.  
Supporting wellness through looking after yourself the way all cultures, all traditions,  
and all elders the world over would tell their children.

What is not usually imparted is why they say the apparently (to young ears – and  
now ‘scientific’ followers) “arcane” things

Here you will find a life explanation - one that may completely turn your life around.

It may look way too simple.  
It is.

Here is the ‘why’ of ‘what’ has been happening to you.  
It is not in the end results versions that you find why – and as all see as being ‘real’  
or even ‘medicine’ the physical all are missing that the causes the setups are not  
there. What gave the body the idea it could . . ?

Answers are in the day to day that all wisdom does hold.  
Please be mindful that following what is in this book will transform your life.

Beware!  
Expect transformation.

## FOREWORD

'*Cold Damages Your Health*' is just one in a series of eBooks written to guide your return to natural wisdoms, good health and common sense. We know that our modern medical world is awash with technology and profits. Are we healthier for it?

Astute observations of the past were grounded in centuries-old family traditions that kept humans safe prior to the existence antibiotics, better living conditions and vaccinations.

Times do change. Medieval peoples argued that the earth was flat, that the sun revolved around the planet and there was no such thing as a microscopic organism (hence no need to wash our hands).

What (until quite recently) was accepted wisdom from the practices passed down through generations is now ignored: as we all seem to think that we know better.

Here I am sharing with you the essence of my nearly 40 years of being a natural health care professional. By suggesting a new way of looking at life, health and wellbeing and of empowering individuals with the basic knowledge so they might learn once again to help themselves, you too can live well. As our mothers, their mothers and their mothers before them all knew to.

Rescue your own health and vitality — and improve your quality of life through each and every day with the help of the information found here in "Cold Damages Your Body".

### **Why pick on cold?**

Remember the 'old wives tales'?

In recent times, ice has been seen to become our 'saviour'.

If we hurt ourselves, medical authorities recommend ice. And even though the ice feels quite uncomfortable, and the body (especially a woman's body) will plead with you to reject it, we continue to apply the ice pack. Why not do it? [Finally there is a rebuttal](#). Acupuncturists and sensible people will have been saying not to for years.

In times past, people applied heat not cold.

**Why use cold?** - Experts say to.

It numbs the area. Stops circulation. Hence slows the healing down.

In fact 'everyone knows you use ice . . .'. Actually everyone doesn't know.

Ice has been a recent medical fad. Traditional cultures, all pre 'science' Western ones, knew better than to expose any part of the body to cold — because it causes further problems.

All too often when a person comes into my clinic to be relieved of an ailment, I find I have to start by undoing what SHOULD NEVER have been there in the first place. Cold. It sits there messing with your life flows. Remember these?

'Don't sit on cold concrete, you'll get piles.'

'Don't wash your hair or go swimming when you have your period.'

Application of cold may work for you whilst it temporarily numbs the area — but from that moment on it can have huge ramifications for your life. This is especially true for women, as the case histories included in this eBook will show.

So very often, healing a particular condition is a simple matter of removing the cold, enabling the body to work as designed again — and nothing else really needs to happen as the body can then heal itself.

Often, all I have to do is eliminate what should never have been there in the first place — cold. So please do not add it in.

What to do instead?

Read on . . .

This change is [starting to happen](#) – and even the [man who ‘invented’](#) /thought up this crazy idea has reneged on it. I do wish all would catch up. Thankfully many never did this.

(For alternatives to the application of cold to soft tissue injuries, skip straight to Chapter 11 Page 70).



# Contents

## Table of Contents

<b>WARNING.....</b>	<b>3</b>
<b>FOREWORD .....</b>	<b>4</b>
<b>BEFORE YOU START .....</b>	<b>8</b>
<b>2. ACUPUNCTURE: INTRODUCTORY CONCEPTS.....</b>	<b>10</b>
<b>3. YANG QI .....</b>	<b>15</b>
ENHANCE YOUR YANG QI.....	15
WHAT WASTES YANG QI?.....	16
DOES THIS SOUND LIKE AGING? .....	18
WASTED YANG QI, IN SUMMARY .....	18
WEAKENED YANG QI.....	19
<b>WHAT DOES YANG QI DO AGAIN?</b> .....	<b>20</b>
KIDNEY YANG QI .....	21
SPLEEN/PANCREAS YANG QI.....	23
<i>Heart Yang</i> .....	24
<i>Lung Yang</i> .....	24
<b>4. THE DANGERS OF COLD (DEPLETED YANG) .....</b>	<b>27</b>
HOW DOES THIS HAPPEN? .....	27
<b>5. WHAT DOES COLD DO? .....</b>	<b>34</b>
1. <i>Cold wastes your Yang Qi</i> .....	34
2. <i>Cold causes contractions, hardening, spasms</i> .....	34
3. <i>Cold closes up the pores</i> .....	34
4. <i>Cold energy slows the normal circulation</i> .....	34
5. <i>Cold lodges indefinitely</i> .....	35
WHY IS COLD INVASION SO BAD?.....	35
HOW DOES COLD GET IN?.....	35
HOW DO WE KNOW COLD ENERGY IS LODGED INSIDE US? .....	37
KEY POINTS .....	39
<b>7. WHAT HAPPENS? ‘THERAPEUTIC’ USE OF COLD.....</b>	<b>40</b>
<i>Summary</i> .....	44
8. <i>Easy ways to create long term health problems</i> .....	46
<i>Damp clogs/obstructs</i> .....	48
<i>What is the answer?</i> .....	50
<i>Spleen Qi fails when there is cold</i> .....	51
<i>All of us are vulnerable to cold invasion</i> .....	52
<b>Haemorrhoids</b> .....	53
<b>SICK KIDS .....</b>	<b>54</b>
<b>9. YIN QI .....</b>	<b>58</b>
YIN DEFICIENCY SIGNS AND SYMPTOMS.....	60
WHAT WASTES YOUR YIN QI? .....	61



WHAT ELSE MESSES WITH YIN QI? .....	62
WHAT HAPPENS WHEN YIN Q IS WASTED? .....	62
<i>When Yin Qi is wasted, <b>we become hotter</b></i> .....	63
<i>When Yin Qi is wasted <b>we are less nourished</b></i> .....	63
<i>When Yin Qi is wasted <b>we dry out</b></i> .....	64
<i>What does heat in excess do?</i> .....	64
<i>Stomach fire/Sick Heat</i> .....	65
<b>10. UNEXPECTED/UNINTENDED BIRTH INJURIES .....</b>	<b>68</b>
<i>Why is there pain?</i> .....	69
<i>Using cold for perineal short-term gain</i> .....	70
<i>Mastitis</i> .....	72
<i>Allergies &amp; cold sensitivity</i> .....	73
<i>Nell's Story</i> .....	74
<i>Haemorrhoids &amp; prolapses</i> .....	75
<i>Wounds that do not heal</i> .....	75
<i>Lifetime Ill health</i> .....	77
<b>11. ALTERNATIVES TO THE MEDICAL USE OF COLD .....</b>	<b>79</b>
<i>Movement, Exercise, Analgesics (if necessary) Treatment</i> .....	79
<b>WHAT TO DO INSTEAD OF COLD APPLICATION .....</b>	<b>79</b>
<i>"How Cold works</i> .....	79
<i>Pain relief</i> .....	80
<i>Limit swelling</i> .....	80
<i>Reduce bleeding</i> .....	80
<i>Control muscle spasms</i> .....	80
<b>WHAT TO USE INSTEAD OF COLD/ICE .....</b>	<b>81</b>
<i>Pain relief</i> .....	81
<i>Seeking assistance with pain</i> .....	82
<b>12. HOW TO GET RID OF EMBEDDED COLD.....</b>	<b>84</b>
<i>INITIAL INVASION (SKIN)</i> .....	84
<i>JOINTS AND MUSCLES</i> .....	84
<i>MENSTRUAL REGION</i> .....	85
<b>GINGER BATH</b> .....	85
<i>What to do</i> .....	86
<b>HOT SALT PACK</b> .....	86
<i>What to do</i> .....	86
<b>PERINEAL STEAMING</b> .....	87
<b>TAKING THE COLD OUT</b> .....	87
<b>APPENDIX 1: REIKI .....</b>	<b>88</b>
<b>APPENDIX 2: WHAT ELSE CAN YOU DO? .....</b>	<b>89</b>
<b>ABOUT THE AUTHOR .....</b>	<b>90</b>

## BEFORE YOU START

In cultures whose healing traditions stretch back in time, (well beyond orthodox science/medical 'advances' in the past century), there was a healthy respect for nature. To live outside these 'natural laws' meant a quick demise - without the advantage of modern medical interventions that, while wondrous in some respects, have encouraged us to become complacent, even foolhardy and irresponsible about our bodies and our environment.

As I have worked with the Asian model of life and health for all of my adult (and maternal) life, I view the modern apparently therapeutic application of cold as being a very odd concept. Chinese medicine teaches that **pain occurs when there is a blockage in normal circulation.**

Applying cold (such as an icepack) just causes more congestion, further reducing circulation and hence worsening the pain. To most traditionally living cultures, using cold anywhere on or in the body is viewed as sheer stupidity. Their ancestors were diligent about ensuring cold was kept well away from everyone - especially women.

To you, this may sound 'way out' - after all, anyone who has undertaken First Aid training is familiar with the 'R.I.C.E.' mnemonic for direct action following soft tissue injury:

Rest. Ice. Compression. Elevation. Why not use M.E.A.T. instead? Movement, Exercise, Analgesics. Treatment. What all Chinese medicine has been saying for many, many centuries.

Our hospitals still use ice, 'everyone' uses ice - so it MUST be right! The assumption that those in authority actually know what they are doing is possibly what you may need to work with first. What works?

Cold used 'therapeutically' is a danger to your life force. Cold invasion CREATES more problems than it resolves, short and long term. For example, the application of cold compromises a woman's happiness by interfering with her periods. She may well endure the pain of a lifetime of being side lined or medicated in order to keep going, resulting in a 'high maintenance' monthly period without the ability to even feel sex (let alone desire it).

Cold wastes our life flows. As you will learn later on in this book, Yang allows for passion, desire and even ability to orgasm: all healthy ways to express our love and humanity. Maybe ask yourself - 'when was the last time I felt 'normal'? Perhaps not since . . . who knows?

The therapeutic application of cold is not the only cold that may be causing you problems - we also make cold lifestyle choices that influence our wellbeing, such as putting ice in our drinking water. Eating straight from the fridge. If you chill your own [inner oven \(gut\)](#) and then expect it to still work perfectly. . .

Imagine baking with the oven door ajar. Of course when you do the equivalent - add in cold to your gut - you can expect digestive problems!!!

Sleeping in a draft – [expect Bell's palsy](#) – even often just a super cold 'slurpy'/ smoothie may cause your body to [react in ways that you will regret](#) – maybe forever. (NOTE: "Bell's palsy" (one side of your face falling down) is not a virus catching up with you, as orthodox medicine currently asserts. Bell's palsy ('Wind Cold in the facial channels') is seen in all Asian medicine as a weakness that has led to a local invasion – and as such needs the appropriate remedies - not anti viral medication.

[Ice used 'therapeutically' on women at any time](#), but especially during pregnancy and childbirth may cause life problems forever after for her. Only warmth was used in the past. Warmth will feel supportive and comforting. Ice added onto engorged breasts/ swollen perineums, and on any wound stops the inflammation that is needed to allow support and the inner work to heal.

Before you use ice on an injury, or put ice in your drinking water, please ask:

- What is supposed to happen when my body is damaged?
- How is my body programmed to repair itself?
- Is the cold being offered to me assisting my body to heal itself?
- Is there something more constructive that can be done for me?
- Is this the most respectful thing I can do for my precious body?
- Is the area being numbed actually going to be better off because I temporarily cannot feel it?
- Why am I feeling pain at all??
- Maybe even - is the pain telling me to rest and regenerate, to take it easy?

Cold blocks flow.

Why add insult to the injury?

More specifically, how can the healing blood your body needs so desperately at this moment get to the wound site if cold has been applied to 'prevent swelling' and 'ease pain'? If you are troubled with [fibromyalgia](#) (as most are now told they have) – please start looking here.

Long term, is the area better off with the application of cold?

The answer is 'no'. Long term, the [cold stays in our body](#) and triggers a range of troublesome health problems. So why would we use it at all.

Cold is dangerous.

Cold is not comforting.

If there is pain, it is your body's warning to stop and rest up. Allow healing.

From now on, why not make decisions that improve your long term wellbeing, rather than weaken it? In fifty years' time, modern medical authorities are just as likely to have changed their minds about cold as they do about most other matters pertaining to your health. You may as well be 'ahead' of the times.

## 2. ACUPUNCTURE: INTRODUCTORY CONCEPTS

You probably recognise there is more to 'being' than just the biomechanical body bits that are obvious to all. Any holistic model sees the driver of the body as being at least if not more so – important – so how we feel imparts how we can be.

In this work, I use many models of life. Interwoven.

From my acupuncturist's world we have energy answers – the “why's” that some of us have not had before. Instructions from elsewhere happen – and we can miss this when we only see the physical bits. These are governed by Qi/'energy'. Qi directs all that happens, underpinning everything that happens in the physical. Adding this energy component in may then help you make sense of all what has happened, and why physical interventions have not been working as you would like them to.

You will notice that not only is the language of acupuncture different from the orthodox rescue squad (by which I mean all medical practitioners we choose to visit in a crisis) - but methods are startlingly different. In modern western medicine, health practitioners are trained to 'fix' problems that already exist. In acupuncture, we as practitioners can also see ahead – and prevent problems from occurring in the first place. Help the body to heal itself, not force change by unnatural means upon it.

*'Stop damaging yourself in your daily life*

*You will not then need patching up.'*

Depending on your beliefs, you may choose to go to a doctor who dispenses pills to mask or dull your sensations of pain or discomfort. Alternatively, you may choose to visit someone to clear the energy systems in your body so it might function as it used to. As you journey through this book, you may discover that to heal all you have to do is listen to your body.

Simple natural solutions are there to follow at all steps along your path to wellness.

Natural and traditional medical systems begin with a health and wellness model of health, where a return to optimum functionality of the body is the only goal.

The energy model I use here is holistic. Beginning with the fact that the physical body gets instructions from non-tangible realms, such as light, energy, aura, vibrations and even the remnants of past attachments. For some, this may appear to be strange thinking, yet there's a very good chance that as you explore this more deeply it will resonate with you – gelling with what you feel with to be true.

To see more – [start here](#).

Understanding, not ignoring, some of your body's communications, especially warning signals, will make you better equipped to respond to what your body is trying to tell you — hence find the answers to assist yourself.

### ACUPUNCTURE TERMS

There are no English equivalent ideas for some of the concepts in this book.

**Qi** (pronounced 'chee') is easiest to understand as 'energy'. There really is no equivalent word in the English language. Qi incorporates our life force, or spark. It is that which fuels us.

Qi's functions can be divided into two broad categories:

**Yin and Yang.** These words Yin and Yang are commonly used throughout this text. Westerners have simplified these terms — Yin and Yang do not refer exclusively to female and male, for example, although they can in specific instances. I have all these concepts expanded [on this site](#) for easy reference.

Yin and Yang are just relative terms. They help define each other and mean nothing whatsoever outside the context of the other. Thus not male or female good or bad, black or white - as all are variations of a theme only.

**Yin Qi** – this is the more 'real' (physical/structural/obvious) of whatever. It is always relative to its counterpoint, Yang (that which is more vibrational/resonant/spiritual). Anything considered **Yin** has relatively more density and physicality than Yang. Unlike Yang, it has boundaries we can sense.

In the body,

- Yin energy is that which allows rest and regeneration.
- It is that which cools, moistens and nourishes.
- Healthy Yin requires us to renew ourselves through rest, recharge our lives with sleep.

When we choose to live hooked on adrenaline, or perpetually rushed and/or in crisis, we may keep going well past what is reasonable, either because study and/or work deadlines or because we feel it is 'boring' to shut ourselves away to rest or sleep. In this way, have no doubt you will wear out your body and its reserves sooner than necessary.

If you do not allow your body to fully recharge life's batteries, thus replenishing your Yin, life will indeed be a struggle.

**Yang Qi** – This term **Yang** loosely fits our understanding of the concept of 'metabolism'. Without strong 'oomph' we do not have the life force to be here on Earth, to live our lives. Yang keeps us here, warm and alive. It is our powerhouse.

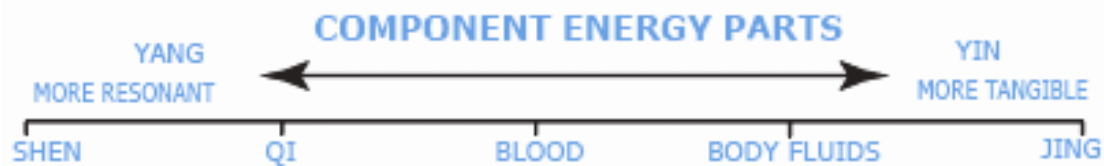
Relatively speaking, for neither concept exists without the other, Yin is the oil that lubricates the engine, Yang is the spark that ignites the engine.

**Shen** is more personal than Yin or Yang. This is our spiritual force and what animates us as a being. It is not unlike the concept of soul.

**Jing** is our inner reserves, our 'bank' where we deposit our energies for the future. Regardless of the great start we were given in life, including the genes we inherited, we need to keep topping up the gift we were given at birth.

Some people believe we are reliant on our 'genetic' fortune, but this is indicative only of our potential. Have no doubt we can alter our genetic fortunes for better or worse with respectful (or not) self care and living habits.

**How it all fits together.** The left hand side of the diagram below represents all that which our culture tends to gloss over and ignore. The right hand side represents that which is seen to be 'real' - our actual body bits.



As a more holistic approach in understanding how our bodies work, we can see that the physical body we reside within is just one part of who we are. When one of these components of self are not circulating, or is denied expression, or is blocked, or is not automatically supplied with the energy and fluids it needs to function, gradual body breakdown may happen.

We need rest to recharge ourselves.

As children, we need to sleep to grow. As we age, the more sleep we get (within reason), the more functional our entire system may be. Our bodies do need downtime in order to restore that which has been lost while we were active. It is a cycle - the sleep/work cycle. No different to recharging your mobile phone.

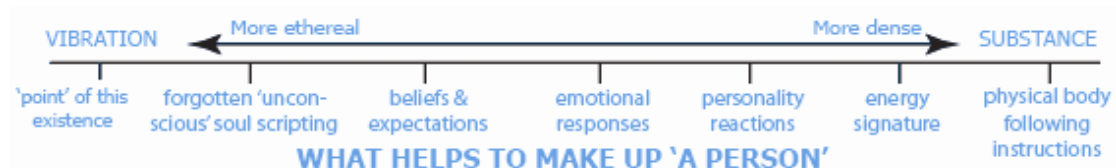
We also need to replenish our bodies with nourishing foods and plenty of pure water. A calm peaceful demeanour is also required in order for food and water to be absorbed well. When you are in a state of continuous calamity, you are unable to use the food you select because stress and pain disable correct digestive processes.

We also need to nourish our souls to keep us happy and motivated — to have passion, a reason to be here, a sense of inclusion and a heartfelt connection to many things. When this essential level is not looked after, when a broken heart or distressed being is in charge of your body, then all manner of loose cannons can explode ensuring a rough ride through life.

Yin in balance ensures that rest, regeneration and nourishment are well supplied. The model employed by mainstream western medicine commonly only pays attention to the physical level of being. We then tend to imagine that the physical is what directs the totality of our wellbeing. In reality, our body is simply reacting to changes and messages from our Yang (the left hand side of the diagram above, where our spirit and emotions reside).

As we shall see, we ignore our energetic systems at our peril.

Any natural system of life care (including the Chinese medical model) views health and wellbeing starting from the perspective of the far left hand side of the diagram below. Modern western medicine views health and wellbeing mainly from the right.



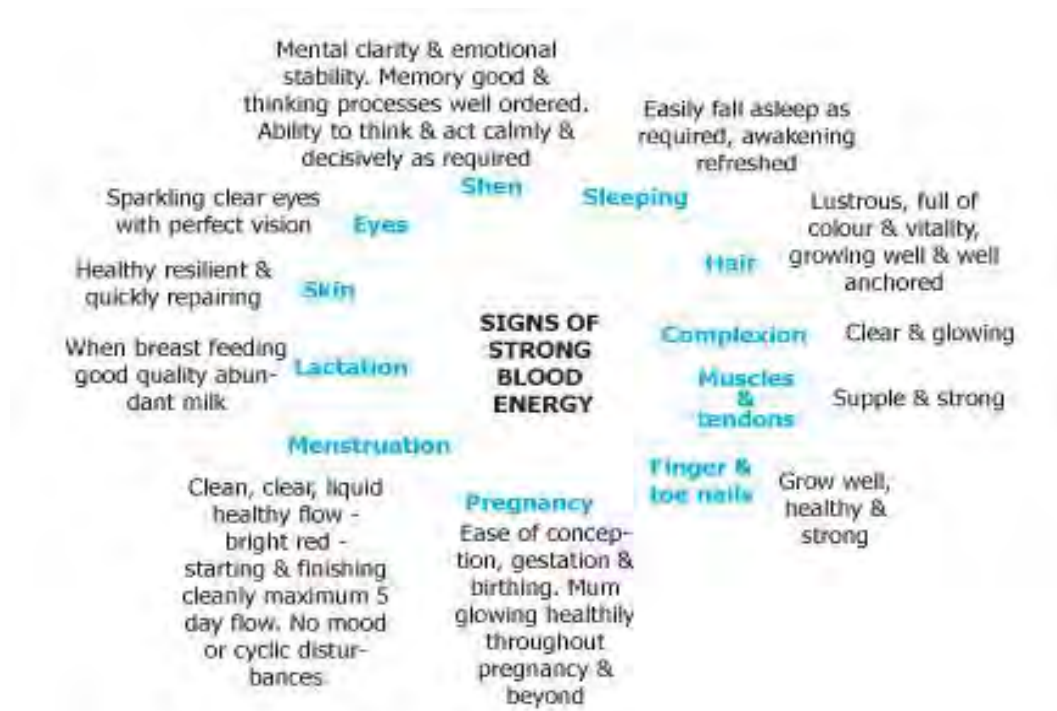


We can alter anything towards the left of this line, and influence all to the right of it.

## Blood

Strong [Blood](#) energy will see you through life easily, as a mother and a lover and an older woman, without having to visit therapists. All the womanly and motherly phases of our lives could happen easily if we had strong Blood energy. No drama/crisis.

### Signs of strong Blood energy



If you concentrate on one area – ‘muscles, supple and strong’ as an example, you can observe ‘arthritic’, tendon and joint pains, tension and backache dramas, all of which are worse when ‘stressed’. So too [fibromyalgia](#) . .

All assume that there is automatic provision of sufficient nutrients to nourish your body. Maybe not – this is a [Yang Qi function](#). Blood energy is made there but also its presence enables the gut to work well and support life.

Cold invasion wrecks havoc, as we can lose our ability to hold blood in appropriately.

It is generally accepted that women are in their prime/at their best when they are ‘youthful’/young looking – full of Blood energy flowing well. They look like:

- Lustrous hair
- Firm bosoms
- Hourglass figures
- Clear complexions
- Easy sleeping
- Are in full possession of their moods and cycles
- Happily bleeding and breeding as they were designed to.



It is an abundance of Jing that enables all this, as well as a regular lifestyle that fosters normal circulation and healthy production of Qi and Blood, especially as the years unfold.

As we look further into the diagram above, we can observe that the digestion is negatively impacted through the addition of cold, cooling drinks and temperatures. 'But I like cold drinks' you wail. Check ahead for information about the importance of [internal heat](#) within, our (sick) Stomach Fire. (Please see page 59).

When the production and the circulation of Blood energy is upset, when Yin and Yang and Qi become disordered, problems begin. Women bleed as they are meant to when all is well – a period is like that [month's report card](#).

The human body is not designed to fight the invasion of cold applied to 'numb a sore bit'. In fact, it is vital that the circulatory system is able to transport nourishing fluids and Qi to strengthen any weakened structure and its ability to do this is dependent on Yang being able to flow. Blood needs to move to initiate healing if injured.

Cold, whether applied to the body during injury or ingested through lifestyle choices, is stored in the body forever (unless we take action to expel it). Often our storehouse of cold builds in small increments until eventually it starts up with its own agenda. This is especially relevant when one is aging. (See more ahead)

Cold is easy to spot.

Cold is not your friend – please [see more here](#).

### 3. YANG QI

Your energy instructs the physical body. Upset this energy, and the physical may just not work as it used to or that you imagine it can/will. By understanding just this, and this alone, you may develop a deeper awareness of how to live well in your body

#### What is Yang Qi?

Yang Qi (energy) loosely corresponds to the concepts of 'metabolism' and thyroid.

- Allows us to transform food and fluids, i.e. digestion
- Circulates everything, i.e. circulation
- Keeps us warm, i.e. temperature control
- Keeps tissues, organs, blood and babies in place, i.e. our structural integrity
- Protects us from all aspects of harm, i.e. immunity.

#### 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)

### Enhance your Yang Qi

1. Eat regular, warm, nourishing meals in a harmonious, calm environment
2. Live with an absence of extremes in any sphere of your life
3. Avoid cold penetration, which directly wastes Yang Qi. This means stop ice and cold juices. Especially problematic for women, who must have Blood circulating and held in place, during the menstrual cycle and in pregnancy.
4. Exercise often and well, as adequate movement promotes freely flowing circulation. Stay warm and no ice or drafts.
5. Go to sleep early, awaken with the sun.

Return to this way of living and witness your body heal itself. Your body warns you.

Denying these body warnings, (especially pain) by refusing to cooperate, eventually 'cracks' will appear in your physical and emotional health. When there is too much of a load on your body, it will start to break down. You could choose to pay attention.

Ignoring, or covering up these messages will mean they get louder (or more painful). This is your body's way of getting you to stop doing what is damaging the inner balance of your [Qi](#) and [Blood](#).

One tried and true way to effectively silence these warnings is to reach for sensation deafeners, such as painkillers – ice being a prime example. If damaged, you could choose also to rest to heal. [Take this short course](#) of how to help yourself at home.

Of course, as we have already discussed, cold invasion is not necessarily the result of ice applied therapeutically to the body — cold can enter the body in a number of ways. What will happen next, is that your Yang Qi will be unwisely expended as a result. You will not be necessarily aware of what happened - but eventually one of the Yang Qi functions will weaken – or maybe several of them.

**Yang Qi acts as your first line of defence.** It is protective – operating the pores of your skin, keeping temperature regulation within healthy limits – and letting you know to do something when this is breached. It is also the good fire that runs your gut – and [90% of your immune system lives there](#). (In health).

Invasion of cold in the body usually happens gradually, little by little, the result of minute increments of cold. Thus, small chunks of Yang Qi are eliminated from the storehouse of energy we have in the 'bank'. (Keep reading to a few pages below to see the diagrammatic representation of this process).

We can blame 'aging', but often this is just a metaphor for overuse and the absence of sensible life habits and self maintenance. Maybe you start to feel the gradual departure from your usual vibrant, happy, healthy self. You may blame the myriad other things that are impacting on or in your busy life. Without a framework to make sense of the concept of cold invasion, you may also view your deteriorating health as 'bad luck' or buy into the medical version of this by saying it is set in concrete - 'genetics'. Equally, you could recognise your refusal to listen to what your body is trying to tell you: your body's warnings.

## What wastes Yang Qi?

- **Cold invasion**
- **Exhaustion**
- **Insufficient rest (especially late nights).**

Then what happens?

1. Cold in your body slows your circulation, interfering with your self regulating body systems, and ability to heal yourself.
2. Cold, that has entered from any source, lodges in your tissues and remains there, while your Yang Qi attempts to neutralise it (until you provide for its permanent exit)
3. Accumulated cold energy impairs the body's normal functioning and creates pockets for dis-ease to fester over time.

Throughout life, we experience small doses of cold energy exposure. The impacts of these small exposures will be worse if we are tired or rundown when the event occurs. This applies equally to cold ingested from drinking cold drinks to cool our heartburn, to the breeze that tickled our skin while we slept, to the cool showers we take to cope with summer heat.

All exposures to cold add up.

Numerous small incidents create a residue of cold in our bodies, splinters of trapped cold energy, that interfere with our body's innate wisdom and give rise to problems we have unknowingly self-generated.

These cold 'splinters' eventually show up as generalised or 'arthritic' aches and pains. They may be menstrual cramping, or as masses of any description, or a generally sluggish metabolism and digestive system, or allergies and myriad hormonal/emotional/metabolic issues that can plague people who have invited cold in, to weaken their [Yang Qi](#).

### **Yang Qi depletion (Hypothyroid)**

When we suffer from Yang Qi depletion, we:

- Feel the cold easily
- 'Catch' everything that is going around
- Cannot digest or assimilate food well
- Experience allergies
- Have fluid accumulations
- Can't get motivated, we lose our oomph.

When we suffer Yang Qi depletion, we become colder.

It is as though our furnace has forgotten how to do its job. Our energy is wastefully then deployed trying to keep us warm, so we have less for our daily needs.

When we suffer Yang Qi depletion, we are less able to keep well nourished, as our 'oven' temperature is now set too low. Not helped by drinking chilled drinks, as they temporarily put out the body's inner fire.

Consequently, we reach for warming and often sweet things in a bid to warm up. Our digestive system then can't cope and creates damp (see below), even phlegm. We become addicted to that to which we are allergic (those sweet things) and we have hypoglycaemic attacks, which result in a need to keep 'topping ourselves up' with sweet things to avoid becoming irritable and 'losing the plot'.

Then, common foods and everyday experiences may start to overload our body, as we are less able to screen out that which may potentially be dangerous.

### **Warning - Gradual decline ahead!**

We dry out. We no longer circulate fluids as we should. Our entire system slows down. Constipation and general fluid build up blocks our system. Some call this aging.

*It could equally just be self-neglect and exhaustion.*

When we suffer Yang Qi decline, we lose interest in anything that requires us to expend energy. Sexuality is often the first thing to go, as it is not needed for our immediate survival. The body begins to hurt and starts feeling stiff. Circulation slows. We are less nimble. More arthritic. Elderly.

We start getting flabby. Our flesh falls down. We put on weight easily.

## Does this sound like aging?

It is actually just the early stages of the weakening/loss of Yang Qi. It is recoverable as long as we are willing to radically alter our lifelong habits. This is easily improved by helping your body - this process of regeneration and mitochondrial rehabilitation (for more information on this visit [Glutathione](#) here).

## Wasted Yang Qi, in summary

- We feel older and less vital
- Our bodily systems starts seizing up
- We suffer pain, as circulation is diminished

The body's ability to hold tissues and blood (and babies) in place is compromised, causing tissue collapse, prolapses and internal hernias.

For everyone, wasted Yang Qi results in:

- Energy blockages, which lead to loss of sexual feeling, desire, ability to orgasm
- Acceleration of the aging process, especially as the result of poor digestion
- Everything becomes harder to do, as we are slower and less efficient
- Infections and general malaise is now part of the new you, as your Yang Qi is not strong enough to keep you well and vital.

For women especially, wasted Yang Qi results in:

- The failure of 'holding energy'. This can be life threatening, creating stress or serious urinary and faecal incontinence, and/or uterine over bleeding (both after the birth and for the remainder of her menstrual life, during periods and subsequent deliveries)
- Loss of blood, thus upsetting sanity, mental agility and competence (as [Blood](#) is what keeps us sleeping, as well as our mental functionality and sense of self, intact).
- When injured, the therapeutic application of cold can have more alarming consequences for women than for men. This is because the [Spleen Qi](#) holds all tissues, organs, blood, and babies in place.
- Getting cold, and being vulnerable to cold, and having no way of removing that cold, means once a woman's body is weakened, multiple negative issues are set in play as ongoing periods, then baby making further weaken their Qi.

## Weakened Yang Qi

As seen above in the diagrammatic walk through the average person's life before they see a natural health care provider. . .

Anything that is cooling in the body and weakening for Yang will create, and then keep 'on line', the changes we can observe in the diagram below. Dependent upon our own strengths and weaknesses from myriad factors – we have a unique blend of things that may or may not happen – and thus the 'old wives' tales were right – it COULD happen – and who knew who or when - so as the stakes were too high with no orthodox drugs – why not just make sure you were always as well as you possibly could be?

None of what is below is a consequence of aging or of having birthed a baby. All are the result of not looking after yourself in ways that would avoid these changes and shifts from optimal (or perfect). Please visit [steaming](#) and what this can do for you – better still – invest in the [self care home help package](#) and just get better.

All or some of this below can be sparked by ('just') the addition of ice or cold in any form post birth – or at any stage of a woman's life. This is especially so when she is already exhausted, or in pain. This may be the physio suggesting (as with an unstable pubic symphysis or a carpal tunnel injury in pregnancy) ice packs.

### *When Yang Qi is weakened, life becomes harder.*

It is more difficult to be involved in anything other than basic survival — life just takes too much out of us. Many people may endure a very real sub-clinical condition, such as an [underactive thyroid](#) (metabolism), which is not picked up in medical tests.

When the thyroid slowly dives, we often believe we are simply 'aging'. However, there are warning signs that point to the thyroid that we can't ignore: moods, depression, energy and allergy slumps, [fibromyalgia](#), chronic fatigue - all of which may show up as digestive, allergy, circulatory, immunological and gynaecological and reproductive problems and cancer. Maybe you need to investigate how to quickly repair yourself? Sort out what has caused you to lose your 'oomph'. Maybe take the [Glutathione](#) accelerator whilst attending to helping yourself heal?

A classic symptom is the slowing down of the metabolism, resulting in the accumulation of fat and fluid. Loss of adequate [iodine](#) is one problem – there are multiple ways to overcome this. Seeing a GP to get a thyroid blood test may result in your being told you are in 'the lower range', or that you are 'within normal' limits (i.e. unwell, but not yet deadly). This will not help you get back to your old self.

### *Dragging yourself through life is not the idea of being here*

You may have to find Lugol's solution – a very old remedy - and start using this topically and often – maybe many times daily. Learn more – free downloadable [eBook here](#). Also a hugely interesting presentation has much more on this, plus how to rescue yourself in the cold cupping home help [rescue package here](#).

Here is what it may look and feel like if you are suffering Yang Qi deficiency.



## YANG DEFICIENCY



You do not have to have all of these - any one will alert you to the issue.

Yang Qi depletion is a vicious cycle, as we need to be able to maintain ourselves in the face of change, for example changes in temperature and food requirements. When we cannot do this, our digestive processes suffer resulting in the production of the low quality substances required to keep us working well, such as Blood. We 'age' faster, eventually wear out and become Yin depleted ('worn out').

Along the way life gets harder and we just assume it is supposed to be this way.

Whilst it may appear obvious, it is important to ensure that we do not eat ice or ice cream or drink favourite fluids out of the fridge, as this heaps more cold into our system, thus cooling our 'inner furnace'. If you are to be well, you have to change your habits (as these are often the very things that led you to needing treatment in the first place).

### What Does Yang Qi do again?

The question 'what does Yang do?' raises discussion about the functions ascribed to different organ groups within the body in Chinese traditional medicine.

When I speak of 'Spleen', for example, I am not referring to the physical organ that has various physiological functions according to Western biomedicine. Rather, I am speaking of the acupuncture model.

There is a lot more about all of this, and how you can help yourself to be found on the site that backs up my [natural healing problem solving apps](#) here – [www.heathersays.com](http://www.heathersays.com)



## [Kidney Yang Qi](#)

The source of all the body's [Yang Qi](#) is the Kidney complex.

Kidney keeps life going through all stages and phases of development. It drives reproduction to function easily and on time, our sexuality to function intact, as well as our hormonal health, brain and neurological function, blood production and enables us to keep our life's milestones on track.

Common physical experiences of depleted Kidney energy resulting in the overall aging phenomenon manifest in the following areas: teeth, memory, hair colour, growth and quality, bone density, hearing, brain function, lower back and general back integrity, eyesight, sexual abilities, feeling and appetite, general spark, zip and vigour (the severity of all of which may be dependent upon your individual constitution and life history).

It is unlikely that all the problems below will start up at once, and maybe you only ever get one of them. They are part of a raft of issues that show up when there is not enough 'oomph' to run the body as it is designed to be.

Loss of Kidney Qi may also show as:

- Getting up and down at night to pee
- Needing to pee often during the day, and/or in small quantities
- Inadvertent leakage of body fluids.

All the above are easily remedied through lifestyle choices that are life giving, rather than necessarily 'comfortable'.

Enhancing life flow, supporting the digestive and regenerative functions, and taking Asian herbal tonics as part of a wellness program that may also include regular maintenance acupuncture sessions, will reverse, or at least slow, the gradual descent into decline that most human beings expect from their body.

It is in this field that Asian medicine shines. With acupuncture and Asian herbs it is easy to alter the symptomatic picture above and completely change your physical well being. Too often physical problems and body changes are medically written off as aging or 'family traits', when really they are just the result of dwindling vitality.

Traditional forms of medicine are not 'bit' orientated. A more holistic approach is global as you see below. As well as the descriptions above, common health issues that are the simple result of Kidney Qi or Yang deficiency are exactly equivalent to many specialists visits as the body breaks down in stages – and often it is only one thing – as I see all day in my clinic – I just have to pull the cold out, for the circulation and digestion to revive.

Hence the package is there for all to use – it just takes intentions and ability to look after your own responsibilities - how you live – and all returns to as it always should have been – minus the cold invasion . All the symptoms below are taken to be just what you expect to happen . .

***BUT** – the alternative is to actually pay attention to the warnings. .*

When to take Kidney Qi seriously (maybe also take tonics, see an acupuncturist)

You may be 'diagnosed' with adrenal fatigue/exhaustion' and have many of these

- Tiredness
- Overwhelming exhaustion
- Feeling drained, especially flagging in late afternoon
- Weak back, especially at waist level
- Weak or aching lower back. If deficiency is strong, the knees and legs may also feel unstable and weakened
- Cold intolerance and poor circulation, with cold hands and feet
- Incontinence, leakage, dripping
- Lack of interest in sex, infertility in all forms – especially for men.  
This may diminish to the point that there is no sexual feeling at all, even with direct stimulation. Sensual numbness may set in, as the body shuts down non-essential (for physical survival) functions that drain its most precious essence, Yang, and Kidney Qi.

Often all above is accompanied by chronic constipation or other gut problems,

Being overweight and unable to shift the extra weight (which will eventually be complicated by diabetes and apparently degenerative auto-immune conditions) extra weight and fluid [is easily fixed](#) when you work on the food factory/metabolism – not the behaviour – as, as you know – that has not worked for you.

Again, this will result in the involvement in many more medical specialists, when in reality all these problems can be addressed by using a very different system of looking at body function and its relation to medicine.

Fix yourself – [pull out the cold!](#)

*Your gut will thank you.*



**The coins** represent the Kidney Qi (as Jing/your bank balance) in storage. The cooking pot is your Spleen/Pancreas/digestive energy: it is fuelled by the Kidney Qi.

Remember, Kidney Yang depletion can affect all systems in the body, as Kidney Yang is the source of all Yang Qi. As you repair your life habits, drink more pure water, sleep better, take on board more nourishing food, it stands to reason that you will not only feel better, but will look better and age signs will fall away.

## Spleen/Pancreas Yang Qi

Spleen is the energy centre that allows digestion and circulation (transforming and transporting) plus supporting all Yang Qi in the body. Maybe think Spleen/Pancreas function as we are not talking organs, but spheres of influence and bodily systems.

### Spleen Yang Qi Integrity

#### Transformation/digestion

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



Healthy State

#### Transportation/circulation

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

#### Governs ascension of Qi

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

#### Controls Qi in the muscles and limbs

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

#### Holding all in the right place

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

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

© Heather Bruce 2016  
www.heatherbrucehealing.com

Spleen Yang is that which allows us to live well in our body, primarily through the digestive, circulatory, structural and vascular integrity functions. It also relates to everything digestive, as well as our ability to hold things in place (especially blood).

Physical experiences of depleted Spleen Yang are: lethargy, listlessness, can't be bothered moving (body feels too heavy), foggy thinking, obsessional thoughts, tunes playing in your head, gurgling gases in gut, nausea, undigested food in stools, diarrhoea, swellings and growths, unexplained increase in weight, digestive weaknesses showing up as allergies or Candida, bleeding and resultant exhaustion, varicose veins, haemorrhoids, desiring sweet taste (especially between or after meals), bloating, tissues and organs sagging, prolapses.

A variation on the low thyroid – and really all the same – and the undoing of this is also the same – see how many body systems we touch on when we look to the energy model? All of them - at least indirectly.

In addition to the above common body symptoms, [dampness](#) may show. This results in: weight gain, fluid retention, abundance of mucous or saliva, Candida or thrush infections, increased vaginal and general body discharges, muddled thinking, eventually leading to 'losing the plot', mania and madness.

These conditions may occur selectively or all at once, depending on our individual make-up (which makes us prone to different energy configurations at different seasons and in differing climates).

What we choose to put in our mouths has a massive impact on the state of our Spleen Qi and, thus, our ability to really nourish all aspects of our being. Stop the sweet, the cold and the raw products coming into your oven. They are wearing it out.

[Diminished Spleen Yang](#) can result in:

- **Poor appetite** - if you are not really interested in food or feel vaguely (or frankly) nauseated by the thought of it, your Spleen Yang needs help. Without a healthy interest in food, the blood energy cannot flourish and the body will be compromised.
- **Loose stools** or apparent diarrhoea - this may seem normal, but unformed stool is a sign that Spleen Qi (energy) is not doing its job of transforming well. Assimilation of nutrition may thus be diminished.
- **Fatigue**, especially after eating - the weakened Spleen Qi (energy) may only be capable of doing one thing well. Put the brakes on external activity and at least ensure that your food is processed.
- **Vague and memory failing** — this is often excused by pregnancy and breast feeding, but is actually a sign that there is too much load on the Spleen Qi. Consequently, functions that the body deems to be 'non essential' to survival are forsaken for other priorities.
- **Abdominal distension**, gurgling, possibly discomfort and dull pain, especially after eating - transportation and transformation of food (digestion) may show signs of Spleen Qi deterioration, which may be a prelude to the conditions described above later in life.

As well as the digestive, metabolic and lymph/fluid circulation issues, weak Spleen Qi /Yang is responsible for prolapses, varicosities and haemorrhaging. It is imperative that the digestive functions be rescued, as none of your body's systems can perform well without the nourishment provided by your 'food factory'.

Other organ systems also rely on Yang Qi, although this is beyond the scope of this book, except to add briefly:

## Heart Yang

Enjoyment of life.

Physiologically, weak Yang Qi can result in cardiac oedema and weakening of the cardiac vitality.

## Lung Yang

Keeps you well despite climatic/seasonal changes, and even just the minor changes in air conditioning. If you find yourself with a runny nose, asthma, sneezing or instant sinus in cold air - this is you.

### A small note about young children

Note the following for children who fail to thrive or who are always ill:

1. **AVOID giving them any cool or cold drinks or foods.**
2. **AVOID cool air when they sleep at night:** regardless of how hot they appear to be.
3. **Check their mineral intake** – often the mother's lack of essential nutrients during pregnancy have set the child up for health and growth issues. The good news is that these are easily remedied. There is no such thing as 'growing pains'. If your child is experiencing 'growing pains' they are simply suffering from depletion in magnesium and other essential trace minerals. Maybe start with getting all to only drink pure, non chilled water. A lot more. Find a good mineral powder and add into the diet.

When children are really young and vulnerable, it is important to find a Chinese herbalist and acupuncturist to strengthen what should be vital and vigorous, rather than accept the status quo (and/or give them drugs that mask the warning signs).

When the entire body is struggling, a range of medicinal tonics and techniques can be employed alongside changes in diet and lifestyle to assist the body to repair itself.

As well, do not give them cold or cool fluids and foods, and give them nothing with a sweet taste (especially on an empty stomach, as this depletes the digestive (Spleen) energy). Mucous production, continual illness, 'catching things' and general debility are all correctable by changing diet and lifestyle.

#### 'Causes of disease'

In all natural medicines, humans become ill, or imbalanced, when the natural dance between the inner and the outer worlds have broken down. We are designed to bend with conditions, so if we don't have the resilience to do so; on any level: we become unwell. It is the free movement of all aspects of self within that guarantees wellness.

When we are happy, the immune system works well. When we are upset /exhausted by life, or living in crisis, eventually there may be small triggers that start up major health woes. The key contenders here are external climatic forces (either seasonal or microclimatic, including what you are wearing and/or what you have exposed your body to), and the inner climatic (or emotions) that are unexpressed, unresolved, suppressed or being wallowed in.

Please watch the [presentation here for more](#) – this is a more traditional version of 'causes of disease'. Maybe not where you may have understood health to be before.

Happiness, peace and contentment - and having a reason to live, and something to look forwards to – all these things are paramount - as is being well nourished.

Bugs/germs/viruses and bacteria they come along when we do not have inner integrity. This is about the Yang Qi. It is wasted by the invasion and continued existence of lurking cold. Also the strength of the [good gut bacteria](#) – all upset by the invasion of cold – which sidelines your real life force, so the cold does not do more damage.

**A note for those upset by an apparent lack of babies happening**

If you are trying to get pregnant, please remember that a complete overhaul of both partner's Kidney energy is far more important to your intended children than sourcing donor eggs or sperm. Gut health matters. When you conceive, you need to be able to live well, and to grow the best baby possible. The eggs your grandmother made for you still contain stem cells, and may reverse whatever aging your past state of misadventures may have caused them.

His sperm generating cells are so vulnerable – her eggs were made by her grandmother - his sperm are up to the minute: whatever he is doing – they become.

Calendar age is a gross misrepresentation of something western biomedicine has no use for/understanding of. Inner vitality. Speaking of 'old eggs'/'low AMH" for example, is nonsense. We all age at different rates, so egg age is a measure of how well you (and your Jing) are fairing – not the measure of your age in years. Traditional Asian medicine is a discipline many millennia old. Perhaps see the ['Maternal Age versus Baby Readiness'](#) eBook or [The Natural Fertility Coach](#) for more.

## 4. THE DANGERS OF COLD (DEPLETED YANG)

Cold wastes our life force. All elders knew this. They counselled against adding in cold/not staying warm. Our Yang Qi can only stretch so far. Cold enters the body in little bits and stays there, stored or 'banked' away. It may take a severe one off life occurrence. Or a gradual decline, or a combination of the two.

### How does this happen?

You may be expecting too much from your body. Too many balls in the air being juggled – lurking cold eventually is too much, and one or more is dropped. Then you appear to have a new problem – but often just taking out the cold has it magically disappear – I see this all day in my workplace – just take out the cold and restore the Yang – for anything. No micro managing needed.

The cold may have come from one event, such as using ice on a just-birther perineum. It could have arrived from the ice packs that were placed on your newly [engorged breasts](#). It could have been the chilled water that people seem to prefer straight from the water cooler. It could have been that you always sleep cold as your partner likes it like that.

The cold invasion may have also been aided through a series of slow lifetime accumulations of small infractions. 'All of a sudden' the body is unable to keep going without fundamental changes.

This outcome does not appear as obvious with men as with women. Women have very different metabolic needs. Their Blood energy has to be kept flowing – otherwise menstrual and obstetric problems start queuing up to make themselves known.

Smooth flowing menstrual blood allows easy periods. Free circulation and production of Qi and Blood is what you are aiming for. Easy pregnancy, and an uninterrupted easy life after a simple birth, depend upon easy Blood and Qi flow. This itself needs a good beginning allowing perfect [Jing](#) (constitutional strength and vigour).

Below you see the process of a supposedly well person who is gradually 'aging'

I am showing how the cold exposure little by little adds up, eventually becoming a force to be reckoned with all by itself. Also why it is better to not add cold in at all.

### **After 40 years of working with people of all conditions and ages**

I have come to this after working with people and watching what makes the most difference in their lives when I intervene using the methods that have been in use for millennia in other countries - acupuncture.

From here I have developed a simple way that all can benefit from being able to use what was home medicine – and folk lore – in many countries. A [practical home kit](#) for you to undo what you have been (unbeknownst to you) been doing all the while.

Here is a process that just happens - whilst we are paying no attention to what our elders all knew – be wary of any cold invasion – as it will gradually weaken your life force and resilience!



## Representation of Yang Qi needed to run your body

Wearing ourselves out unnecessarily  
(in addition to the natural aging process)  
(We do need to be mindful of living for life  
not just for now.)

Level needed  
for running the  
body  
(varies accord-  
ing to season,  
life phases,  
work, quality of  
food, rest etc.)



This will always  
be in a state of  
change as the  
day, year and  
time of the  
month and  
weather dictate

**1 - We have individual variations.** Even as we arrive as a baby - this will play out in all of us dependent upon how well, or otherwise we look after ourselves – and the foundation that we were graced with initially. ([Strength of our Jing](#)). We may take [aging seriously](#) and look after ourselves – or not.

## Representation of Yang Qi needed to run your body

Wearing ourselves out unnecessarily  
(in addition to the natural aging process)

Level needed  
for running the  
body  
(varies accord-  
ing to season,  
life phases,  
work, quality of  
food, rest etc.)



Aging gradually using up our life capital

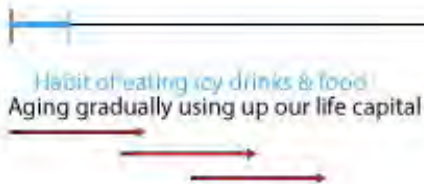


This will always  
be in a state of  
change as the  
day, year and  
time of the  
month and  
weather dictate

We just assume we can always 'handle' whatever we used to do . . .

## Representation of Yang Qi needed to run your body

Wearing ourselves out unnecessarily  
(in addition to the natural aging process)



Level needed for running the body  
(varies according to season, life phases, work, quality of food, rest etc.)

This will always be in a state of change as the day, year and time of the month and weather dictate

**2 - Consuming anything cold** may appear to have no consequences if we are strong, vital, and young. We may just ride on top of what would fell us as we 'age'.

**3 - We can 'get away with'**, as youngsters, hurting ourselves, and ice the injury

## Representation of Yang Qi needed to run your body

Wearing ourselves out unnecessarily  
(in addition to the natural aging process)



Level needed for running the body  
(varies according to season, life phases, work, quality of food, rest etc.)

This will always be in a state of change as the day, year and time of the month and weather dictate

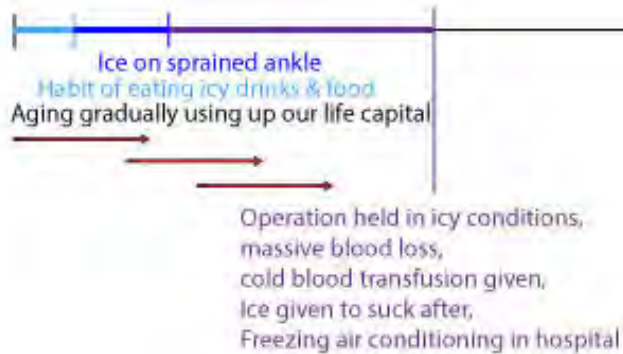
**4 - Life may go on and along with habits and with aging**, all is well – or more or less .. Until – we hit a snag – and this could be vaccination that sets us into an auto-immune state – or a big accident when we are already exhausted, possibly from a virus that got out of hand and we are now weakened – or maybe an emotional disaster.

Something that wears us out: a broken heart, the life and financial worries due to whatever else we throw in there – and one thing leads to the other – and here we have .. now a big problem. One that may define who we are forever after.

At any stage – it would have been helpful to take out the cold that was gradually needing more and more of the reserve tank' that is there for when we get much older.

## Representation of Yang Qi needed to run your body

Wearing ourselves out unnecessarily  
(in addition to the natural aging process)



Level needed  
for running the  
body  
(varies accord-  
ing to season,  
life phases,  
work, quality of  
food, rest etc.)

This will always  
be in a state of  
change as the  
day, year and  
time of the  
month and  
weather dictate

**5 – The person is ‘on notice’** – there is too much going on and they find themselves falling prey to things that may have glanced off them up till now. Especially if their gut starts acting out – as it just may after the heavy metals that are awash in all vaccines and all incursions we seem to be having with modern life - all stopping the flow of crucial nutrients into our being. To see more on this – [look here](#).

## Representation of Yang Qi needed to run your body

Wearing ourselves out unnecessarily  
(in addition to the natural aging process)



Level needed  
for running the  
body  
(varies accord-  
ing to season,  
life phases,  
work, quality of  
food, rest etc.)

This will always  
be in a state of  
change as the  
day, year and  
time of the  
month and  
weather dictate

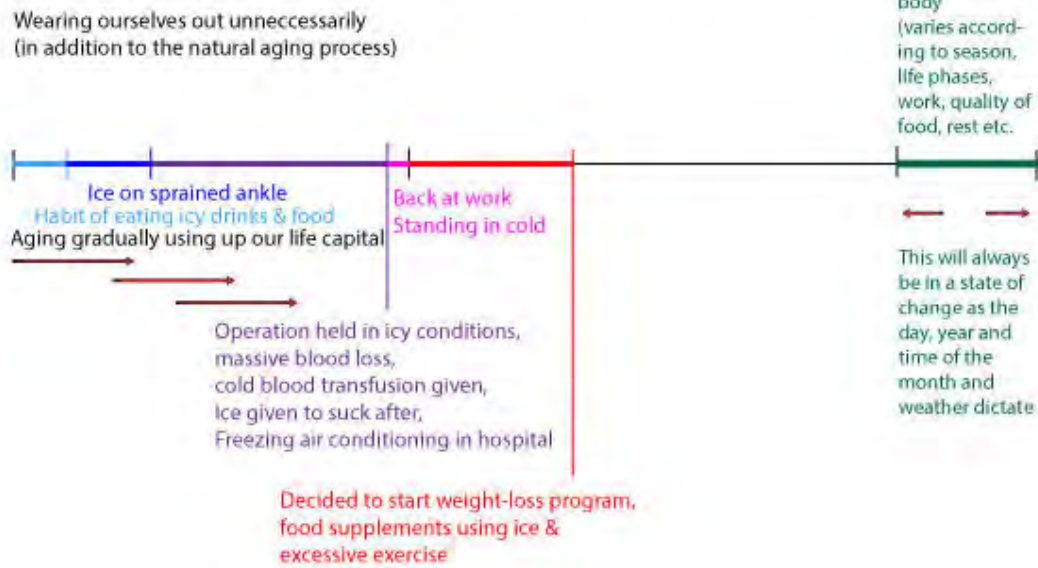
**6 – What was not a problem to them – now is.**

There is less Yang Qi relatively available to the body to use (for digestion, defence, circulation, holding things – including babies and blood and organs) in place and to keep warm.

The metabolism is starting to weaken as what should be in circulation (found on the left) is busy keeping ‘the splinters of cold’ away from the ‘engine room’.

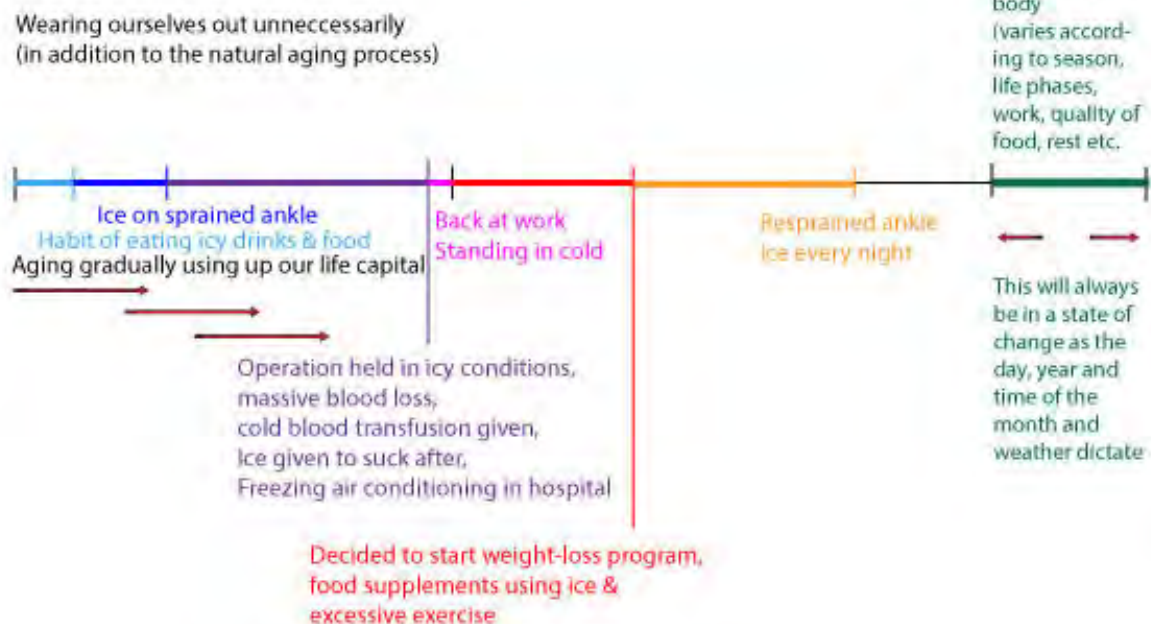
Hmmm . . . it all starts to make more sense . . .

## Representation of Yang Qi needed to run your body

**7 – As the metabolism wanes – weight gains.**

To understand why YOUR weight gain has happened - look no further than how I got to be [7 kg lighter in 7 weeks](#): not changing what I ate or exercised in that time.

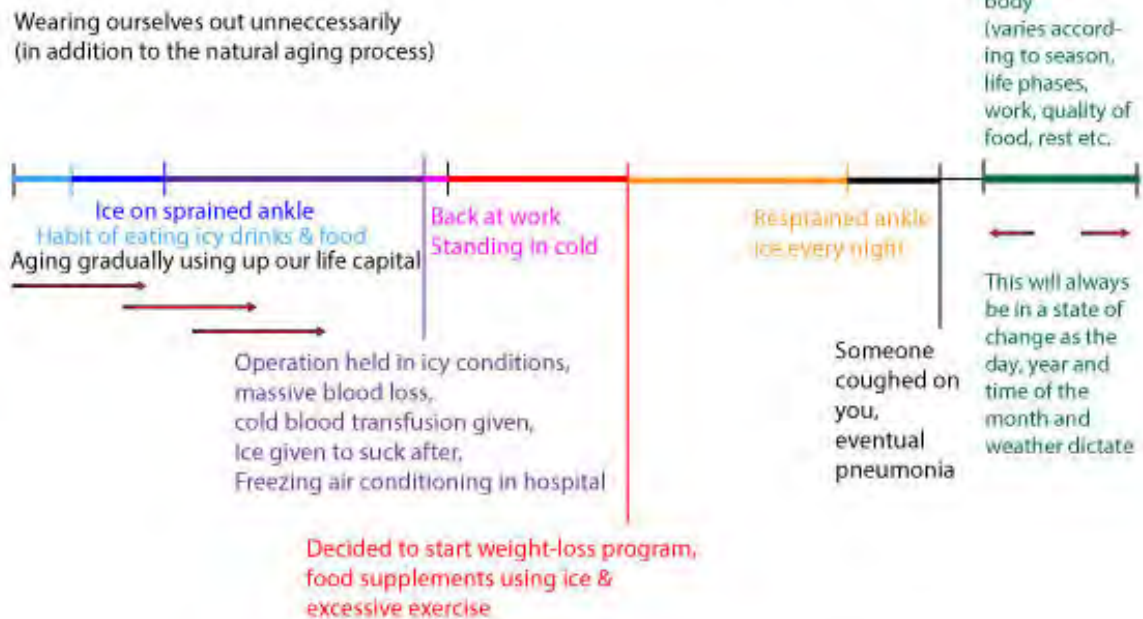
## Representation of Yang Qi needed to run your body



The invasion of the cold, and on an empty stomach – and in a depleted state – all lead now to likely big trouble – that which should not be a problem – now fells the person, as it is now very easy for the healing that should happen – with the ice on board – to have a very different outcome.



## Representation of Yang Qi needed to run your body



We all just keep adding in more things to do, to be, and wonder why the accumulation 'all of a sudden' makes a difference – the body can only stretch so far.

So too with the amount of cold energy that is creating havoc by blocking normal processing (digestion and circulation can only work when there is enough Yang Qi to run the engine room).

### 8 – Set up to fail!

Eventually – the straw that broke the camel's back'.

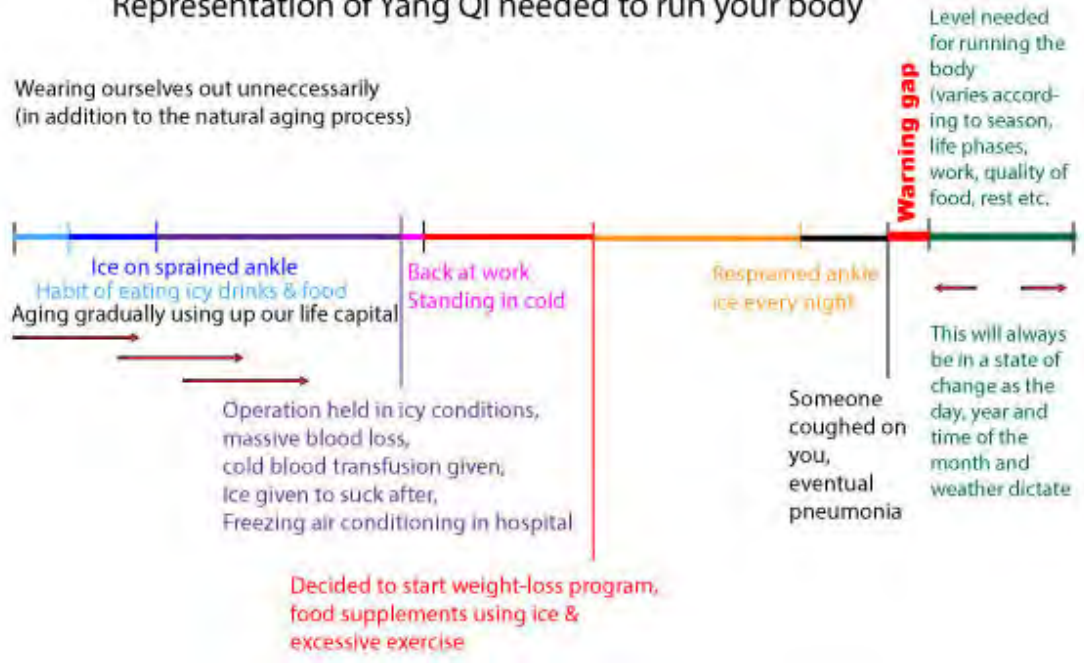
Someone coughed over you - and what would normally be no problem – now is.

Or you are in a draught whilst sleeping

Or you have to be in a cold air conditioned room for too long you are hungry, and anxious about something happening - there is now just not enough of you to go around'.

**That warning gap** see below – is what is left of your resilience - as the body changes what it needs according to the weather, 'that time of the month', the mood that finds you going off and NOT looking after yourself - right when you need to – or from here – you sleep (as usual) with the window open, the wind changes, the rain is cold, and you waken with Bell's palsy – or a 'wry neck'.

Representation of Yang Qi needed to run your body



Now you are ill and do not know what to do . .

Suggestion – give yourself back to yourself!

[Pull out that stored cold](#) and look after yourself better.



(Frozen spider's web)

Flows need to flow for life

## 5. What does cold do?

### 1. Cold wastes your Yang Qi

It is the Yang Qi's function to keep the body warm — body temperature has to stay within rigid limits and it is the Yang Qi's job to keep it there. This means there may be less Yang Qi for other vital systems, such as

- Digestion/transformation,
- Circulation/transportation
- Keeping warm
- Protection against all invaders of all descriptions and
- Holding organs, tissues, blood and new pregnancies and babies in place is compromised. If you have any prematurity/miscarriage problems: [look here](#)).

### 2. Cold causes contractions, hardening, spasms.

Pain is eased temporarily by heat - and made worse by the application of cold. Pain exists due to an obstruction of normal flow. There is NO PLACE for the application of cold in childbirth and postnatal care. Not ice to suck, not cool drinks, not to be offered cold foods afterwards, no ice packs on engorged breasts, and no bare feet in labour rooms (which are air conditioned for the comfort of those wearing clothes, usually not the birthing mother).

### 3. Cold closes up the pores.

Stuck cold in the body stops normal functioning and the pores/skin work differently. When the person feels hot, the actual skin to others may feel very chilled. Cold stuck in the skin layer may also cause pain and numbness. The change in body working may be visible, showing up as blanched or purplish discoloration. Please note: if you have Reynard's syndrome/disease – there is somewhat more to this - but here is your starting point.

### 4. Cold energy slows the normal circulation

**Of everything** - of nourishing your Qi and Blood. Cold can stall even nerve impulses from reaching their intended targets.

Cold lodged may eventually be discovered when that joint or area is found to have non-standard growths, often over-calcification or weakening of tissue or it just no longer works well.



## 5. Cold lodges indefinably,

It may have arrived in little increments. When we are young and strong, we do not notice this. Our defensive Qi keeps the cold at bay and quiet, and out of circulation, for as long as it can. It will emerge when that defensive Qi is called out to a more life-threatening event, leaving the way open for the old cold to assert its presence, as is the case with 'arthritis'.

## Why is cold invasion so bad?

Cold weakens us.

Its presence hides from our consciousness - until it announces itself when our inner stores of Yang Qi are stressed by an extra life load. Often, this happens when it gets colder, with aging or when under stress. The inner cold can resonate with the outer climatic energy, causing aching of the affected part when the temperature drops.

Unless this inner cold store is removed, it will quietly nibble away at our life supply/store of Yang. Some people continually use heat and warmth on their affected parts, but this will not have the same effect as clearing out the cold with powerful herbs, acupuncture and cupping techniques. [See how to help yourself here.](#)

Medical drugs are just pain and inflammation blockers. They may mask changes in your body and its cry for help - for a while. They do not fix what is happening and what you have temporarily drowned out. The lessening of your inner vigour, and nourishment, which in time will distort your body structures and functions, will eat into the reserves that should be there to enrich and enhance your twilight years.

## How does cold get in?

The early years

### 1. Inconsiderate birthing exposures.

Baby is birthed from mum's core temperature (very hot). In our modern world, baby is instantly cooled as people inspect his/her body, with no thought for their comfort, health or long term well being baby's need to be cuddled and loved.

### 2. Loss of umbilical blood.

Loss of umbilical blood vastly reduces the volume of blood available to the newborn, as well as impacts on its breathing capacity and warmth. At any one time there is at least a quarter, if not a third of baby's blood in the placenta and the cord, allowing free exchange of nutrients oxygen and wastes. When it is removed at birth, and not allowed to return to baby, the warmth also carried in the blood, the actual hydration and all the goodness are all lost as apparently 'hazardous waste'.

This also impacts on the source of who we are, as [our Shen](#) (or spirit) travels through the umbilical cord in/as the blood. As well as losing a large component of our breathing blood from the cord that was severed too soon, baby is also severely shocked – on all levels. This is not a great start to life.

For more information about this, Google 'physiological third stage' and 'cord clamping', the work of Dr Michel Odent, [Robin Lim](#), and Dr Sarah J Buckley.

### **3. Early lack of appropriate clothing.**

Parents could be more aware of babies' vulnerable peripheral circulation. Baby's feet and hands and heads need to be warm and covered.

### **4. Cold foods and fluids.**

Allowing young children to eat cold or cool ice creams, fruit juices and soft drinks compromises their tender digestive system. This renders them vulnerable to constant mucous production, which upsets their tender digestion/[Spleen Yang Qi](#), creating colic and worse.

Later in life (when we really should know better).

#### **1. Diet - our choices.**

Certain dietary habits can be hard for our digestive system to process. For example, foods that are too cold or too raw or too sweet, or having too long a distance between meals, can impact negatively on our digestion.

You may be choosing cold foods to cool yourself down (sounds obvious, right?) - but the reality is you may be suffering too much [internal heat](#) within.

#### **2. Environments.**

Breathing in cold air weakens the body.

Your hobbies might put you in the path of cold, for example fishing in cold places, standing in very chilled or glacier-fed rivers, playing sport without warming up and cooling down.

Sleeping arrangements can put you in the path of cold, for example one partner may sleep 'hotter' than the other, facilitating continual small increments of cold invasion in your body to be stored for later.

#### **3. Clothing.**

Fashion may render you vulnerable to cold, for example the bare mid-riffs so recently popular. Mothers suggest wearing singlets, which are usually a teenager's nightmare.

Cold accumulates in the human body and gradually wears us down. If we are young and strong, we can afford to be foolish and suffer no apparent consequences. Indeed, depending on our individual constitution we may continue abusing ourselves with abandon, but eventually it will catch up with you.

A sudden health onslaught may appear to be random and 'hit you out of the blue', but closer inspection through the acupuncture model of health will reveal what is obvious: you are suffering from cold invasion literally wasting you from the inside out.

This will often occur during the crucial times of a woman's life: pregnancy, birth and menstruation (often ignored as 'hassles' or 'something to be endured', instead of being recognised for the life-changing events that they actually are).

## How do we know cold energy is lodged inside us?

### 1. We can feel it.

Place your warm hand or inner arm on the belly — upper and lower — and feel the temperature discrepancies.

What does this mean?

Cold has lodged and is messing with normal functionality.

Have you a passion for ice blocks, ice cream, frozen yoghurt or fruit, banana smoothies for breakfast? All are interfering with your pursuit of well being.

### 2. We can see it.

To see blanched (white) or mottled or purple colouration on the skin, please watch [this short presentation](#) from a DVD I produced 11 years ago on helping mums make easier births and lives from looking after their Yang Qi - and how all can massage away the problems.

Place an open palm on the upper back and watch the palm print stay there, much like an old-fashioned photo negative. Press in with your fingers and see the white spots amongst the mottled red and/or purple.

This is showing you there is blockage in circulation to the head, around the areas where you have pain.

### 3. Observe and listen.

Look at the sequence of events surrounding an injury or pain, especially associated with birthing.

Modern medical care is working against our most vulnerable people — babies and mothers. It's not okay to allow ice compresses, frozen cabbage leaves, ice and chilled drinks to have precedence over warm broths, both pre- and post birth.

We think ice is going to help.

## Reality check: Numbing the area slows down the healing process

**Cold causes contraction and hardening in the body.** Stopping flow creates pain.

**Cold is added to stop blood flow to the area and the reduce swelling.** Ask yourself: why is the body's first response to send blood to the injury site? It takes debris away and flushes the area with nutrients to heal: especially with more oxygen.

More fluid to stabilise the area so it is not damaged further. We may choose cold to numb pain because we view pain as a 'bad' thing, ignoring that pain is very useful — it slows you down (because it hurts to move about), so healing can take place without interruption.

The extra internal padding ensures the injury site is over-supplied with 'troops' in order to contain and repair damage. Adding in cold means that the entire healing process becomes protracted. We are more likely to spend more time in pain and it will be even longer before we are able to use that part of the body.

### When there is a blockage to normal flow — there is pain.

You thought to add in cold was to stop you feeling pain — and in fact it MAY have numbed the area for a short while. But at what cost? **Cold wastes Yang Qi**

Is wasting your own Yang Qi helpful to your healing and your living in that body?

Short term, the application of cold or ice may numb your pain. Long term, however, it creates a residue of cold that your body must keep out of general circulation. This means that your Yang Qi, which ought to be occupied doing something useful and helpful in your body, has been conscripted to keep this unruly influence under control.

The presence of unnecessary cold is dangerous and a wasteful use of your precious inner resources. When your protective Yang detects cold in your system, it marshals troops to keep it out of your general circulation. This ensures that as much as possible the cold is isolated, usually at the surface of your body (where it does less damage), or within the lungs (hence nasal and throat issues).

Deeper down in the body, cold would create life-threatening sluggishness. It may lodge in your joints and, as you age, start up as the aches and pains that we 'expect' to endure because we are 'old'.

When you have a health crisis, your Yang may be called upon for the extraordinary task of protecting you in an emergency. Thus your Yang is diverted away from its task of keeping the cold at bay, leaving you vulnerable to the old residual stores of cold energy left momentarily unattended. Thus that which your body was doing its best to contain – cold damage – may be activated, causing more internal damage than was necessary.

### Cold can stay in the body for decades

As you will see in the following case histories, it is often not until years later that cold is detected for removal. When it is removed, the body magically has no further symptoms that were bothering it just a few moments ago.

Cold remains in your body until it is removed. The late herbalists and pulse master Dr John F Shen observed it lodged in the uterus, intestines and stomach. You need to look closely at removing this, as over time it wears your essential life force away.

Most have a component of their inner energy that is out of action, in order to contain the presence of what is essentially a 'splinter' in your energy system. Why not have all of yourself at your command, not taken out in keeping cupboards of toxic wastes out of circulation?

### **What might I mean?**

When I cup all people's navels, profound changes are observable on their tongues, their bodies and their entire body changes. It is a stunning way to help yourself at home - and was in fact an old Chinese family remedy. If you wish to help yourself and learn how to assist your own family (or are an acupuncturist and have never heard of this or are not too sure about it) [please see more here](#). Take charge yourself.

## Key points

Therapeutic cold/ice doesn't always afford comfort and it often hurts. Certainly it inhibits the normal inflow of blood and nutrients needed to heal, as well as the removal of toxins around the damaged site.

- Yang Qi allows everything to work as it is supposed to.
- Cold wastes Yang — it suppresses the body's ability to work well.
- Cold causes contraction; it slows our circulation.
- Pain happens when there is a blockage to flow, resulting in distress. Ice also blocks normal flow, ensuring our body cannot work as it is designed to.
- The application of cold leads to secondary congestions. When circulation slows down or is frustrated, more problems are created.

### **What to do?**

Take [this short course](#) - at home.  
It will revolutionize your life

There is so much that your own two hands can do – and so much that you can spread around – we are powerful – we only need to get out from under . .

*Your return to resilience and  
easy living in your body is assured*

## 7. WHAT HAPPENS? 'THERAPEUTIC' USE OF COLD

In modern medicine, cold is being used more often for a wider variety of complaints. However, it is also creating a slew of chronic injuries and a rise in debilitating conditions such as [fibromyalgia](#). Heat allows injured tissue to be comforted. It sends blood to hasten healing. The opposite — cold — causes numbing of all activity (as well as sensations of pain), thus slowing down this important healing function.

Perhaps we could be respecting the body and its flows rather than creating more blockages? The inner balance of Yin and Yang in the body is what keeps us well. The balance of Yin and Yang is what an acupuncturist seeks to restore in your body. When there is a health problem, maybe ask what happened BEFORE the condition arrived, and very often this is the answer to what is no longer functioning as 'normal'.

Healing is often just a matter of asking the right questions - and then undoing what is stopping the body from healing itself naturally.

Ice may well be the only solution currently offered, yet is not the best one.

*Megan, pregnant with twins, had carpal tunnel syndrome, and was told by her physiotherapist to pack her lower arms in ice as she slept. This did not help – it resulted in more swelling and Megan could hardly use her fingers. After an acupuncture session, which included pulling out the cold from her body and lymphatic drainage techniques on her upper chest, the swelling was instantly relieved. Megan could see her finger joints again. Her hands were able to work. Chinese herbs helped her body normalise functionality, along with a general B complex, extra vitamin B12 and Folic acid supplements to improve circulation. Megan's pregnancy continued without pain, swelling or further incident.*

How to do both techniques is instantly downloadable – start your own healing – this was home help through the ages – [see here](#).

Whilst cold and ice may assist the sporting arena and young men's structural concerns, the use of cold and ice does not allow the free flowing of all circulation that is needed in women's bodies. Women are vulnerable to cold – especially during their reproductive years.

A concurrent lack of magnesium\* causes aches pains, insomnia, anxiousness, depression, mood changes, digestive upsets, clotting irregularities, constipation, migraines and headaches and muscular skeletal, diabetic or blood pressure problems.\* There is a higher need for magnesium in pregnancy, and magnesium intake is deactivated through the use of calcium supplementation. Magnesium is blocked through the presence of heavy metals - which are mobilised in pregnancy and flood the fetus. If possible, using a safe [liquid activated zeolite](#) product and drinking a lot more water would safely dispense with your toxic load, so baby is born [less polluted](#). More magnesium, less calcium, as calcium acts as an antagonist.

See [here](#) for more information.

Extra magnesium, Vitamin D and iodine supplementation help with the ongoing nutritional needs of late pregnancy, birth and beyond. Depression and all physical (health/expected 'high risk' and emotional discomforts are eased when these are added in.

*May had a severely painful pubic symphysis. She was told to ice it. She was now crippled and had an icy belly. After 'cupping' the cold out and using moxa (a heating process that employs Chinese herbs near the skin), May felt absolutely wonderful! She could resume her normal life. She continued to take oral magnesium supplements (no calcium included) to make ensure the shift in her health was permanent.*

How to do both techniques is instantly downloadable – start your own healing – this was home help through the ages – [see here](#).

And again . .

*Phoebe had very painful finger joints, so much so that at 34 weeks' pregnant the obstetrician said to pack them in ice. After icing, Phoebe's fingers were so swollen and painful that the midwife suggested splinting them at night. One acupuncture treatment and a lymph massage across Phoebe's chest resulted in painless hands - and we watched her knuckles come back. [see here](#).*

Here's a question: what is supposed to happen when ice is applied?

Is it appropriate to keep on applying it?

As well as numbing pain, what ELSE does cold do? Please refer again to the chapter previous - all those small increments of cold add up and eventually you may well end up in a mess. All of this may sound too simple. It is. Old people's wisdoms.

Cold stops circulation. That stops blood flowing. Which slows your healing.

### **Acupuncture enhances circulation to allow healing.**

If the cold is still being used, it may take some detective work on the therapist's part to find out why healing is being blocked.

*Mary is a keen dancer. During a competition she fell heavily on her knees, brushed herself off and kept dancing. Her badly-distressed knees were packed in ice for more than a year. She injured an ankle — and so went to bed with three of her four leg joints wrapped in ice. Eventually Mary came to see me.*

*She had 'troubles' with her periods and was struggling with her energy and her studies. It took me a few visits to work out the problem.*

*I would never THINK to put ice on an injury, so I hadn't asked the question - and here she was, still icing her joints every night. Her mother, fortunately, was reading one of my books and noticed the reference. We then went outside to use the herbal heating preparation (moxa) on the needles in her knee caps. Mary turned the corner and was well on her way to healing.*



*During the next visit, I pulled substantial amounts of cold from her body, via navel cupping and moxa on the needles in her kneecaps. She was stunned. Not only did she have no pain, but she felt warm all over and was not conscious of her legs at all.*

Whilst the short-term gain of ice may be felt at the injury site — there is always the energy ‘splinter’ that is left behind. I have not seen one case of ‘Bell’s Palsy’ that did not respond to pulling out the cold from the navel. In Asian medicine this condition is called ‘wind cold in the facial channels’. Of course you need to get rid of the invading force, then strengthen the body that should not have had this happen.

*Steve arrived with acute Bell’s palsy. The left side of his face had ‘fallen down’ and was paralysed. When I touched his belly, it was frigid. With a lot of treatment (mostly cupping his belly), within a few weeks most of his face was looking and working normally again.*

How is this possible? [Get your own home navel cupping kit and instructions here.](#)

Waiting for the body to magically clear this condition alone explains why it takes so long to heal — the body needs help to repair itself. As the biomedical model has no understanding as to how this condition arrived in the first place, or thus what to do when it did show up (except wait for the body to eventually repair itself), both Steve and his doctor were stunned when in the space of a few weeks he was just about back to normal.

*Catherine was keen to birth her babies, yet she was only 37 weeks pregnant with twins — one nearly 9 lb and one 7 ½. As her cervix was nearly 5 cm dilated, the obstetrician thought nothing of starting her off early – even though she was unwell with a severe sinus infection and a bad cold. Catherine birthed easily, although she was exhausted from the onset.*

*She was then placed under a very chilly air conditioning vent and the next day had an appalling case of Bell’s palsy to deal with. At the same time she was starting on breastfeeding and attending to the naturally birthed twins. Five years later she still had on-going ear, nose, throat and facial palsy issues.*

### **What to use instead of cold**

Heed the body’s warnings. Attend to the reason for the pain, rather than shut it up/ numb it or mask it with painkillers. Pain happens when you have less circulation than needed. Flow and nutrients need to return to normal and all will be well again. Pain is not to be endured, but fixed.

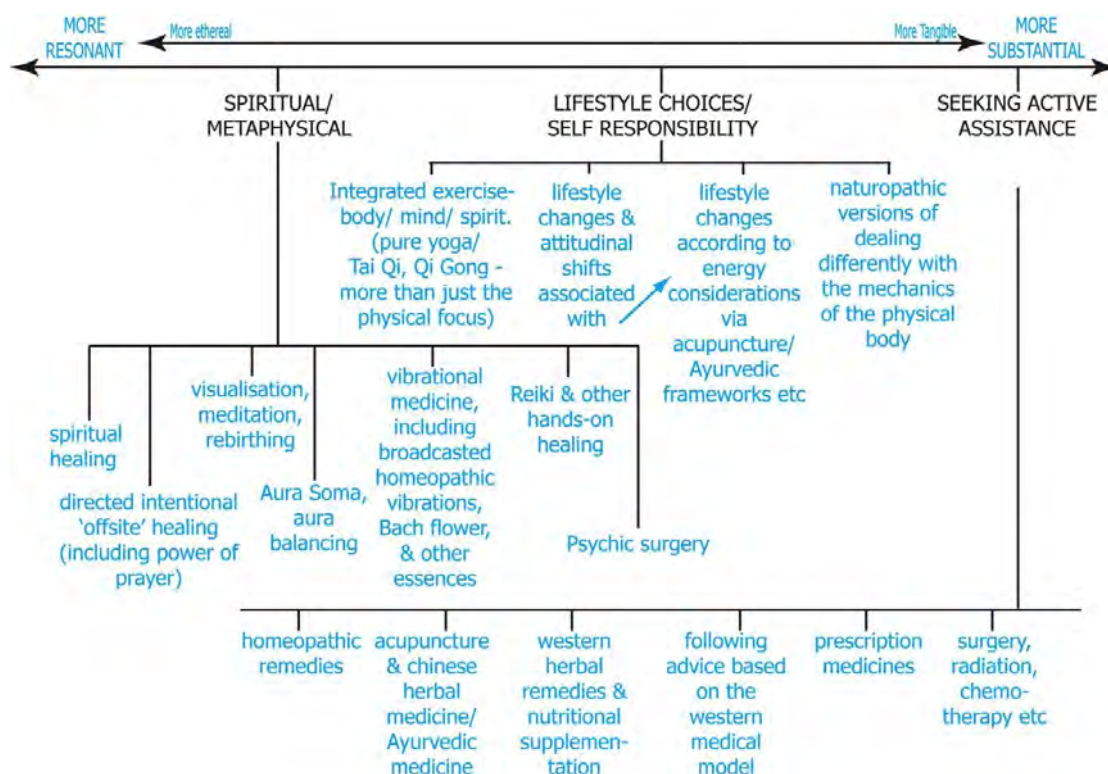
Below I have marked various types of interventions on a chart for you, so you can observe for yourself the difference between taking charge of your health and expecting others to ‘fix’ you.

If you start from the right hand side, it is possible to see how we as a culture tend to think about healing. Although it may initially feel ‘scary’ to be responsible for your health – all traditional cultures, farmers, gardeners and all older people were brought up to know cause and effect. They follow nature. Please [watch this presentation](#)

Many traditional cultures have their own theories and treatments. They are all holistic supporting nature to help the body heal itself. The ['owner's manual'](#) I wrote to assist my patients may help you here. It may well inspire you to make the necessary changes that allow you to heal.

Armed with the understanding that pain is due to a blockage, retrieving flow is as easy as discovering why it stopped, adjusting yourself back to normal.

There are many ways to find answers to 'problems', remembering that a 'problem' is simply a solution waiting to be found. There are many ways to enhance circulation - and therefore your health. Your healing may be as simple as 'letting go' the linear medical model of modern western health. [Take out what is weakening you.](#)



### Simple healing practices include:

Ensuring all is respected to allow life to support itself

Healing can be as simple as acknowledging that SOMETHING IS WRONG. Going on a mission to seek to remedy the source of the condition returns the body to its natural state. Pain is there as there is reduced movement and flow – work with this – and all will flow again. Start by taking out what has there lurking from the past, so your body can heal itself. Undo what caused the problem. Your Yang Qi has no doubt been compromised from your past life exposures and habits. [\(Pull out the cold\)](#)

Add in nothing further that wastes further Yang Qi. Cold does not even feel good.

**Massage** - allows better circulation in your body, removing toxins and blockages to healing and restoring the blood flow to aid healing.

**Moxa use** is the therapeutic addition of the herb *Artemis Vulgaris*, in many forms. It is used to apply heat over the skin, to warm and allow the herb's penetrative oils to do their magic. Only will work if you use the smoky variety. I find the smokeless ones are of comparatively little use. Please see moxa usage work in [home rescue pack](#).

**Steaming** - many traditional cultures use warmth and herbs in combination as steaming processes to great advantage. [Learn more here](#).

**Reiki**, is a personal healing empowerment that may be effective and is worth investigating. Reiki is a hands-on self-help modality approaching return to flow as an overall body/soul connection.

**Acupuncture** is a healing therapy that is usually highly effective. Please see a qualified acupuncture specialist, [not someone who has added in needling](#) to their 'scope of practice' as it takes years to learn and decades to perfect.

**Chiropractic, osteopathic, cranio sacral care.** Structure does determine function. Assisting the physical structure to return to where it is designed to be may need more integrated not a mechanistic approach. The body needs to get the right messages from the cerebo-spinal fluid: the nerve and blood to flow uninterrupted.

**Ingredients (nutritional deficiencies, when righted, make life easier).**

Magnesium deficiency will show up in your body as all sorts of aches and pains. Easily remedied with topical application (directly, and very often onto the skin). To get your body to 'hold' any structural work you've received do this often for best absorption. Please download any of my [natural health problem solving apps](#) for more – I have covered the basics, and act as a navigation aid. You will be enlightened.

### **Meditation**

Any form of mindful breathing and being can only help cleanse your energy bodies, and repair your frazzled beingness. A sample of my [guided gentle work is here](#).

**Yoga/movement and mindful conscious connection to self** – all body/mind methods will assist you live more balanced – directing your Qi to flow harmoniously

### **Home help**

Maybe all will go back to the ancient ways – Chinese and all Asian medicine have always used heating and movement to restore the flow of Qi and Blood - and hence have alleviated the pain and trauma that otherwise causes grief in a body.

As a home remedy in ancient China and throughout Asia, along with [Gua Sha](#) (coining or spooning/scraping) it is what all did at home to repair all conditions.

### **Summary**

Using ice or any cold for short-term 'gains' causes long-term (an apparently unrelated) damage. Continued use of cold gradually stops the normal flow of nutrients to where they are needed, further weakening the area that was chilled.

If you have used cold in the past, your body has now that problem to deal with. The impact of your Yang Qi unnecessarily trying to keep the cold out of general circulation – all that cold lurking about is slowing down your body's innate healing attempts. Wasting your Yang Qi as it tries to keep the cold out of circulation. Like a festering splinter: stealing your life force to protect you against it. You will need to remove to heal.

If you are still using cold in the ill conceived notion that stopping healing and numbing (body warnings of damage) and 'upsetting' sensations is good for you - further help will be needed eventually when you stop this, as the cold invasion has been slowing your life force. Next time you reach for the ice pack, ask yourself:

"Do I really want arthritis and other problems in this body later on in my life?"

In my practice almost all I see are improved just by [doing this simple technique](#). I am now offering this at home – for you to do for yourself. As elders did in times long ago.

At the very least – stop all cold exposure and start warming your liquids, foods and keep your feet warm.

Please if you have not accessed this already, [please do so](#).



Temperature matters!



## 8. Easy ways to create long term health problems

The body's Yang Qi runs all metabolic functions. Its jobs include keeping the body warm, protected, supplied with food and circulating nourishing ingredients. If there is an unusual load on your life force - Yang Qi, some normal body functions will find themselves compromised.

Hence, we all have our individual different responses to the invasion of cold — some people may not register it at all (yet), whilst others will get really ill immediately and some may just have a drippy nose and sneeze a little.

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

You may have one or many of these:

In varying degrees of severity at different times.

When your body is functioning less well than usual, it is highly likely that you will find yourself ill more often. A poorly functioning immune system, is usually accompanied by a cranky gut. By the time you work this out, you will be craving sugar and other foods that keep 'bad' gut bacteria and Candida fed. Add to this the toxic sludge that is probably stagnant in your colon and elsewhere in your body and by now you'll find you're feeling 'off'.

Add in the mucous that may be clogging you up and the picture completes itself with your mind not thinking clearly, being 'run down' and too tired to exercise or even get the great food that would readily pull you out of this cycle. Blood tests show that you 'are fine'. You may be in great pain as your body is under attack from stuck/congestion/slowness/torpor - but there is no 'medical reason'.

There is a life reason - enter such conditions as [fibromyalgia](#). This is nothing more than a perfect storm of contaminants that are blocking nutrient flows to you. Not a disease, but a state of malnutrition. Pain results. Cold invasion will be a factor. When your system is failing, there is usually an easy answer. Help your body repair itself.

Low thyroid symptoms can be found easily. [Iodine is essential for life](#). Less than you need parallels the loss of Yang Qi (cold invasion is a factor) as is also [iodine loss](#). Coupled with this is usually a loss of salt ingestion – salt taking a lot of coloured (never white) salt. Himalayan (pink) and Celtic (grey) have heaps of iodine and all the other minerals needed for life. Can't make gut acid to digest protein without salt.

If you search online for natural hormones and thyroid insufficiency, you will find that sluggishness takes over all body's systems. There are many different things that may 'go wrong' in your body. It may be as simple as your food taking longer to process through the gut and/or reflux due to poor gut function (itself a lack often of salt – HCl is the source) and/or flabby fluid accumulations everywhere (which may have started at puberty and be there throughout a woman's life if no one has worked on her thyroid). Iodine deficiency is a great way to mess with a life – for more information please [visit here](#). Thyroid issues usually [trigger weight problems](#).

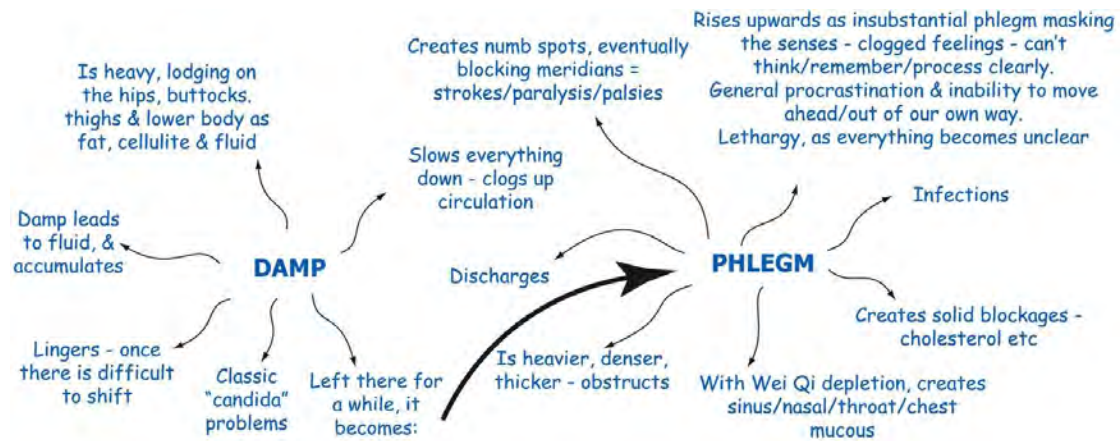
These can be addressed by looking at the metabolism — not weight loss, but health restoration. Free eBook on [iodine needs of a body here](#).

This leads you into understanding the energy of [Damp](#).

Damp can also viewed as low thyroid function. A lifetime spent 'muddling through'. Damp is created when the Spleen Qi/Yang is weakened, especially by the over use of cold/attendant lack of circulating Yang Qi. The formation of damp happens often through eating and drinking anything that is cold in temperature, cool in vibration (very watery, like melon, pear, even banana) and/or sweet (anything at all with a sweet taste) and/or anything raw. This is because digesting any of these demands more from the digestive system to heat it up, to initiate the digestive process.

When compromised, you can't digest 'damp' forming foods – they lead to mucous – nothing more than the low stomach acid (do not take antacids that stop digestion in its tracks) and low iodine availability – paint more on and get rid of what is blocking the selenium and other minerals - so you can live well.

Damp also occurs when Yang Qi is not strong enough to hold back/take out the cold that sits in the body (again, due to use of ice). Besides residing in the belly, the cold suppresses normal circulation and dulls the good life you could have.



## Damp clogs/obstructs

It is hard to clear without completely changing your life. If you are willing to summon the courage you need to change your life, and transform your health and wellbeing, the first thing you must do is ban all exposure to things cold. Add in [iodine](#) onto your skin, daily – and eat a lot more sea vegetables.

This may mean paying attention to your footwear. Cold coming up from the ground, including kitchen tiles, goes straight into the Kidney meridian's first point — and on up into the uterus, the back and the inner organs, all of which cannot function well with the invasion of cold consuming their Yang Qi.

Just attending to this one simple lifestyle change may resolve your back spasms.

Of course, magnesium ([applied directly to the skin](#)) is also vital.

Damp is a nuisance. It blocks normal circulation. It eventually becomes solid and often condenses into the discharges, fluid, fat and cellulite that lodges in the lower part of a woman's body. This results in the 'two sizes too large below compared to the top part of the body' look.

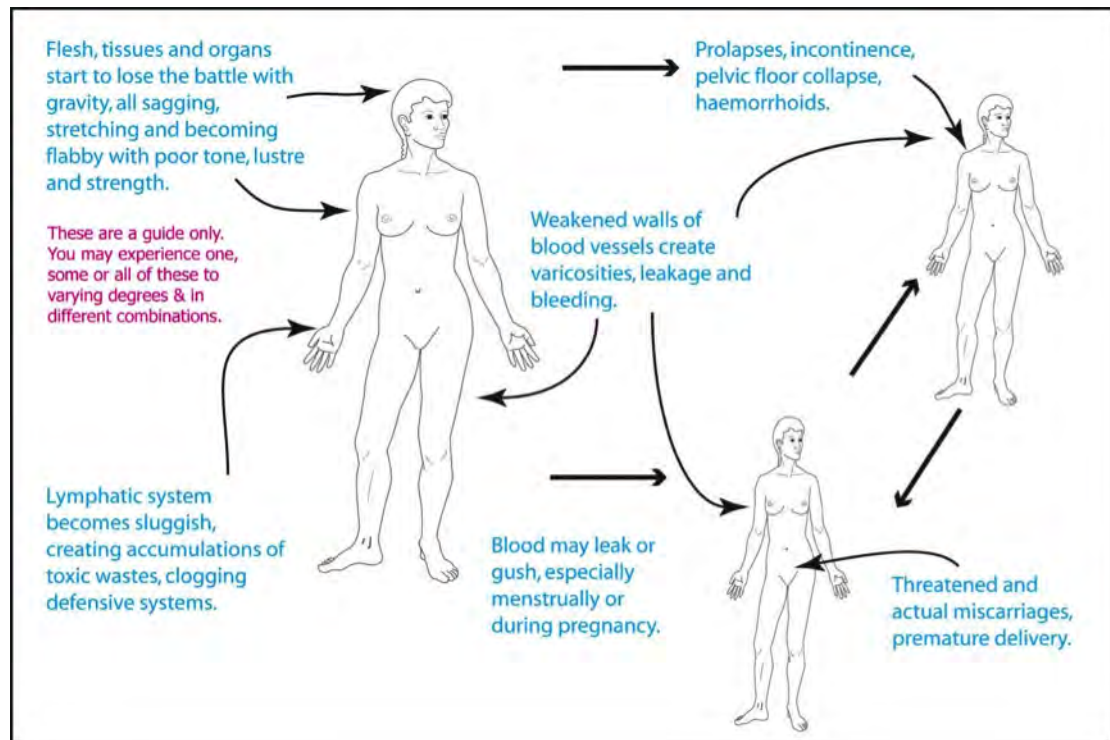
This is what may be awaiting those who choose to break their bodies for short term gain through the application of ice to prevent pain and swelling on a soft tissue injury. Not being able to get out of your own way is often a matter of low energy that is the result of not looking after your Spleen energy – freezing cold food supplements, smoothies, sports drinks and the like may not be the answer. Eating for Life is.

Stop eating and drinking anything at all with a sweet taste, in any form. This is the first step. Looking after your Spleen Qi means abandoning all the so-called 'good' things and working with your body. Start helping yourself by reading [Help Yourself To Health and Vitality](#) and the Eating Plan. See how I worked out the solution - and follow it yourself – was simple. 7 weeks, 7 kilos lost for good. . [Rid yourself of what is blocking nutrient absorption.](#)

Damp eventually (over decades or months) solidifies as Phlegm in your body.

Please look again at the Spleen weakness diagram – note – I have not included ALL the gut problems and the protection offered from a strong gut grants immune system strength. Below is only the Spleen Qi Holding functions. All about everything in your body falling down is in the diagram below. All made worse by the addition of cold.

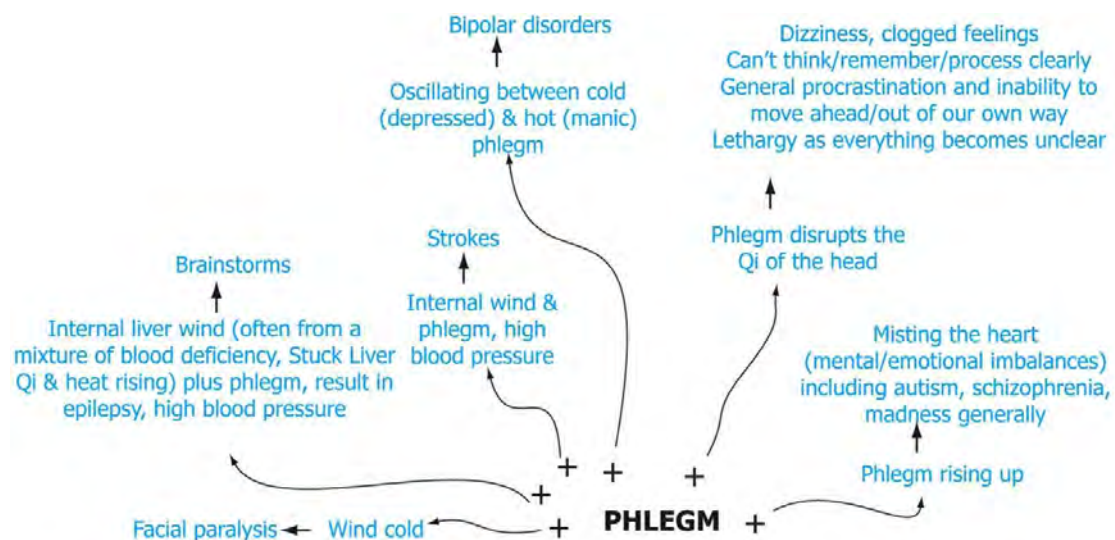




These are to be superimposed across all raw ingredients being made less and circulated less well than they should be. It is then we get 'damp' formation – remember all those 'mucus producing foods'? Ask yourself – does it insult my gut to have cold/cool/sweet/raw on board?

Often yes it does – as you have most 'damp' foods chilly in temperature!!!

If you have any aspect of any below - take out the cold in your life and see the changes start happening – better still - sign up to [start undoing it all yourself](#).



After a few years of dieting, binge drinking and 'living it up', the body may go into 'funny' mode. It may become full of toxic waste products that further sludge up the gut and your 'food factory'. You may not notice this, as there is no actual disease - just a feeling of not being vibrant. Or have any clarity. Put weight on that stays.

There are cheap and easy ways to sort out these issues - change your life habits. Go back to what your parents probably nagged you about – and theirs' before them

- **Stop eating and drinking cold things**
- **Wear footwear at all times.**
- **Stop sleeping in a draught, beneath a fan, open window or air conditioner.**
- **Start looking after yourself in the ways your grandmother possibly nagged your mother about.**

This happens gradually. It can be too readily dismissed as 'aging'/'what to expect'.

The reduction of vitality can manifest as more weight and more weight. Women especially fall into a trap of self-hatred as the weight piles on, seemingly powerless to help themselves. This is exacerbated by an inability to think and retain information – leading to low self-esteem and the belief that she is aging rapidly, as the brain appears to falter. She has no libido: no wish to expend extra energy and a serious lessening of vitality.

**You can change your life!**

What is the answer?

1. Do not accept that this is as good as it gets.
2. Pull out what is blocking life force - that is the cold ([see self help courses here](#)). Found also in this package – how to use moxa, steaming and topical iodine – all Heather's Home Helpers. Easy massage moves – coming soon.
3. Clear out the Damp.
4. Avoid all cold and start your better metabolism.
5. Use a [Glutathione accelerator](#) to assist the mitochondria to work for you again. Listen to Dr Keller, an amazing researcher who developed a wonderful way to enhance your journey back to normal quickly.
6. Eat much more coloured salt.
7. Eat much more dietary fat
8. Go out in the sun liberally.

("But they said . . ."). Indeed.

## Spleen Qi fails when there is cold

Spleen Qi governs our ability to hold things in place. This relates to all prolapses, varicose veins and blood not being where it should — spider veins and unsightly blood vessels, as well as the more serious side of blood being where it shouldn't — CVAs (strokes) and bleeding out of turn, including spontaneous nose bleeds, excessive bleeding or gushes in menstrual flow and any form of premature labour, threatened miscarriage or bleeding from where there should be tissue integrity (especially when pregnant).

Tissue integrity can be assisted by taking a little vitamin C often, as well as using magnesium on the skin and as an oral magnesium - only product (do not take magnesium in conjunction with calcium).

Plus, soak nightly in Epsom salts to facilitate blood circulation. To address clotting problems add in sea minerals and lots of topical iodine and a very varied vegetable based diet, with much [more water drunk](#).

### Spleen Yang Qi Integrity

#### Transformation/digestion

Moving all from one state to another within your body.

Governs all digestive processing from production of saliva, moving food finally into Blood, Qi and body fluids, and out into urine and food residue eventually into feces



Healthy State

#### Transportation/circulation

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

#### Governs ascension of Qi

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

#### Controls Qi in the muscles and limbs

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

#### Holding all in the right place

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

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

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

Spleen Yang Qi weakness often starts with cold invasion.

This is tricky to manage, as people often crave cold. Why?

There is concurrently 'false' or 'sick' heat residing in their bodies - see [Stomach fire](#) within. (Toxins create an inner need for more water, to cool the surroundings down so less damage is done. We get swelling, fluid blocking flow – and the urge to drink more.

Eating or drinking anything that puts the vital 'fire' in our belly at risk (cold food and drink) is dangerous for your health. Your Yang Qi needed for digestion can only stretch so far. Food and fluids have to be warmed to body temperature before you can digest them.

This can be obvious with young children and babies. Give them something very cold and they may well vomit it back up - their body has no intention of trying to cope with the cold. If it stays down, there will be colic and upset tummies to cope with.

## All of us are vulnerable to cold invasion

Often this starts in our very tender years – just think about all trying to keep a baby alive – instead of keeping it with mum in her arms – and in baby breathing in cold air, being exposed, not warm and held and in all the cold interventions done when already ‘under the weather’ (even our language says it all).

Mammalian babies need warmth and protection – mum’s breast milk and her love is all that they need. Never cool air, environments or foods/fluids – or ice packs if and when they have an infection or pain – ever – as their Yang Qi is so very vulnerable - their skin area is tiny relative to their body mass.



The wisdom in the old wives' tales that informed the health of our forebears is immediately obvious when we pay attention to these principles.

As a girl, I remember being told that washing my hair could lead to period pain and that sitting on cold concrete could lead to piles (haemorrhoids). Both are true. The elders may not have known the pathways – (why) and how it happened - they just knew that this could happen and you would not want it - and prevention was far easier than living with what did not have to happen.

When we weaken what holds the Qi, tissues, organs and blood in place - there will be disorder. In different places, different seasons, different weaknesses will show up – according to our unique blends of strengths and weaknesses and qualities within.



## 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

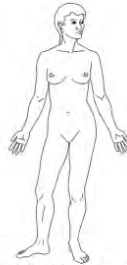
Prolapses, incontinence, ~ pelvic floor collapse, haemorrhoids.

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

Easily remedied

Stop creating the problem in the first place:

Developing a respect for living tissue.

## Haemorrhoids

In times past, no one would think to be so ridiculous as to pack anything that hurt in ice — firstly ice was hard to get and secondly they understood it only made things ache more. If we were not living with electricity in houses, we would be more connected to this obvious information.

Historically, when women were birthing there was no ice in sight. Afterwards, when engorged, the breasts and the woman's entire body were respectfully bathed in warmth to alleviate the distension (with some release of the milk if engorged), either under a hot shower or by sitting in a warm salted bath if trying to ease the perineal problems.

*Rebecca came to my clinic due seeking help with a shocking haemorrhoid. She was 34 weeks pregnant and the problem had appeared the day before. On questioning, I found that she had spent the day gardening and had been quite tired at day's end. Using the energy/common sense model, I knew that although the Spleen energy is supposed to hold all in place, it sometimes becomes exhausted. In this case, it had just given up, and allowed her veins to protrude.*

*After I explained why this could happen, Rebecca then remembered that at the end of the day she had jumped into the cold swimming pool. So, we had an exhausted pregnant body that was now cold as well — the Spleen Yang was overpowered, the juggling was now too hard, and some of her tissues fell down.*

*As the haemorrhoid was very large, and she was due to push the baby out of the area in a few month's time, I thought she also needed to see her obstetrician. He said he had not seen anything like it before. He sent her off to the proctologist, who decreed that she needed to pack it in ICE for 24 hours.*

*Remember that I had spent a long time the day before, explaining to her what she needed to avoid from now on: anything cold (including standing on cold floors): definitely not going back into the cold swimming pool: and here she was following the exact opposite of the advice I had given her!*

*She took the proctologist's advice for six hours before she rang me. The ice was too painful and now she was distressed as there were THREE, where two days before there had only been one. I asked her if the specialists had known what triggered them (they did not know) or what would make them better or worse (again no idea). How was it that she had followed their advice? She said she had paid so much to see them, they must have known what they were doing!*

Any older person would have been able to set her straight – and anyone from all traditional cultures – hopefully this foolishness is coming to an end with the M.E.A.T. replacement to R.I.C.E.!! The generational wisdom of the elders may return yet!

The current epidemic of post-natal bleeding, infection, prolapses and very distressed mothers is being created by thoughtless medical interventions. (A whole chapter is ahead). For your own health and safety, please listen to Nature - listen to your body. It needs warmth and respect to heal its tissues.

### **Sick kids**

In times past, during cold months, kids would be brought inside when dusk fell. Otherwise, they tended to get 'chesty' coughs and runny noses — not because of bacterial infection, but because exposure to cold weakened other systems.

*Josh (then aged 18 months) was coughing. There was no infection. The doctor had no idea why. I remembered the old wives' tale about 'cold night air'. Leaving a heater on at a low setting to take the chill off the air meant that Josh's cough disappeared in two days and did not return.*

Simply put, this is because the **Yang Qi** (particularly the **Wei Qi**, or defensive energy) journeys inside the body to be nourished at night, leaving no 'troops' outside to protect the boundaries. This can lead to cold night air penetrating deeply inside the body. Rugging up at night is not enough – it is also a matter of ensuring that the air children are breathing is not too cold.

Prevention is simpler than cure. In times past, our great grandparents endured inadequate nutrition, overcrowding, poor sanitation and did not enjoy the luxuries of warm housing and antibiotics. Keeping children alive was a matter of astute observation and consequently old wives' tales were considered both wise and life-saving.

Now, we have modern medicines to 'mop up' indiscretions - our life messes. We have forgotten the role cold invasion plays by 'taking out' our Yang Qi - weakening all. We have also forgotten to pay attention to what is causing disease. In the past, antibiotics have been such a great quick fix.

Not addressing the cause of the problem, antibiotics may not be enough.

My job is to play detective:

*Stephanie was on her fourth dose of antibiotics: she was still desperately ill with a dreadful sinus infection that resulted in green nasal mucous. Rather than just sending her home with supplements — garlic, vitamin C, liquid zinc and Chinese herbs — I spent time explaining to her mother how a well body works, and questioning how this might have broken down in Stephanie, as she was normally a very healthy girl.*

*After much prodding, they remembered that the infection had begun after the introduction of a new lunch box, which had a drink bottle that was filled and frozen to keep the lunchbox contents cold. In Brisbane's hot summer, the resulting slush was refreshing to drink, BUT the inner digestive forces were unable to cope. Stephanie's body's protective functions had failed, leading to the diminishing of her digestive ability, immunity and infection, then the over-production of mucous resulted.*

*The antibiotics Stephanie was taking were doing their job of killing the opportunistic bacteria. Her body's healing forces were unable to rally and repair – no resilience – as she still had the ongoing invasion of (cold) what had weakened the Yang/protective forces in the first place.*

**Yang Qi protects and warms.** Stephanie's Yang Qi was just not strong enough (being a child) to hold off the continual onslaught of ingested cold. Stephanie's Yang Qi had to take its Yang forces away from normal digestion processes to constantly deal with the excessive and unnecessary cold invasion.

Stephanie's digestive fire was being spent just to warm up the contents of her lunchbox! There was nothing left for the rest of her body's systems to function well. Once the lunchbox's temperature was back to room temperature, the body could settle down, digest the food again and eliminate what was ailing it. The supplements could then work and Stephanie could be healed. There were no more hassles.

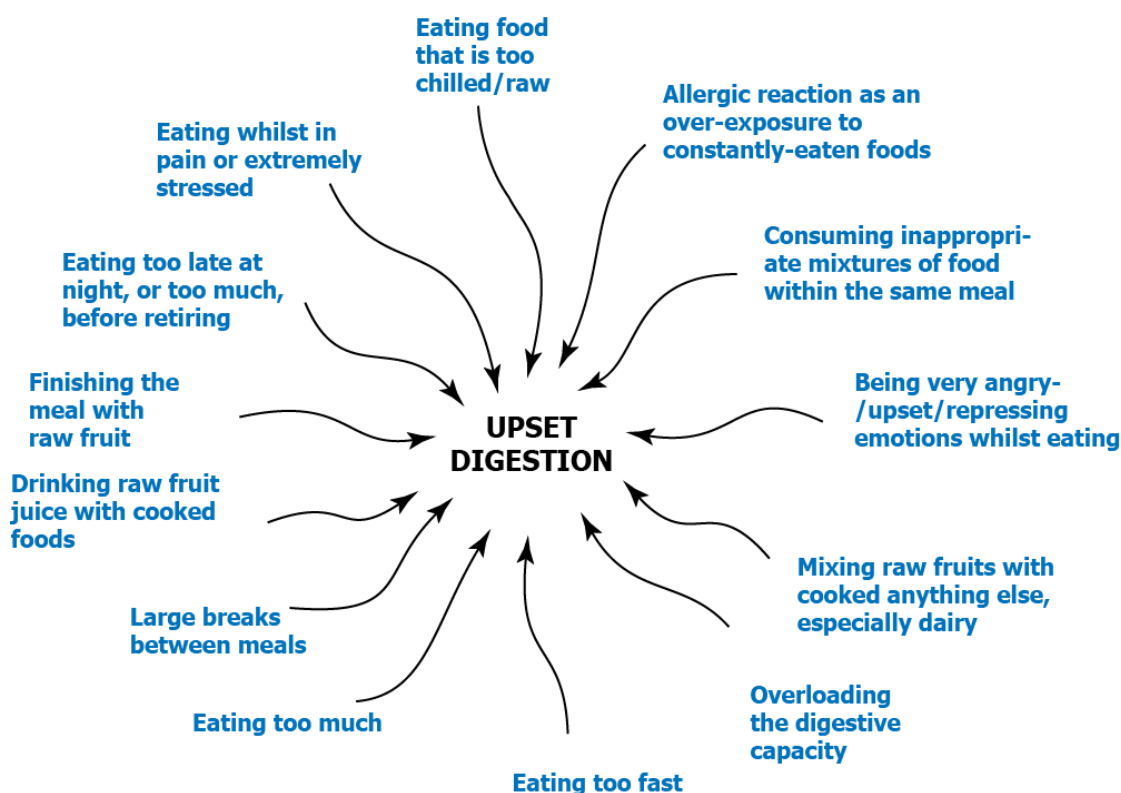


Usually, it is the missing piece of a jigsaw that completes the picture. Watch the children around you. Notice how they are constantly exposed to cold sweet treats, such as juices and ice creams. By eliminating these from a child's diet, a large component of illness: weakened digestion: is removed.

Infections, asthma and runny noses need never happen again. The weaker, older or colder you feel, the more important this is - for all of us, not just children.

Humans and animals naturally seek warmth when we are cold or sick. We can easily override this by listening to the bright ideas and theoretical naturopathic dictates about how we need raw foods and other cold-related fads and fashions.

### Great ways to mess with your gut



### “But I want to drink cold water!”

Please see [Stomach heat](#) below. You may believe that because your body seems to want cold water, you must need it. Maybe you missed the bit about 'this is a cry for help'. The body's desire for cold is an illness behaviour. You may be [suffering 'sick' heat](#) that needs to be extinguished.

If you take antacids, your weak stomach acid will be further weakened, leading to 'acid reflux'. Your gut will stop supporting wellness. Opportunistic bugs, fungi and bacteria will pop in.

To kill off the invaders you need a healthy gut — yet if antacids are resorted to, Candida and all sorts of interesting gut overgrowths start up. Please look to the [home cold cupping removal feature](#) and allied assistance (with it the iodine explanation) as to [why all is not well within your belly](#).

The answer is to not take pharmaceuticals, not add in more cold, but clear up the gut so normal digestion is possible. Yang Qi and Spleen Yang to the fore! As part of this you may need to visit a naturopath. Be warned that they may not know about the importance of avoiding cold, as they are unlikely to be trained in energy medicine. If they start talking about cold, raw and sweet additions – please revert back to all traditions of the past - warmth and bland and nourishing.

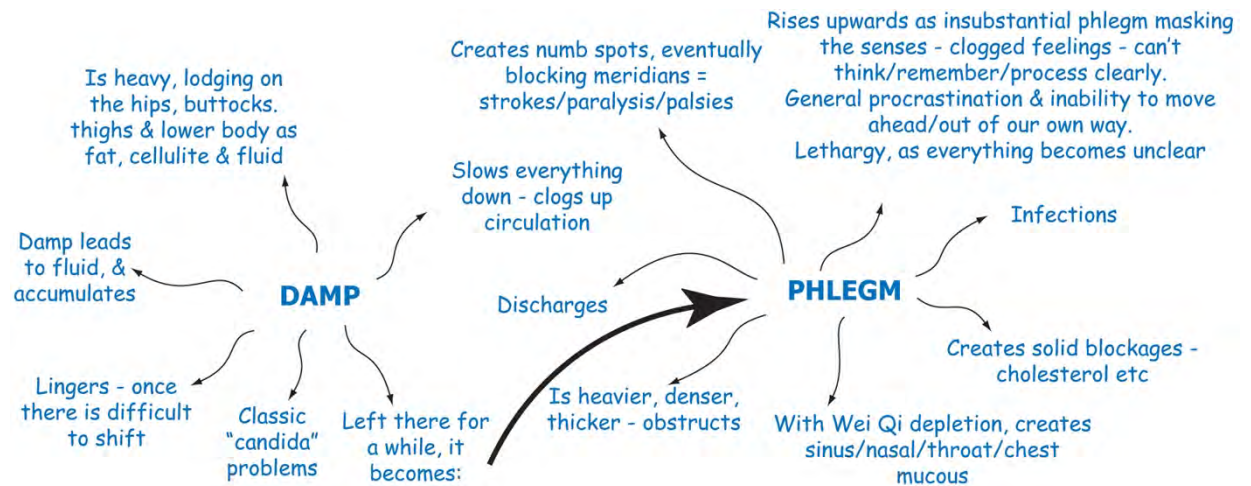
They may understand very well how to heal gut bacteria and thus gut function. But perhaps ask yourself – ‘Am I doing everything ‘right’ – if so why is it still not working?’

- 1) - Often it is either the temperature of the food/fluids and /or the wrong combinations. All forget that the oven has to be able to cook.
- 2) - Eating far too much or far too little, spread out over time can weaken digestion.
- 3) - Being angry, or frustrated, and 'bottling it all up' will also invade the gut. In any and all of these instances, the [Stuck Liver Qi](#) starts attacking your body.

(Suppressing feelings attacks your self).

- 4) - Before we look at Stomach Fire, (inflammation and general ‘need’ for all medications that are ‘anti inflammatory’ - let's look again at the role of all things called Yin in the body. They provide - rest, regeneration, cooling and moistening - and thus sanity and graceful living, not over aging.

Remember please - when [Yang Qi](#) is depleted, Damp and Phlegm result.



So often you hear that a certain food is ‘mucous forming’ – it is - if drunk or eaten really cold, usually with added sugar included, not in its raw, intended state - and not in moderation. Or simply put – if your oven is not set to cook it – it can't.

- 5) – (Sick) heat in the body from toxic sources can be a problem. Drinking insufficient pure water, or consuming too many concentrated food additives, can be a big culprit here.

## 9. YIN QI

This is the secret held in plain sight. The explanation behind almost all that is 'not known' by the medical fraternity. Other traditions did know. Those who came before may not have had the reasons why, but they knew to obey. Simple. Look after yourself. Better.

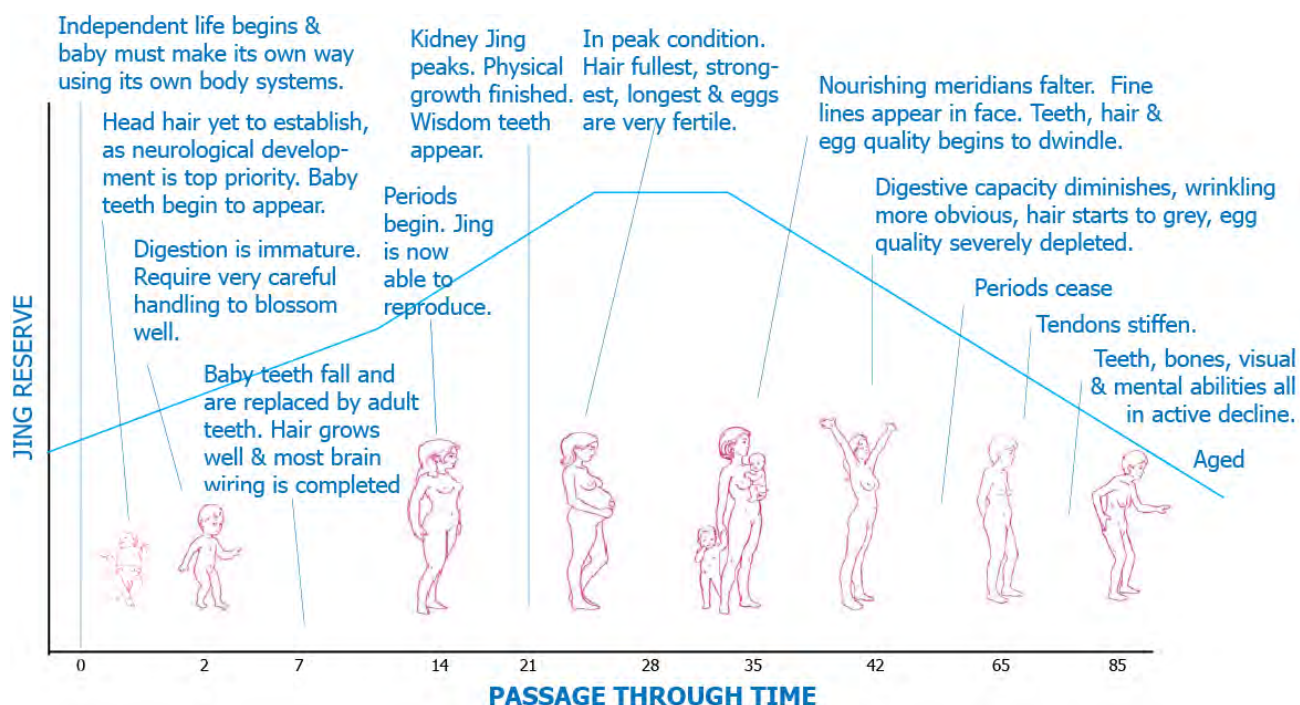
Yin Qi explains all that keeps us rested, nourished, moistened and cool is seen as being Yin Qi in the body in Asian medicine. This is also tied to our constitutional vigour, our inherited energy bank balance – in the Chinese medical model, known as Jing. Yin is loosely considered to be similar to Blood and body fluids. Yin Qi is essentially about cooling, replenishment and regeneration.

That which is called Yin Qi is seen to

- Cool
- Nourish
- Lubricate
- Provides rest and regeneration
- Give a solid foundation, stability and constancy.

This means an orderly life tends to allow us to keep our battery topped up and when regularly recharging with enough 'in the tank' and given quality 'down time', we live well and last longer, happier, and able to mend ourselves.

We can be live wise or we can live in the fast lane.



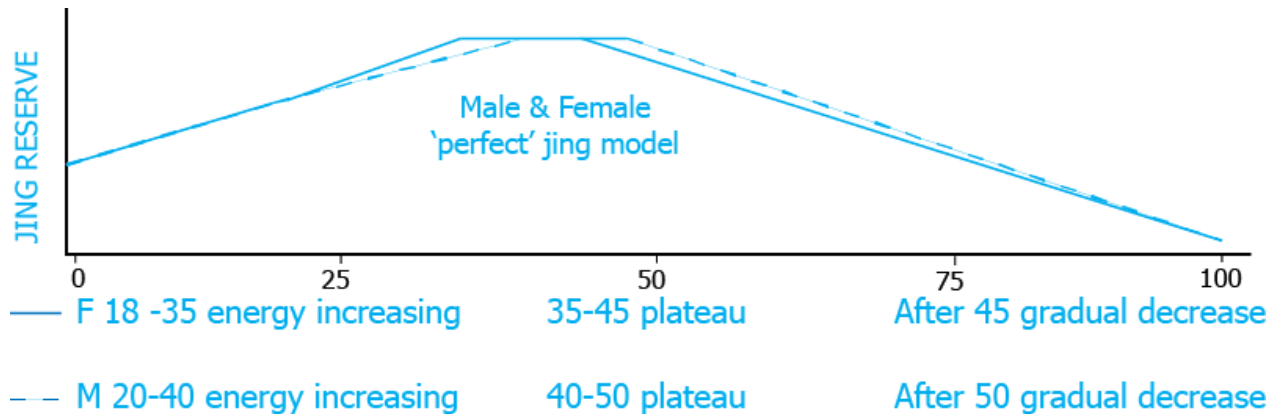
Either way, we naturally dwindle with age

Question being - how long and how well? Up to us

We can restore and rejuvenate ourselves through wise lifestyle choices — most particularly, resting, rehydrating often and eating moderately and well.

Yin Qi is the general term for that which keeps us rested, replenished, nourished, calm and peaceful. When we are not in a state of balance, we are the mercy of emotional, mental and sleeping disorders, as well as falling victim to accelerated aging. This is what is seen with some older pop stars - also those who smoke a lot of cigarettes. And is measured as 'low AMH' – it is just a state of misuse of self – and can be undone through conscious living.

Up to us how we live – and what we do with ourselves and our bodies.



### PASSAGE THROUGH TIME

Above is the optimal.

How we 'age' is also a function of the strength of Yang Qi: the digestive system has to support life. The stability of our early life whilst we were being made - much like a sapling in the wind – is crucial. Nurtured, reaching its potential in a sheltered spot, all nutrients provided, no animals ringbarking or knocking branches off – or exposed to all? That is the question I ask of you if you start thinking of making someone else. How did you yourself fare in that lottery of life?

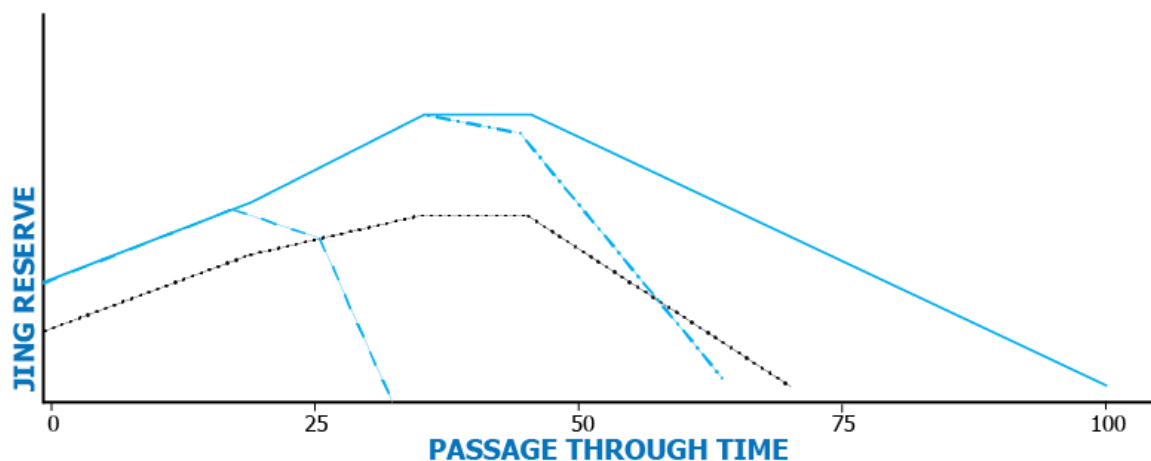


Prevailing wind and people pruning roots and branches have has changed trees

We could get a few seedlings and plant them in very different spots and in different climates and even bonsai one of them - and then see what we think of the 'genes' idea.

As it is with people - what conditions we grow in determines how we are able to express our potential.

## POSSIBLE CONSEQUENCES OF IMMODERATE LIVING



- 1 — Ideal expression of Jing potential
- 2 — 'Crash & burn' from late teens, after regular/moderate upbringing
- 3 — OK till adulthood when too much was undertaken & jing expended prematurely
- 4 — Poor jing bequeathment, early start OK, 'reasonable' life & lifespan

## Yin Deficiency Signs and Symptoms

When making babies or gracefully performing the menstrual dance, a woman's Blood and Yin stem from the [quality of her Jing](#), which needs to be in top shape to perform well. Alternatively, her body tries to do the dance with variable results. She may be labelled as being 'neurotic' and 'hormonal'. This is just that she is depleted in [Blood](#).

She has not enough ingredients to run the show. [See more here](#) – as breasts are a great indication as to whether there is enough iodine, Vitamin D3, fat, magnesium, zinc water and protein to be a well woman. Having perfect circulation (flow) once the ingredients (from a healthy digestive system – around we go to the [Yang Qi](#) again) makes all the difference. Her entire being suffers if she does not.

Yin Qi depletion

- We get over-heated easily, especially at night
- We can't settle, relax and go to sleep
- We get hot, bothered, irritated and restless
- We age more quickly, wrinkling and withering
- We start projects and don't follow through.

To enhance your Yin Qi

- Live a regular, orderly, enjoyable life
- Be free from excessively heating and drying conditions
- Adequately hydrate with pure, fresh water
- Ensure plenty of restful sleep, relaxation and 'down time' to repair
- Pay attention to the advice great grandmothers dispensed, as their observations were tested by time.

Please pay attention

Aging is not only about years lived



Here is “low AMH”/”high FSH” and all matters of  
‘age’ and fertility.

All menopause/ early aging

All neurological and degenerative conditions

## What wastes Your Yin Qi?

**Insufficient deep, quality rest, relaxation and sleep**

**Living in a continually stressful environment**

**Inadequate intake of pure water (not just fluids in general)**

**Excess hot, spicy, concentrated, salty and/or unnatural overly processed consumables, caffeine, alcohol, cigarettes (all of which require detoxification).**

**Having too many babies or attempted babies far too closely together** without taking the time to nourish and replenish yourself; too many over bleeding exhausting periods due to not enough balance within to allow the fundamental easy bleeding.

Without discovering it is HIS sperm quality not your body failing – and all that entails to not ‘upset him’, undertaking IVF treatments without making great sperm (thus his health being exceptional before conception is attempted).

You can have fewer reproductive mishaps – stillbirths miscarriages and so on

No farmer would contemplate using such poor reproductive raw ingredients as the present IVF teams do. Sperm under 50% not even looking perfect and nowhere near 300 million of them/ml as was expected in your parent’s day – at least is needed.

Having children too close together and/or working plus being pregnant or breastfeeding and being a new mum - all will exhaust what ought to be available for a mother’s entire life, leaving her in a diminished state

If you are having ‘fertility challenges’ it is because one or both of you is not optimally well – and the environmental toxins freely in the entire ecosystem leaching into yr body, not allowing normal nutrient levels is the major stumbling block. Regardless of who you are seeing (what flavour of ‘specialist) - if they are NOT addressing why you are not getting pregnant naturally you are setting yourself and any children you do ‘make’ up for more difficult times ahead as sex is for making babies.

Why you are not easily pregnant with simple pregnancies and easy outcomes is a measure of your health – fix that and all else will be well.

(“But I have blocked tubes’/am ‘too old’/have endometriosis’/Dr said. ..).

Indeed – your body is telling you it needs better health first – not more stress and chemicals. All is fixable. Your future pregnancies and children are at stake if you decide to skip quality and move on straight to quick ‘fertility’.

Any children made bear the life long consequences of your not being healthy enough for nature to do it herself.



In modern obstetric culture, where reactive medicine is the order of the day, the reasons behind the lack of quality babies currently being produced is not being addressed. Contrary to their opinion, age is not the primary consideration – quality of the inner resources of the mother-to-be is.

For example, a potential mother whose tongue shows cracks, indicating Blood and Yin deficiency; whose gut is not optimally producing great Blood and Yin and whose feet are hot, (and need to be out of the bedcovers at night), is being warned by her body that the necessary ingredients she needs to be in great shape herself, and to make a quality baby (that is, the quality and quantity of Yin required to create another human being's foundation) is at less than optimal levels, and needs to be addressed.

## What else messes with Yin Qi?

**Allowing past trauma to fester without release**, requiring your body's precious raw ingredients to counteract it. Life crises and traumas left unprocessed create constant emotional energy splinters that fester, upsetting Qi flows

**Reproductive leakage of life force**, over-bleeding in women, conceiving, carrying and breastfeeding children whilst not in perfect state of healthy rested functionality.

**Excessive dieting and massive illness**. Often labelled/ dismissed by mainstream medicine as 'hormonal' or 'menopausal', but in reality it is actually the body telling you it is wearing out far too quickly.

**In men**, in addition to the aspects applicable above, Yin Qi is wasted by an over-indulgence of ejaculatory behaviour especially when tired. When over exerting self, not drinking sufficient water, 'burning the candle at both ends', there is a price to be paid. Coffee alcohol and other stimulants may be called upon. [Quality sperm](#) is not made. Life quality dwindles. Kidney Yang Qi is weakened and the depletion is next.

## What happens when Yin Q is wasted?

You get 'stressed' on all levels – feels like . . .



## When Yin Qi is wasted, ***we become hotter***

It is as if our inner furnace is set inappropriately, so we burn our system out faster. You may notice that your feet or legs feel warm and need to be out from under the bed-clothes. In women who are pregnant, this needs correcting immediately.

**What to do:** Undo the excessive heat and toxins in your body – drink more water (non chilled) and all through the rest of the pregnancy.

Any traditional life/ is prevention through proper management of the body. So it does not break down. The path to wellness is paved with restorative living habits. Acupuncture and Chinese herbs may assist. Perineal steaming is an excellent and international women's tool - just not appropriate in pregnancy, but the moxa usage after pulling the cold out as seen in the [self help healing package](#) will only be as good as your paying attention to these clear warnings. [Help yourself.](#)

A relative deficiency in Yin can result in any or all of the above problems. Often, this begins gradually and may be dismissed as 'aging'. The presence of [Inner Heat](#) (along with drying out and becoming more 'hormonal') may also be a sign that inner toxins are playing havoc with your health.

The unpleasant aspects - emotional and physical are just your body telling you there is not enough. You can start by drinking more pure water, [take out the heavy metals](#), pesticides and chemicals that are blocking your nutrition (regardless of what extra supplements you are taking) or you can sit in that mess for a lot longer.

## [Apparently aging – but really malnutrition.](#)

When using magnesium topically, if a weird prickling sensation is felt, this signals the need for you to [rid yourself of the heavy metals](#) that are creating havoc by stopping you from absorbing essential nutrients from your food. You may feel better by using [magnesium](#) on the skin and as a foot or bath soak). As well, consider using [liquid activated zeolites](#) to pull out what is [dangerously in your body](#).

The [hot feet out at night](#) that shows you that you are in trouble will be easily shifted - resulting in better quality eggs/sperm and lives as you clear out what is blocking your babies, your health, your nutrition and your quality of life – any age or life stage.

## When Yin Qi is wasted ***we are less nourished***

When Yin Qi is wasted, our body parts become less supple: more brittle, less resilient on all levels. This is the end product of not eating well, or a lack of exercise stopping our circulation to move nutrients through the body. It affects not just physical structure, but also moods. Personality become may rigid, demanding and inflexible. Again, lack of magnesium (shows up as [Stuck Liver Qi](#) and then [Stuck Liver Blood](#)) – also all called being 'hormonal' - may be contributing to these issues.

## When Yin Qi is wasted **we dry out**

Dehydration and **lack of fluids also profoundly age our exterior** — although the internal damage is far more life threatening. This can be seen in any post-fever condition, radiation, auto immune or highly medicalised conditions, including TB, the final stages of HIV, aggressive cancers and the toll of a lifetime of dieting, drinking alcohol, taking drugs, smoking and all round living unwisely.

If starting a pregnancy whilst depleted, the **risk of later stage 'high risk' pregnancy** problems escalates. Troubles such as gestational diabetes, gum disease, high blood pressure and various clotting problems, all of which are malnutrition signs - lack of ingredients - magnesium, iodine and vitamin D are currently be 'medically monitored' and managed – surprising as these nutrients are essential to run the body well

Women may **feel dried out vaginally** at different times of their lives. This is a sign that, overall, their Yin (and Blood energy) is dwindling and needs attention. Becoming Yin depleted becomes a vicious cycle. We all need very restful sleep to rejuvenate and repair. Yet, unfortunately, when we most need to rebuild our Yin, it is the lack of it that keeps us from sleeping well and being able to rebuild and therefore heal.

Deep, undisturbed sleep is vital during all stages of a human life. However, this is especially true for babies, young children, teenagers and all of us, in order for them to develop and mature well.

When Yin diminishes, **we become irritable, nervy and jittery**. We can't settle. We find it impossible to finish a task. We perversely crave substances and activities that do not allow us to sustain our remaining Yin, thus hastening our aging and general decline. (Recycle to ingredients needed for [happy breasts](#) – for all your tissues).

## Depleted Yin is repairable

What does heat in excess do?

### **1 - Over time, inner toxic heat may destroy the Jing (life capital/resources).**

This can occur indirectly, through the diversion of the inner resources to futile attempts to remake the Blood, whilst the heat is still creating the 'hormonal' over-bleeding. The body then wears out much faster than necessary.

### **2 - Heat wastes Yin Qi.**

Heat wastes Yin Qi in much the same way as cold wastes Yang Qi. Usually, resolving this is just a matter of drinking A LOT more water and using far less heating substances, such as cigarettes and sugary caffeinated or alcoholic drinks.

As a result, all available Yin – in the form of body fluids and Blood energy - is redirected by attempts to dilute or cool the [Inner Heat](#). Normally, excess heat energy is directed out of the body through the regulation of the pores - and also through urine, so one symptom of inner heat may be ongoing bladder issues.

### 3 - Heat causes Blood to 'go reckless'.

This means that blood no longer acts in well-disciplined ways. It becomes disorderly, bursting its banks, leaking or haemorrhaging wherever a weakened link is found. This creates bleeding and clotting disorders, menstrual flooding, bruising, miscarriages and major exhaustion of the system as it tries to recoup its losses - all the while still in overheated mode. This will itself create heat in the body in much the same way as driving without oil will wreck an engine and stall or break the car.

### 4 - Heat disturbs the Shen\*.

In small amounts, a disturbed Shen may present as irritation that may boil over into agitation, temper outbursts, irrationality, aggression, raging outbursts and, eventually, very difficult (wildly mad) people. Hyperactivity in children is better handled by correcting their inner fluid/fire imbalance. When in this state (think bipolar and 'up', all that feeds this is sought after – stimulants, chemicals, sugar, poisons – not clean water and rest – as it is incompatible with what is driving the problem.

Being disturbed does not allow for restful sleeping. If heat is present, besides sleeping uncovered and feeling hot to touch, people may experience distressing dreams, visions and sleep walking and talking. Without regenerative sleep, a person will gradually become more Yin depleted, leading to further heat problems.

### 5 - Heat creates inner wind.

[Inner wind](#) rises up initially creating skin rashes that may be hot, red and itchy. This 'inner wind' is behind high Blood pressure. It reddens and irritates the eyes, creates continual nosebleeds and headaches with violent exploding pain. Complicated by the concurrent presence of damp/phlegm. You can see how PTSD and PNP and PND creep up on you. Inner wind also creates dizziness, eventually epilepsy and possible brain haemorrhaging.

Magnesium supplements are vital to restoring balance to inner wind. So is a strong digestive system, which encourages the manufacture of Yin – as does deep, replenishing sleep and frequent rests when feeling tired.

Yin Qi is generated by strong Yang functions, such as eating and circulation, just as Yang Qi is nourished and kept in balance through its interaction with Yin Qi.

## Stomach fire/Sick Heat

Those who enjoy and or seek out cold drinks and foods do so because there is too much fire inside their body and it needs cooling down. Body demands help now!!! You could also stop the inner fire being fed. Sugar and concentrated foods/fluids and chemicals/toxic wastes seen as stimulants and often 'medicines' also need flushing out with much more pure unchilled water. Often.

This [inner heat](#) stems from either direct [Heat in the Liver](#) or angst from [Stuck Liver Qi](#) — and is usually a mixture of both, as they are interdependent and move together to assault the stomach and digestive complex. This is commonly triggered by [stored emotional issues](#) that we have told ourselves we will address 'later' (maybe never).

Often, we mask these issues by 'needing' medications that reduce reflux, heartburn and acid - conditions that arise if we do not correct emotional upset. Please revisit the [Causes of Disease](#) presentation again – emotional stuckness is the seat of all trouble as seen from so many cultures. As a necessary band aid - topical magnesium and oral supplements may help us address all aspects of this inner drama.

Reflux and heartburn alert us to the likely low thyroid function. (Please see the iodine slide show within the [self help package](#) and the [free eBook here](#)). Taking antacids or medications that reduce stomach acid will weaken your entire digestive system, and thus your body. When digestion is severely compromised, nutrients are eaten but not digested properly. Neutralising digestive acid is not the answer. Rather, you need digestive acids to keep your gut strong and yourself nourished. A strong metabolism supports life.

Salt is a source of chloride - which you make your stomach acid with. Ingredients again – if you have been told to stop salt – this will kill you. [Needed for gut health.](#)

Stomach Heat may also result from not looking after ourselves the way our parents would have told us to. Besides causing reflux, heartburn, gut ulceration, irritable bowel, Crohn's disease, colitis and gall bladder attacks, inner heat also can create internal drying out, leading to pellet-like stools, constipation and generally bad body smells. Extra internal heat is supposed to flow out through the urine.

Often, this is the sole reason for constant/continued cystitis.

Odorous mouth discharges, including gum disease, accelerated tooth decay and dry lips are all part of inner stomach heat and are often caused by a mixture of stuck emotions, [Stuck Liver Qi](#) needs moving and all seek to do so naturally. Consequent 'self-medications' of cold and icy drinks, sugar, chocolate, alcohol, caffeine that we choose instead of actual nourishment. A cycle of inner turmoil accelerates.

Malnutrition as the result of not understanding how a well body works as Yang Qi is our life line. Cold invasion destroys this - then we get inner heat that creates a fire that we put out with more cold and we get upset so much more easily – reaching for what is antagonizing our health further.

Erratic and unhealthy food and beverage choices, irregular eating (avoiding meals, dieting and mini fasting) take their toll and will eventually be felt by anyone who has been neglecting themselves physically and/or emotionally.

The tendency to diabetes and autoimmune diseases, as well as signs of accelerated aging, result from this inner fire that destroys our Jing (life foundation).

**What to NOT to do:** Taking chemical pharmaceuticals and medications to neutralise stomach acids rather than correcting life choices that have caused the distress leads to systemic weakness.

The more cold you are exposed to in drinks and foods, the more your imbalanced inner fire is temporarily relieved, but will be worsened over the long term. Spleen Yang underpins all digestive function, including ability to nourish self, and to hold things in place (especially the blood in our tissues, veins and uterus).

We all need appropriate inner digestive fire, or [Spleen Yang](#), to stay well.

**Restoring your stomach to good health**

1. Drink more pure unchilled water!
2. Avoid anything that is sweet to taste.  
Sweet tasting foods inflame and are often the cause of the inner heat in the first place.
3. Add in much more coloured salt to all foods and fluids.
4. Mineral – find a source of sea minerals. Take diligently.
5. Recolonise your good gut bacteria. You are here by virtue of the ‘bugs’ that help you digest all foods. Investigate and support your [Human Microbiome](#).

This may mean first removing what is imbalanced or ‘bad’. Using fermented foods, such as kefir (naturally made yoghurt - do not add fruit and sugar), miso and fermented vegetable products such as sauerkraut will help.

As will taking out all that is grown with chemicals, and substituting all with organically grown may make incredible differences for you.

Possibly seek local professional natural health care.



## 10. UNEXPECTED/UNINTENDED BIRTH INJURIES

Nature does not set women up to be in danger at birthing. Interfering with pregnancy and mum's emotional equilibrium does. Please research yourself - undisturbed (hence natural) birth sets mum and baby up for an easy life together. [Perhaps start here](#). To avoid physical birthing injuries and to aid birthing readiness [childbirth education is important](#).

The best policy for ease of birthing and life as a mum is to let Nature be your guide.

There are several ingredients that form a strong pregnancy and birthing foundation: healthy regular menstrual cycles, being well supported, and being in good emotional shape, eating naturally grown foods and sleeping easily.

In Chinese medicine, the two major reasons women have post natal problems are:

1. [Invasion of cold](#), and
2. [Loss of blood](#).

Old wisdoms that are the results of observations over many generations are now scorned, as the profit-driven, invasive birthing techniques of modern western medicine take over women's lives. Very few western-trained doctors understand the energy systems that support the human body. And so we ignore the 'old wives tales' that warned against cold.

Invasion of cold is a dangerous practice to inflict on women - it is especially so when a woman is vulnerable, such as having just birthed. In today's crisis driven medical culture, birthing seems viewed as a dangerous business. More so through ignorance of basic needs of any woman let alone a birthing mum. Recent interventions: fetal scanning: worrying women without explaining how to alter what is happening to them and their pregnancies, and generally ignoring the natural template are creating women's trauma for them endanger the health and wellbeing of mothers and babies.

During pregnancy, the lead-up to childbirth and while breastfeeding, a woman can choose to look after herself - resting and keeping a low profile - or she can do what is current 'best practice' — invade her body with cold, so it is without feeling, and then race back to her usual routines as soon as she has birthed her new baby, as though healing after birthing and in preparation for breastfeeding was automatic, requiring no assistance, attention or responsibility from her (a situation encouraged by our modern economic system).

Often, it is in the birthing suite the problems start. Mum can become very cold immediately after birthing. It is not uncommon in this situation for women to go into shock. This may show as an uncontrollable shaking and feeling frigid, not being able to be warmed. Often cold offered as a solution: to suck, to place on the wounded perineum, as an invading extra in with the blood that is transfused, in cohorts with the very cold oxygen offered, or via the chilly ambience of air conditioning or lying in theatre on a freezing metal tray.

The act of applying ice to a woman during childbirth, or to women who are in the post natal period, when her body is already weakened from the exertion of birthing, loss of blood, lack of food and normal general hormonal transitions, has dangerous long term consequences.

When we apply ice and cold to birthing, bleeding vulnerable women - forgetting to factor in the long-term effects on her body. [The elders all knew this](#). We fail to recognise, for example, that the instant application of cold diminishes blood flow to the wounded area, which slows her likelihood of healing well.

All Asian countries know that post birth women are vulnerable to external invasion of cold, more so than at any other time in their lives. Please look to [here to undo this for yourself](#) as few others will even see the relevance for you, your pregnancy and your health long term.

(Even before birthing – just getting pregnant well) - having apparently low AMH, being you have ‘old eggs’, and that you are generally ‘past reproductive usefulness’ due to your chronological age misses the essential issue. We all age at differing rates depending on myriad factors. Similarly the [insufficient milk production](#) or lacking quality milk, are just further symptoms of the pace of modern life. Being a mum demands a lot from than most may realise.

She must rest, slow down and consume replenishing, nourishing foods and fluids. Along with magnesium deficiency and calcium excess, these all contribute to (and are solutions for) post natal blues. [See more here](#).

### Why is there pain?

Pain is a warning. Take the time to let yourself heal. Often seen as something that has to be shut down, rather than a guide to take things easy to regenerate.

- Pain reminds you that trauma has happened and healing is required.
- Pain says - rest to heal - there is damage.
- Pain stops you in your tracks – to recover from the birth and to allow healing on all tissues to grow a stronger body than you had before pregnancy, if you let it.
- Spend the time in wonder and awe of your new love.
- [It is time for regeneration](#).

As part of the preparation – using ice is never a good idea as it is wasting the Yang Qi – needed to keep the blood in place, the baby in place, the digestive energy strong, the body resilient and the Cold is NEVER appropriate to use on a woman, newly birthed, or otherwise.

What to use instead? Do not damage yourself further.

Body heals with your lying down and staying 40 days in bed/at home – as all traditional cultures would have you do.

## Using cold for perineal short-term gain

**Kate** saw me one week after birthing. She had experienced a vaginal tear and chose not to get it stitched. In hospital she was given as much ice as she wanted to numb the area. When she was assessed by a midwife, six days later, she was told the area had not even started to heal. The ice had suspended the healing and thus had lengthened the period time Kate would be in pain.

In addition, Kate had actually stopped the ice after three days, as it felt 'awful'. I could only hope that having removed some of the cold through cupping out the cold that should never have been introduced, then using acupuncture techniques, her body would be strong enough not to fall prey to the modern woman's scourge — mastitis. Wounds need healing blood to restore health - ice suspends healing blood.

**Gemma**, a midwife, observed that once stitches had dissolved in post-birth women, the perineal gash was often as unhealed as it was prior to stitching. Yvonne, a senior midwife who has been exposed to much of my work, has discovered that post birth vulval swelling reduces almost immediately if warmth is offered – not ice.

The assumption that the skin would knit with the application of ice is just plain silly - it is beyond me how modern medicine has failed to notice that ice stops the healing blood from getting to the wound, therefore the wound cannot heal.

**Jo's** mother rang worried a few days after her first newborn arrived – Jo had a massive infection, was there anything I could recommend for her to take home to help the antibiotics? Apparently the placenta had been expelled cleanly. I rang Jo and asked if ice had been used after the baby was born.

She paused, then answered: 'just the iced condom down my knickers'.

The problems generated through wasting Yang Qi – particularly in women in such a vulnerable state – are not immediately visible to those who 'break' the new mother.

**Melissa** had great births, but after the last one has suffered massive varicose and vulval veins that are worsening now her periods have returned. Melissa was now flooding when she bled; something that had not happened before. She also felt hot and had taken to icing herself, especially on the rash that popped out before she came to see me.

Could it be that she was iced after her last birth?

**Cherie** sat on an ice pack diligently for 2 weeks solid after her first birth. The lacerations and perineal stitches felt better - she did what she was told and kept one gadget in the freezer and replaced the nearly melted one twice a day – wrapping it always in fresh toilet paper so it did not stick to her. She had a freezing cold belly. She also had a 'tongue' of tissue hanging out of her. When she started perineal steaming between pregnancies (to heap herself heal), this all retracted back into her body – she had never felt so good.

*All fine till 22 weeks with the second baby – and not only did she have a freezing belly - she had massive back pain and was passing black clumps at night. Her GP took a look at her cervix and was horrified to see that instead of being plump and pink, it was blue. I cupped the navel and used moxa on salt on a tissue on her navel. She took personalised Chinese herbs to help baby stay strong within her. I checked on her two days later and she is calling it all a miracle – no more bleeding or back ache and the pregnancy feels solid again.*

*No more ice for her!*

Why are we creating these dramas for ever after? Which dramas?

A lifetime of weakness and sagging body bits and functions

## 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

Feelings of collapse, emptiness. sensations of losing control, incontinence, leakage, life dripping away

### 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  
Undigested food in stool, Constant diarrhoea

### Lymphatic system

becomes sluggish, creating accumulations of toxic wastes, swellings, clogging defensive systems, eventually cancer.

### Menstruation

Blood may leak or gush, especially 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.

Maybe men (young footie players) can get away with cold added in places – but women, especially just birthed, are at their most vulnerable. Insulting the body with ice on their pink bits – including breasts, which will then suffer from lumps, cysts and [mastitis](#). Possibly even lack of quality milk as mum's gut is assaulted with antibiotics simply because no one knew what all 'old wives' did – that warmth is all women are to ever be exposed to.

Up inside a swollen vagina – an ice filled condom goes – numb it all – so the blood congeals, Yang Qi is wasted from then on - look at the diagram again. Enough said. Basal temperature/life force lowered when she is already losing so many resources.

**A note for birthing mothers:** Blood is itself a Yin category. This means that in birthing, or in a situation of sudden loss of blood, a fever does NOT necessarily indicate infection. It may instead be a shift in the internal balance that is associated with any severe loss of blood. The resultant loss of cooling energy may appear to be fever. The rise in temperature is a deficiency mechanism and, hence, a warning.

This is important after birth, when often it is only maternal dehydration (or loss of fluids of all forms) that causes the fever. No antibiotics are needed – just more rest, water, magnesium and vitamin C and D and so much more iodine painted on the body to allow life processes to flourish.

Be mindful - starting at conception (and not listening to 'what if something should go wrong'). When you lose trust in life, and your body to know what to do itself, it has.

Birth low grade fever . . . where to start? All that panic over ensuring baby is still breathing – all forgot to look to nature to see what normal is, and should have been.

The transition at birth to breathe independently changing from the fetal to baby/adult cardiac circulation is supposed to unfold naturally and gently. Please investigate all you can on [physiological third stage](#) and do [nothing to interfere with this](#).

Baby inside you has at anyone time a quarter to a third of the blood volume outside his/her body in the placenta and the cord.

By discarding this you are starting baby up for are usually tricky start. If not careful – whilst in shock from such a loss of Blood, fluids and Shen (travels with the blood) the addition of the chemicals deemed presently needed for life will ensure (on top of the antibiotics as the loss of fluids have given dehydration a toxic overload).

## Mastitis

Unfortunately for modern western women, the current treatment of choice for mastitis is not what WAS, i.e. expressing extra milk to relieve pressure in engorged breasts — but the new model that is no doubt taken from sports medicine where the young male body is at its peak, and not in the highly weakened state common to newly birthed mothers. [See here first](#).

*Laura saw me six days after her baby was born. I asked her how she got so much cold in her body, as the first thing I do when a patient arrives is check to see if the belly is cool — and hers was very chilly. This told me Laura was experiencing cold invasion — and as I had seen her a week prior to her baby's induction, I knew the cold had not been there birth.*

*Apparently, the visiting midwife had placed wet nappies in the freezer to ice up in preparation for placement on Laura's engorged breasts. Laura said that even with the iced nappies, her breasts felt really hot — and when she went to bed (ice packs discarded) she felt as though there was ice all through her chest, right through to the bone.*

*Laura's husband had been encouraged by the birthing manual *What Dads Can Do*. The following morning, he mentioned something he'd read in this book: 'on no account use cold or ice on breasts'.*



*They came to see me. After I cupped her navel, Laura said she felt much stronger, the general weakness in her back and the tiredness she had felt on arrival at my clinic, left.*

Please see all I have on the [breast site](#) when breastfeeding and especially all the information from the [very senior midwife and lactation consultant here](#).

This issue shows a total lack of respect: cold penetrates deeply into a vulnerable woman's body and lodges there indefinitely. This is why there is an epidemic of not just [mastitis](#), but bleeding and infections and prolapses and incontinence — all supposedly because of the natural birthing — but really a consequence of bad nursing. See this happen by understanding what the [Spleen Yang Qi](#) has to do.

Cold stored within may also prevent further pregnancies, as the cold wastes the energy that allows the circulation of Qi and blood. I see so many women after they have lived through a horror story. Distress and chronic upset further weakens the absorption of whatever magnesium has been ingested — resulting in insomnia, unhappiness (emotions, body, gut), all as a result of magnesium deficiency.

[Mastitis](#) is also part of the modern magnesium nutrient deficiency picture. When we have less magnesium (and dietary fat and Vit D3 than we should, we get irritated and have our [Liver Qi Stuck](#) so much easier resulting in all the problems this entails – and of course the breast being distressed is one of these – as they fall along the path of the Liver energy.

Taking magnesium orally (without calcium) will do for you what it does for cows – allows great lactation and no mastitis, with the bonus of no mood and sleep disorders!

I have had many women come to my clinic with mastitis. In times past, women did not routinely expect to be so afflicted — and they had no cause to — no-one would have ever thought put ice on an engorged breast or a new mum's body ANYWHERE.

Using [cold weakens](#) the Spleen Yang — which is usually already compromised due to women doing far too much and not seeing the postnatal period as a time of rest and bonding in the home. This can lead to eventual serious health problems — prolapses, haemorrhoids, incontinence, feelings of inner weakness, infections, bleeding out of turn and possibly more severe metabolic issues (including allergies, food sensitivities, low thyroid functioning (which is often signalled by hair falling out), immune disorders, mood and sleeping problems). Consult the picture above again.

## Allergies & cold sensitivity

Often, cold that is thoughtlessly applied can stir up not just current issues - it can trigger chronic and apparently unrelated ones.

*So many people think anti histamines –  
just stop freezing the air you breathe!!*

## Nell's Story

*"I have suffered from hay fever and severe allergies for most of my adult life. I am allergic to not just one allergen, but to multiple. The allergens passed through my milk to my infant daughter, giving her horrendous problems with colic and rashes. I had been 'naughty' whilst pregnant and had eaten a lot that I normally could not. This impacted very badly on baby, as after birth, I had a woefully restricted list of what seemed 'safe' to eat - so she was not so colicky and screaming constantly.*

*I had been through various allergy clinics and to no avail. Almost anything and everything irritates my nose. I've spent years being treated for every computation of possibilities, but the results have always been temporary, with the hay fever returning within a week.*

*No one ever mentioned temperature — I was on all sorts of exclusion diets, regulating all sorts of things, but I never paid attention to the conditions under which my body was expected to work.*

*It was obvious that I wasn't very strong. Everything seemed to disagree with me, and it seemed so random — sometimes things were OK and at other times I was a mess, apparently doing and eating exactly what had seemed to be fine previously.*

*Once I realised any difference that temperature made (just how sensitive I was), I was able to take charge of health - I could determine whether I was ill or not. By simply removing the weakening impact of cold on my body, I have experienced no recurrence of sneezing, cold hands, and frigid feet. Maintenance now is common sense — I always wear my slippers inside. I always keep my body warm. I never eat or drink anything that is cold or cool. And I'm now allergy free.*

*If I choose to walk barefoot or take something out of the fridge and not warm it up, I'm riddled with hay fever again. The solution is simple — stay warm and keep cold away from me."*

Fast forward to the birthing suite.

*Everything was going well for Nell until the doctor pulled on the cord and it detached. Nell lost a lot of blood and was taken to theatre to stem the flow. She was shaking so much (from shock) that she wondered how he could restitch her. The nurse inserted oxygen into her nostrils, which was SO ICY that it immediately triggered an attack of hay fever. Nell ripped out the oxygen tubes, amazed that the medical professionals around her were so unobservant they did not notice her reaction reaction to cold.*

*Back in the ward, Nell's haemorrhoids after birth were so bad that she was offered - and took - the ice pack to numb the sensations of pain. By the time she came to see me, she was stricken with mastitis, digestive problems and urinary tract infections.*

As soon as I started cupping out the cold, Nell's symptoms began to recede. Imagine that, just pulling out the cold undid what had prevented her body from working properly! Without this understanding, Nell could have gone on to experience decades of ill-health.

## Haemorrhoids & prolapses

*Penny arrived in my clinic with dreadful haemorrhoids, after the easy birth of her big baby boy ten days' previously. She had a freezing belly - and had had an ice pack on her perineum.*

**Cold wastes Yang** — something has to give and those somethings are:

**Digestion:** the ability to easily transform food and fluids appropriately, especially given the task of making milk for months and months onwards.

**Circulation of nutrients:** getting what is needed to where it is needed.

**Stopping the bleeding** reducing the uterus post birth: reshaping mum's inner being.

**Keeping tissues in place:** especially if there is already a weakness there.

*So here Penny was, with a dreadful bottom problem - a breastfeeding mum has to do a lot of sitting. This was further aggravated for her, as she had a past history of poor vascular integrity. She continued to have haemorrhoidal problems, as well as problems with mastitis and breast cysts that needed ongoing support as she fed her gigantic fully breastfed baby.*

*Penny knew to avoid all cold, to never walk about with bare feet and to only drink warmed water — and she needed to be vigilant — as her constitutionally weakened Spleen energy was at its limit, growing baby and keeping her well, as well as holding her structural integrity together.*

These stories may sound too simple – they are. A point too often missed by high tech expensive tests and non-traditional medical management is that life is to be revered. Quality of life, and supporting nature is what all good farmers, gardeners and mothers do.

In fact, modern western medicine would do well to test for common sense – are you cold? Does it feel better with heat? Her answers to these questions would result in answers that are easily and cheaply remedied.

## Wounds that do not heal

Humans respond differently to different stimulus - yet there are common, observable, negative outcomes that are resulting from the current fashion of ice usage in maternity care.

*Elle was a midwife. She had just had her baby and was suffering from mastitis. There was cold in her belly. But what had gone wrong? She had listened to me regarding the dangers of cold and hadn't allowed the wet nappy in the freezer to be placed on her breasts — but — she was very chilled (a not uncommon shock reaction after birthing) and figured this was the problem, so I cupped her navel also and she experienced a range of different sensations of cold being drawn out from very different locations in her body. As a result, she was warmer and her belly was much warmer.*

*Whilst this was happening, I was told her of the problems cold was causing other new mums. She said that she had noticed as a midwife that often wounds were not healing, that stitches were dissolving and revealing that NO healing had taken place - meaning women had to return to be re-stitched.*

So what is happening? We have forgotten that allowing warmth and blood to circulate to the area aids healing — and that cold diminishes circulation as well as numbing pain. I am hopeful that the tide will turn again and it is heat that will be in fashion.

Into next pregnancy — **Morning sickness**

*An acupuncturist came to see me 10 weeks into a subsequent pregnancy. In her first birth, she had had apparently un-stoppable bleeding immediately post-birth. Her doctor was getting ready for an emergency hysterectomy.*

*She had asked her husband to grind his fingernail into a pressure point on her big toe and the bleeding stopped. Her uterus was saved! Here she was having the baby she would not have – had she not known this.*

*Please investigate all that is up on the site [www.fingertip-rescues.com](http://www.fingertip-rescues.com)*



Second pregnancy.

*Lynne was plagued with shocking morning sickness. Although ten weeks, she really doubted she could make it. Not had this problem in her first pregnancy. Strong nausea, no appetite, felt as if something was blocked in her belly. She was very uncomfortable.*

*I cupped her navel, to remove the cold permanently):*

(You can too – [see here . . .](#))

She said:

*"The cup was placed on my navel and the strength of the pulling sensation took my breath away. I breathed through it and felt a very strong drawing up of energy. After a few minutes, the pulling sensation began to come from the ache in my lower back and then another part of my back, moving around seemingly at random.*

*It was like the cup was vacuuming out all the pockets of cold that were stuck. I had no idea all that tightness and tension was sitting there. Eventually, the pulling sensations eased off and the cup was removed.*

*After a big sigh of relief, my whole abdomen felt warm and all signs of tightness and nausea had gone. I had not felt that good since before my daughter's birth."*

Depending on a woman's constitution, she may react badly or not at all to the invasion of cold. Either way, however, the cold may sit inside her for decades, to re-emerge at some later date.

### Lifetime Ill health

A woman can either be remade for the positive for the rest of her life as she makes baby – or wreck herself far better than she ever could at any other time. Crucial is the [40 day rest time for regeneration](#).

Over bleeding, either too frequently and /or too much is NOT normal. It needs adjusting, as it weakens a body to make all that extra blood lost monthly.

There are many cultures that refuse any cold anywhere near vulnerable family members — this is true for most of humanity. This is because cold invasion has the potential to wreck a woman's life — and this may only be the well meaning ice pack.

Please do not offer it.

Please do not accept it.

Very many cultures in fact use heat – and steaming for the mum – roasting her and actively having her sit over very hot water with herbs added – often many times daily for many months Please investigate what you may do – from traditions that your family may have access to as these have served all your forebears well.





Please do not ice your petals!

You can avoid most problems with birthing through preparation – and find someone who uses the [Arvigo® pregnancy](#) work to assist your body to birth easily.

The [‘What Dads Can Do’](#) work offered here and through the [eBooks](#) and [Apps](#) will alert you to just how much the dads and partners of pregnant women can do to make birthing comfy and a memorable experience.

If this is not possible, at least look to the [Maya massage/Arvigo® practitioners](#) and their ways of assisting normal to return – all cultures had their tie honoured ways of ensuring their women lived long to raise their children.

**Birth is normal –  
adding in cold to stop life flows is not**

## 11. ALTERNATIVES TO THE MEDICAL USE OF COLD

Do what people always did – make it feel better, by respecting normal circulation and healing processes. (See also next chapter). Adding in cold sets women up for long-term health issues. Remember, the people who are suggesting you use ice

- a) - Do not have to live in your body and
- b) - Will not be around further down the track when you have to deal with the outcomes.

### **Encourage M.E.A.T. Flows have to flow**

*Movement, Exercise, Analgesics (if necessary) Treatment.*

(See an acupuncturist who is trained in using Asian medicine and healing concepts).

### **What to do instead of cold application**

**Warmth** - Apply heat lamps after a warm salty Sitz bath was standard practice before modern medicine turned to ice. In times past, a heat lamp would then be wheeled in to the new mum's room and her damaged tissue dried and warmed.

**Arnica cream** - The topical application of arnica is a great start. There are many homeopathic and nutritional supplements that assist healing, including Recue Remedy. See [these remedies](#) are beautiful and actually heal on all levels offered.

**Massage** - is a great way to re-establish 'normal' after birthing. Same as before birth - the need for [great circulation through the tissues is still the same](#).

**Moxa and acupuncture** will normalise circulation - the application of anything to the local area that gets the blood flowing will improve the rate of healing. Warmth, comfort, perineal steaming (under supervision from one who knows).

**See why they offer cold/ice (Do not know what causes healing – let alone pain).**

### *“How Cold works*

*‘Cold reduces the flow of blood to the injured area and acts as an analgesic by reducing nerve-conduction velocity. Reduced local tissue metabolism and decreased blood supply offers relief from muscle spasm and pain.*

*‘There are four natural stages of sensations with cryotherapy:*

1. *Uncomfortable sensation of cold*
2. *Stinging*
3. *Burning or aching, and*
4. *Numbness.*

### ***‘When to use cryotherapy***

*‘The application of therapeutic cold should be used when motion is limited by pain.*

*‘Cryotherapy is effective in acute stages of inflammation, before range of motion exercises and after physical activity/rehabilitation.’*

## Pain relief

An internet search for [therapeutic use of cold for muscle spasms](#) resulted in the following: Cold depresses the excitability of free nerve endings and peripheral nerve fibres, and this increases the pain threshold.

***I respectfully suggest that the body has its own wisdom – pain is telling you not to use that area because it is damaged and must have time to repair itself.***

Cold numbs the area by restricting flow of blood, hence the nerve responses. When you don't feel the injury, you are more likely to move around further damaging it. Pain is there for a reason - turning it off is like placing a Band-Aid over a warning light on the car dashboard so it can't be seen: the PROBLEM it is alerting you to is still there.

## Limit swelling

Stopping the flow of helper cells that would naturally flood the area to assist in healing, through the application of ice, slows the healing process. The fluid needs to be there to immobilise the traumatised area. So the application of cold numbs sensation, but it also stops the body's natural healing processes. Healing needs inflammation – as this is the way the body does the work.

## Reduce bleeding

The cold that is causing contraction seals off circulation to the area. Is this a good thing? Why is the body putting blood there? This is the way all nourishment gets to the area, including oxygen and nutrients, as well as the cells for reconstruction.

As well, the rubbish created from the trauma has to be removed for healing to occur.

This is supposed to happen via the lymph system – but can it circulate well with the sluggishness induced by cold? We need inflammation to heal.

## Control muscle spasms

Supposedly, superficial muscle spasms happen as increased excitability is present. The treatment outlined above reduces all nerve supply, so that the 'problem' the body is warning you about is silenced. Heat would help to get more nutrients to the area.

**Answer** – more ingredients on hand. Including plants from the garden, between the cracks in the concrete. Magnesium applied topically, as an oral supplement and in a hot bath as Epsom salts would do a far better job. We need enough vitamin D and dietary fat to allow this vital life ingredient to be useful.

Pain is due to blockage, stagnation and/or congestion. Whatever hinders circulation must be removed for the pain to be relieved. No need for pain warnings as circulation is restored. Hence, there is no need for ice.

Acupuncturists have long been able to FIX the reasons why pain is present — wherever it appears. By using a different model of health — that of energy and its flow — it is often easy to cure what a surgeon may expect to mechanically resolve.

But - before and after the surgery — the healing is likely to be compromised through the use of cold to numb the feelings and thus the body's ability to repair itself.

## What to use INSTEAD of cold/ice

Anything that allows flows to flow. Undo the stagnation/ congestion in life force.

**ATTEND TO WHY THERE IS PAIN IN THE FIRST PLACE — don't just mask it.**

Medical techniques do not clear the reasons behind the pain - and the options mentioned below may do. They are 'alternative' to what is recommended by the orthodox western medical model of healing.

### Pain relief

There are so many levels that healing is needed - and so many things that all fit together. The focus of your life may alter drastically when you have an accident, an incident, an 'aha!!' moment – and then you may need to seek very different assistance – and this shows some of what and how these helpers may be able to do.

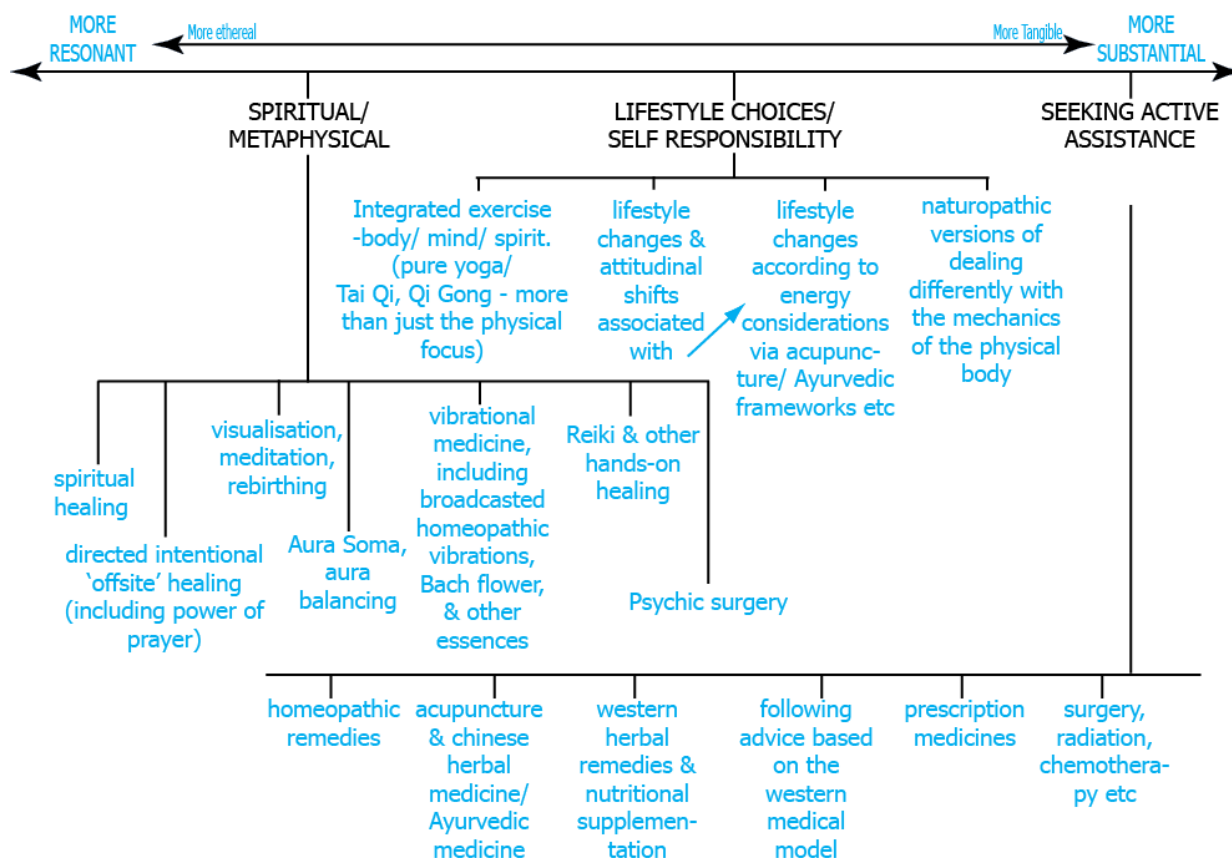
Often, pain is present to prevent movement so that healing can happen. Often it is telling you there is more wrong than you think and further investigation is needed. Sometimes it is an emotional pain that is seeking validation through a genuine reduction in nutrients (that will make you far more pain intolerant — [magnesium](#) (and [Vit D](#) to absorb/use this) and [vitamin B deficiency](#) are indicated here).

Often, in acute pain, a person may understandably reach for anything as relief.

When pain is more long standing, you may have spent quite some time pondering and seeking to remedy its existence. By then, if you have used a lot of cold and ice, there is a secondary problem, as healing is delayed or different to what it should have been, and there is substantially more work to be done.

In this case, the cold must be removed before the body can heal.

Always add-on [topical magnesium](#) – it is amazingly swift, and easily applied and is totally safe and will only help – in all conditions. Raw ingredients for body function are so often overlooked and the body has only one way to let you now – break down eventually. There are many levels to interventions . . .



## Seeking assistance with pain

Find ways to relieve the circulation disruption. **Chinese liniments and external plasters, and internal medicines** have been developed over thousands of years to aid the quick resolution of pain. They all encourage increased blood circulation.

Visit your local Chinese supermarket and ask for some **herbal patches**, 'hit medicine' remedies, so they are on hand when you have need of them – First Aid.

**Homeopathy** offers great remedies to assist with pain. Keep a homeopathic first aid kit on hand for use as needed. Most know of Arnica – please have it about, and if you think that it is 'just' a silly idea – try it – also on your pets – it does work!!

**Reiki** is a great tool to have in reserve. Reiki skills equip you to be attuned to healing yourself and those around you before the event. Courses are short and effective – allowing you to really help heal yourself. You always have your hands with you.

Other forms of energy healing, such as Emotional Freedom Techniques, pranic/ polarity healing and magnetic healing, have their uses if/when purely mechanical/ physical modalities seem not to help. These may require you to learn something to do to help yourself as needed, it is easiest if you take charge.

**Maya massage/Arvigo® therapists** – is a gentle and highly effective way to restore your overall homeostasis – and also to teach you to care for yourself at home.



Underlying sacral congestion (to all flows in your entire body – as the centre of you is the sacrum and its energy sources) may be relieved through very gentle corrections to your structure. You may find that you can do some of this at home by following the massage links on the courses I have posted on the cold is not your friend [site here](#).

Perhaps your physical structure is totally out of alignment and you need extra help. **Chiropractors or physiotherapists** may jump to mind, but there are numerous ways to gently, more respectfully or more profoundly help the body get back on track. Use **topical magnesium**, for example, and get more rest and exercise.

**Acupuncturists** again are wonderful at restoring the right balance so the body goes back itself to where it has the blueprint /template to be.

Look to what [I have posted here](#) – and after finding a moxa stick (you need the smoky version – the smokeless is a waste of time) and discover just how soothing and effective the use of the moxa vibration can be – you will need someone to do this on your back for you, as it is too dangerous to try to do it for yourself.

Buy the massage helpers I have [online here](#) as the extra you can do for your family /friends/loved ones will be reciprocated it is very simple, highly effective, totally easy to do – and fun!!

*When in a Chinese supermarket – take home some herbal plasters and internal capsules that they suggest – so in your cupboards, as well as the Arnica and extra liniments, next time you upset yourself – you have what is needed to undo your pain.*



### **Optimal nutrition is an integral part of healing**

Very often, orthodox medicine forgets that our health is dependent on what we eat — and how our ‘food factory’ is equipped to process nutrition. Inflammation is fed by all sweet taste – and sugar is an addiction, hidden in all foods, and not conducive to any healing.

## 12. HOW TO GET RID OF EMBEDDED COLD

### *Initial invasion (skin)*

Evidence of cold lurking is easily found on your back: press down on your skin with your palm. If your palm prints are white your circulation is full of cold. (Obviously, most of us will need someone else to test the skin on our back for us.)

- [Remove what cold is already there](#)
- Smear the skin with Vick's Vaporub and scrape briskly and superficially with a China spoon, until purple/red bruising marks appear. [Watch](#) and do this at home: it can sometimes look incredibly impressive and also is instant relief. It is totally safe and been used for centuries in all Asian homes. Gua Sha.
- Expect to make a change on the skin, and a huge difference for the person. Especially if having difficulty breathing from a cold/flu.
- Take extra Vit C – any more is so much better than none - and investigate some of the links I have posted on [this site](#).
- Rug up and promote sweating, take a very hot bath, eat a hot curry, drink grandma's recipe to drive out cold.
- Take a ginger bath (see below).
- Prevention - once cold is removed, don't let it in again
- Avoid breathing very cold air
- Sleep in an enclosed room, free from draughts
- Use a thermostatically controlled heater on 'low' setting (especially for young children), to avoid winter coughs that linger
- Keep Chinese herbs on hand, to be taken at the hint of a cold
- Avoid getting 'run down', so your protective Qi ensures that you never get 'sick'.
- Stay well – not wait till something hits you.
- Investigate using Glutathione as a mitochondrial booster - listen to how/why your life may be revolutionised [here](#).

Avoid working and living in cold, damp and windy conditions that create the cold invasion. These incursions will eventually show up as pains in the body that respond to weather conditions - and are relieved by their opposition. Take traditional remedies to assist the above process. Take a ginger bath (see below).

### *Joints and muscles*

You know cold is present when the joints and muscles feel better with the application of heat - and when the application of cold worsens the pain.

Get rid of the resident cold, damp and/or wind, thus restoring normal circulation of energy and blood; rebuild the Yang, to ensure ongoing protective Qi vigour. [Gua Sha](#)

## Menstrual region

When heat helps the pain and when cold makes it worse, [cold is present](#). Pain happens when circulation is not normal. Many things stop normal Blood and Qi (energy) flow through the pelvic region. 'Hormonal problems' are an easy explanation - but this is just one of many reasons that could account for menstrual irregularities. Periods should not hurt or be stressful for women.

[Yang Qi](#) rules the transformative and circulatory processes. When your body is unable to feed itself as you have damaged yourself – your [Spleen Qi](#) is weakened, digestive systems (and then all your body) is eventually affected, because quality [Qi](#), [Blood](#), body fluids, [Jing](#) and thus [Shen](#) nourishment are compromised.

This is both preventable (following what the elders told us to do) and fixable (same). Acupuncture treatment acts to restore wellness at all levels. This may include such allied therapies as scraping (Gua Sha above mentioned), cupping and moxibustion, as well as needles.

Consulting a different health model - that of the work of a [Maya/Arvigo® practitioner](#) - before the acupuncturist may also be useful. Self-care at home is the key.

Natural health care professionals should have a much greater understanding of how to help the apparent hormones (messengers). Ingredients and flows are the key concepts. With any menstrual irregularity, well before seeing a medical doctor, seek out the actual CAUSE of your hormonal (thus body) upsets. The beginning – rescue your root. When/if cold is present, [cupping the navel](#) is warranted as well as changing what you are doing to CREATE the problem.

You may choose to take a course of appropriately prescribed Chinese herbs, which will restore your systems to normal over time — something you may not have experienced. Use a hot salt pack (see below).

### Prevention

- All elders would have tried to tell us . . . Stop letting what is damaging you in

Avoid — all factors that weaken [Spleen Yang](#) (and thus make you vulnerable to cold)

Always keep some covering on your feet - do not barefoot water-ski, always wear sufficient clothes, cover your midriff and lower back

Do not go swimming or get excessively cold or over-exercise when bleeding.

- Strengthen your body so it is able to fight off cold attacks more easily.

To see more – there is an online menstrual rescue package here and the actual physical care kit (all assembled and ready to post to you) [can be sourced here](#).

## Ginger Bath

This will eliminate cold is to open the pores and let the trapped cold escape. Please be mindful of covering up really well out of the bath and going straight to bed in a pre-warmed room. The idea is to get hot, and to sweat out the cold, and then of course have a hot shower to remove all the rubbish that comes up onto the skin from within.

*What to do*

- Roughly chop ½ kg of fresh ginger root into half walnut-size pieces.
- Simmer in a covered pot of water for 20 minutes.
- Strain the juice into a previously run hot bath
- Ensure that the room you will retire to after your bath is warm, that you have everything ready after emerging from the bath, ready to rug up
- Soak in the bath for as long as possible.
- Do not get even slightly cool whilst in it or whilst getting dry and dressed
- Go to bed and sweat it out.
- Do not get cold. Indulge in no sexual expression, do not exert yourself at all

If no sweating happens, repeat the following night with new ginger.

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

## Hot salt pack

To be used in preference to all wheat or similar packs that rely on moist heat. Wheat packs may provide temporary relief, but when cold is trapped within, you need to extract the cold rather than just warm it up.

*What to do*

- Buy rock salt. Not sea salt. Not ordinary salt
- Place in a dry skillet, and roast the salt gently for 20 minutes. The salt may change colour. Do not microwave as it may explode
- Place the heated salt very carefully into a cloth container, such as a strong 'envelope' (like a pillow case). Wrap firmly in place, so none can escape, wrap again with a towel or similar and place on affected area
- Be very careful to not spill heated salt onto yourself.

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

***Warning: Do not use this if you are pregnant or may be pregnant, or if you have flooding flow — see an Arvigo® practitioner or a good acupuncturist first.***

## Perineal Steaming

Very often used in 'women's business' in many traditional cultures. This is so soothing and easy to set up at home. Best find someone who is well versed in this as a daily practice. Possibly a [Maya massage /Arvigo® practitioner](#) will talk you through. You may have never heard of this before. It is normal in many cultures - called Chai Yok in Korea most women would be practicing this at home as preventative medicine and actual health care. It is an absolutely simple, effective and something you can do to transform your life - one day at a time - perhaps nightly prior to sleeping?

Look below on [steaming](#) . . .

If you are pregnant, or suspecting that you may be, or are heavily bleeding – or you have a medical device or mesh within - do not steam. Find a natural health care practitioner who works with all of your body and soul, and is able to spend the time to answer your questions - so you take charge of your self - not keep buying services/products. Take the [self-help course to wellness here](#).

## Taking the Cold Out

Please remove cold throughout the body, to impact on all things feminine (including libido enhancement, easy conception and painless easy periods).

[Gua Sha](#) may help – especially if you are troubled by old joint/back/breathing and cardiac problems. Perhaps see a qualified acupuncturist.

[Courses for home self help ~ see more here](#).

(Including exactly how and why you would cup your own cold out, use moxa safely and of course start a lifelong habit – perineal steaming for all digestive, urinary, reproductive, structural and general life comforts.

You may want to set up a [private Skype consultation with me](#) – and this is very possible as I point all into a different direction – that of your taking responsibility with the easy tools that I have formulated.

[Get started today!!](#)



## APPENDIX 1: REIKI

Reiki as every person's tool – at your finger tips.

Becoming more responsive and less reactive in all instances in life can only help everyone around you. Anyone can do it. This is a very useful extra in everyone's tool-box, especially if you have young children or are trying to get pregnant (think of being able to do something useful rather than hoping and fearing).

I knew absolutely nothing about Reiki until 30 years ago, when [Kathryn, my massively brain injured daughter](#), was in need of extra help. I had been vaguely aware of the more 'out here' healing modalities of the New Age, but as I was a very practical acupuncturist, and busy mother I had not explored this - until I had a very distressed, not sleeping and totally handicapped baby family member.

A group of new practitioners were in my area and we started visiting them every week – for seven months as it turned out. As a result, Kathryn's mood, and ability to cope with us trying to help her, was far better when having Reiki. As a bonus, the time away from her whilst they worked on her also meant I received a session separately – and a chance to sleep. Always handy to have – Reiki as a self help tool

Many years later, when my youngest son was about 13, he managed to wrench his ankle badly whilst playing beach volleyball. I got him to sit down – and I placed my hands upon him. After about half an hour he got up and it was fine again . . . his first conscious experience of his mum working magic with just her hands (I had no needles at the beach).

This was useful as a few weeks later he managed to deeply cut his thumb with a knife – and within a week there was hardly any scar. Instant is best with this therapy – as soon as there is damage, stop and fix it!

Instead of using ice – become your home help rescue package – you always carry your hands with you – perhaps become a [Reiki channel yourself](#).



## APPENDIX 2: WHAT ELSE CAN YOU DO?

### **What to do to help yourself**

Buy the [natural healing problem solving apps](#)

A unique navigation tool from me - a senior natural health care professional.

If you are a woman of any age – but the periods have stopped there is still a wealth of information how to help all emotional issues and with [all women's bits](#).

The [Pregnancy](#) App – (is not a week by week 'what to expect when expecting' lookalike – but answers. To questions you may not have even thought of asking.)

This covers all that happens and how to enhance the experience.

Birthing and after care of yourself and baby and even: a dad section!

Natural health and pregnancy related, breastfeeding and baby matters – as well as the birthing and preparation – will send you off to useful sites, articles or clips from around the globe - so you have at your fingers help [when you need it](#).

The [Fertility App](#) is for couples – especially wanting make a quality baby. To open up the possibilities that a healthy body used well can offer – fertility being a measure of wellness – and usually easily fixed. The raw ingredients section of all the Apps will alone direct you to the answers almost all health issues need.

You then have instant access to a lot of practical help

It is all laid out as problems you may encounter - and their solutions.

[Periods](#) (not a week to week charting device) – this is what is happening and why and what to do about it) - all that happens to women – including aging and what next after periods, (we still have the womanly bits) and emotions . . . and much so more.

***All [Heather's natural living problem solving Apps](#) have the same 'raw ingredients' section: what is needed for easy living in a body and myriad links around the world of internet and articles and video clips – so you are linked in with the word of healing.***

***Learn why you need certain ingredients for life – and what happens when you add more in – wellness blooms!***

## 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](#).