

The Secret
to
Being Well:
Tune Up Your
Metabolism

by

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Disclaimer

- *I am sharing the ancient wisdoms as were handed down through various cultures.*
- *Life in times past was revered; the ability of the body/mind to heal was respected, as was the word of the master and the elders.*
- *Lineage and self-respect were ingrained.*
- *After hearing initially how to do this – please remember that I have been experimenting and refining this in my clinical practice for the past 35 years.*
- *Please be aware that you are using tools that could be potentially dangerous.*
- *Respect yourself – we are not playing games here, but resolving what underlies all that has been ailing you.*

Warning

- *As an adult, you to take responsibility of whatever you do*
- *This means on the one hand – you have seen no doubt what orthodox thinking in medicine has planned for you.*
- *You have a labeled condition PLUS a lot more when you look through what  [Yang Qi](#) depletion looks and feels like.*
- *You may have taken your  [BBT](#) and found that yes indeed, there is a short fall.*
- *You want to feel better.*
- *Taking charge means the entire process (your life and its quality) rests with you.*
- *Please pay attention to all steps.*

A Brief Visual Overview

- *For more please read all that is on the site –*
-  www.coldisnotyourfriend.com
- *The manual and other resources I have for you will give you an appreciation of how clever the body is; how it can heal itself; how as we have messed with old people's wisdoms; and how it is so important to return to where your body can heal and support its own life processes.*
- *This presentation is to be actioned only after you have read the accompanying manual – “How Cold Damages Your Health” and “Life Support”*

Cupping

Cupping is usually used on backs to alleviate invasion of cold and to further undo tension after using



[Gua Sha](#). Also usual cupping is used.

Demo here:



<https://vimeo.com/169780958>

Why Are We Doing This?

Answering “Why?” Not what is happening – but why is it?

- *Not a state of ‘we don’t know’ as you see the medicos – here you have found the real reason things are not working for you. Or not getting better. Life is about wellness.*
- *The body needs to keep you within set limits and with few sleeping, and being mindful of what is needed – there is little margin for error.
When ice is intentionally added into a body – there are consequences.*
- *If you do not know how health works, and thus how illness starts - it may look all random to you.
BUT life is not about killing disease organisms, but being resilient and thus able to adapt to anything.*



<https://vimeo.com/192865920>

Why Cupping?

- *Pre dates all other therapeutic interventions - think - pus discharging wounds, boils, they need a release.*
- *Some may not have used glass, but reindeer horns, bamboo.*
- *All cultures have cupped as it works.*
- *Is simple, safe and effective*
- *Requires almost no training*
- *Can be done instantly and relieves so easily*

What Cupping Usually Looks Like:



How do we get the Suction?

- *I may be seen as being 'old fashioned'. How I was taught is what I still do.*
- *Methylated Spirits (De-natured alcohol) on a tissue in a clamp and introduced lit into a warmed cup.*
- *Will pull out some of the O₂, meaning that when the cup is instantly placed on the skin, the air in the cup cooling down sucks up some skin and the cup stays attached*
- *To come off when we reduce the suction – introducing air back in with gentle use of fingertip at the interface of cup to skin.*

A Back Full of Cups:



Different Angle:



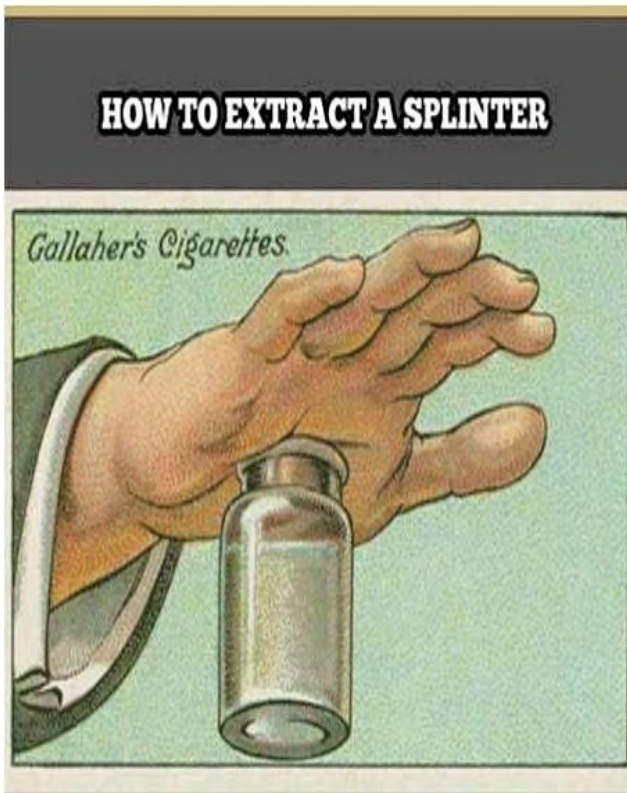
Cups On/ Cups Off:



Drinking Glasses if Nothing Else is Available:



This is Not News:



Egyptian Ceramic Cups (over 1000 years old):



Cow Horn Cup & In Use:



Many Cultures, many tools.

People used whatever was at hand. All knew that suction would alleviate whatever was happening in some cases.

Home Help

- **Home medicine** – most cultures used this
- Mentioned in a Sydney seminar in 1981 by the late Dr John Shen.
- Now I begin with this for almost all my patients.
- At least the first session, and often with no other indications other than my knowing that we all have cold stored within that is blocking our normal flows.
- (Intention in seeing an acupuncturist – to allow flows – of everything - to flow again).

Navel Cupping – What For?

- Is more profound than back cupping, instant and it works.
You can use this with a minimum of fuss.

Preferably then add in essential heat – real moxa – see later on.

- Yang Qi is the equivalent of the metabolism

Intention - take the stored cold out to allow normal body circulation, digestion and warmth to return

Cold stored in the body wastes Yang Qi.

Do It Yourself – Cupping Was Considered A Home Remedy



Why Cupping the Navel

- *By asking a question - “why is the body not able to heal itself?” What is my body warning me against?*
- *Pulls out the cold - what is not designed to be within*
- *This has often been stored for decades doing mischief.*
- *Also may have the presence of the wind that drove it in – may remove your structural aches and pains – and headaches*
- *Here with navel cupping we are covering everything possible – plus we are working in the deeper levels of existence.*
- *This is the central Qi issue*
- *We are also focusing on where we were nourished into being (via mum in utero) is really where to start.*

From the Masters Who Bring This to You:

Respect Yourself

- *When using a cup on a navel, you MUST ensure that the essential Qi is not pulled out also.*
- *Use the large coin to avoid this.*
- *Do not do this process without a large coin.*
- *Respect your body - ‘Do No Harm’*
- *Why are we doing this?
To reinstate normal.*
- *To rescue your Yang Qi/root*
- *So that your body can heal itself*
- *Pulling out your essential Qi from the root of your belly is not that*

Very Different Process to Normal Cupping:



Essential

- *Do not worry*
It took ages to get the flame in cup picture – it is lit for so short a time.
- *Have all tools assembled first – see next slide*
- *Warm the mouth of the cup – under the hot tap is fine.*
- *Dry it off.*
- *(Always put on warmed as you are otherwise creating more drama with additional cold in).*
- ***This is a very powerful, profound yet gentle treatment that predates even ‘diagnosing’ anything.***

Ingredients:

- *Cup (largest diameter you can find)*
- *Matches*
- *Tissue*
- *Coin*
- *Oil*
- *Towels for covering*
- *Hand mirror*



Steps:

Check your tongue and cool spots on belly as a baseline

- 1) – Empty your bladder
- 2) – Have a drink to replace what has been shed, and have it there to sip on (straws are useful)
- 3) – Assemble all you need including a lot of towels to cover up a potentially cooler person as this happens.
- 4) – Take note of what the tongue looks like – maybe record on your phone camera? (It usually changes a lot)
- 5) – Pull up the perineal/vaginal area to use as a 'baseline' for comparison when you have finished.
- As with tongue - to monitor change – you may be surprised!

Why a Coin?

- Do not miss this step - no cupping without it
- **We want to conserve the body's constitutional energy, thus not draining essential Qi**
- By not using a coin, we are allowing the essential Qi/energy of the body to escape along with the cold.
- Choose the largest coin that you can find
- Ideally warm it up first
- Twirl in a **poor grade tissue** – so it will burn easily – not one impregnated with Aloe etc ..

Alternative Cups

- You need a thick edged (do not use drinking glasses)
- Cup needs to be also Pyrex or similar to with stand what you are doing with it.
- Do use glass so you can see what is happening (safety issue)
- Not too heavy as it will be on a while and anything will get uncomfortable if left on – (sometimes I leave on for up to an hour)
- Totally depends on how the body responds.
- A drinking glass is not wide enough at its base
- (The actual glass it is made from is too thin)
- The acupuncture glass cups are about 6-7mm thick

Light Tissue and Place Cup on Top to Extinguish Flame:



What it Looks Like Going On:



Coin is Within the Tissue:



Tissue Goes Out When Cup Is On:



Flaming Tissue Almost Extinguished:



Cup On, Flame Out:



Usual Acupuncturist's Cup:



Size – for an adult the largest you can find!

Then There is Always Using What is At Hand In the Kitchen:



Preserving jar, in the absence of a usual cup used by an acupuncturist



Upended Agee Jar (NZ):



A Mason Jar (USA):



It Is Your Life:

- *Following my guide lines here – using home remedies as all did a few short generations ago and in all countries - is up to you.*
- *You know your limitations.*
- *This is playing with fire.*
- *Literally*
- *Matches, burning tissues and so on.*
- *The tissue can only go out when you extinguish it with the cup.*
- *Practice on your leg first – on a nonflammable floor covering in case you freak out and drop something burning.*
- *The first time, it is a surprise.*
- *On the belly also – the suction can be intense and you can lift it off – practice a bit.*

Practice Run on Your Leg (vimeo video):



<https://vimeo.com/169503609>



Start with a large Pyrex Cup:



I prefer to use the largest possible unless I am working in a very small person – when I still use a fairly large cup.

The bits you also need: especially a large coin, plus some oil – I use Tui Balm from NZ



Coin to be covered over by a tissue



About to get started: coin in the centre of the tissue



Wrap the coin in the tissue



Add in the oil/sliding media



I am using the top of my thigh to show how to cup your navel



Adding the twisted tissue in position



Ready to set tissue alight



Lighting tissue



Lit tissue about to be cupped



Cup to be added on



Tissue is about lit enough to allow the most useful suction





Moving onto cupping your own navel




<https://vimeo.com/169503607/388a0b8106>

- Can't do the moxa-on-ginger component unless you have someone helping you (See here -



<https://vimeo.com/169785371>) – and this also needs practice to get the timing just right.

- Maybe this means you get ready to do  [steaming](#) – a traditional practice that was running and still is – with this medicine? (Asian again)
- I mention this as once the cold comes out – how will you treat yourself to warmth to ensure that the gains made are not lost?

Needs...

- Practice first on your leg
- Assemble all you need.
Have a mirror and your camera to record what is happening on your tongue.
- Have some fluid – not chilled - to drink
- Make sure that you have urinated, and eaten and drunk enough
- Warm towels/heater ready

Cupping your own navel



<https://vimeo.com/169503607/388a0b8106>

Stage 1 – Cup on your own navel



After care

- *If it feels too tight - relieve some of the suction - you may lose it all – repeat.*
- *Take pictures of your tongue and date them as you may well wish to do this again*
- *Make sure that you have some warm clothes and a drink afterwards*
- *Do not re expose yourself to cold*
- *Keep warm and out of draughts – as your grandparents would have told you to*

Cupping someone else's navel



<https://vimeo.com/193128790>



What does it feel like?

- Pulling
- Suction
- After this strangeness has subsided, usually many things happen.
- Whatever is happening is normal.
- Your body will be undergoing massive shifts, and you may or may not be aware of this.
- As the cup is finishing its work, sometimes it can start hurting again as though just put on
- Time to release.



How much suction?

- You must let all know that it does not need to hurt (And this is a subjective as well) to be effective.
- I have had almost no suction and the same as always happens. Often an instantly much cooler belly If you touch it – it is as though the body is excited and lines all the cold up.
- One case stands out – as surprising to me – she was a very cold bellied pregnant women with a herniated navel – so I needed to rescue her Yang for all the reasons you see in the pregnancy and the Spleen Qi sections. . It worked well anyway . . .
- It would appear that more is not needed.

What you want to happen

- *In the light of my comment above...*
- *You want the belly to tell you - often it starts 'normal' and then gets cooler – it is as though the body has a stash of cold and knows it is now safe (and appropriate) to let it go.*
- *So it does.*
- *The tongue and the body (especially temperatures if you are attuned) will also give you clues if you look and listen.*

Can't stand the thought?

- *Only do this if you are OK with it.*
- *If you have an aversion to anyone touching your navel – you probably have birth trauma and may benefit from using some form of vibrational healing drops/spiritual healing.*
- *Please be aware that birthing trauma stays with us forever – if you are about to birth a baby*
–  please research *how to respectfully allow*  nature to unfold.
- *(Most of us were not centred into the birth – but treated as incidentals).*

What else happens?

- *Totally depends on you*

Usual changes noted:

- *Get warmer*
If person feels colder – hence the blankets/towels and being in a warm room – no draughts.
- *Will get thirsty – have a warmed glass of water ready – and a straw.*
- *May get VERY thirsty.*
If watching your tongue - it will change a lot and instantly and keep on changing

Tongue changes?

- *The tongue shows those who know what is going on within.*
- *The fur on the top is only the beginning*
- *Get a hand mirror and watch!*
- *It will get moister - even without you rehydrating.*
- *Tongue fur may return – that shows we are helping your gut work better.*
- *Do not think 'good' or 'bad' – just observe*

Photos of tongues

- *When taking photos of the flame in cup above, we did not take pictures of her tongue.*
- *The daughter of the woman whose belly is featured saw her mum's tongue from pale and 'dead looking' to vibrantly pink, and alive in under 5 minutes as we took the cup on and off whilst filming. It was an eye opener for her.*
- *You may not be able to interpret... Expect change*
- *'Good' or 'bad' does not feature – different is all you need*

If this simple process makes this much difference to the circulation (colour of tongue) and the fur/coating (state of your digestive system) you can see literally what changes we are affecting – enjoy!


What will happen?

- *We are all different*
- *Nothing bad*
- *It is a profound change to allow the body to let go what is blocking its path to perfect.*
- *Give it time.*
- *Be aware that you are safe.*
- *The cup should not be painful – just tight.*
- *Not being a hero means less likelihood of drastic cup marks, or blisters, ALTHOUGH when there is substantial 'Sha' to pull out sometimes a gentle suction – as with the man in the slides before – may give you a large reaction.*
- *And healing*
- *When in doubt possibly leave it on*

What to look for

- *A wetter mouth (take sips of water, as you will feel dried out)*
- *An overall sense of relaxation*
- *Many different odd sensations as your body relieves itself of what is in the way*
- *That may be funny pulling or movements in strange places (not under the cup or even on your belly).*
- *Whatever is happening IS happening – let it.*
- *Over 30 minutes and you may be desperate to pee – and be totally surprised on how much appeared.*

Body changes – 1

- You may feel a **drawing/pulling busyness** anywhere in your body. This is where your previous world view may get a shake.
- Powerful medicine – please pay attention.
- And do not break yourself in future. In the past no one would have been silly enough as to add ice to any body part.
- NEVER again use ice on an injury, or drink cold fluids. Their influence stays on to wreck perfect body functioning – please  [see here](#)

Body changes – 2

- The **pulling/release may start and stop**, and visit different parts of your body.
- One woman observed it was as though the vacuum cleaner cord too short to do the whole house, needing the power source replenished to have the different rooms done. In turn
- Some experience a feeling /sensation where they know that they have applied ice (apparently therapeutically) before.

Body changes – 3

- Regardless of whether it currently ‘makes sense’ to you or not – changes do happen.
- You can watch them on your tongue as the body readjusts itself.
- If you move around a little whilst lying down, you will **feel the tension/stiffness, even pain leave your body.**
- If it were an infection – maybe this starts subsiding
- If you felt ‘awful’ – however that was – you may feel the shift as your body takes over

Body changes – 4

- **You may urgently need to pee/urinate**
(Hence you visit the loo first before you start this.)
- And still you will need to go (again)
- Often it is the largest pee and you have no idea where that came from.
- We are reorganising your body and now it has more of its Yang Qi as it no longer is in service to keep the past stored cold in check, your body can start fixing itself - no external micromanaging needed!
- Please revisit the Yang Qi functions below


Functions of Yang Qi

- Digestive fire (TH) – supports life
- Circulation of all resources
- Thyroid (BBT) and other metabolic issues
- All aspects of Spleen Qi holding
- Immune/Lung Qi strength
- Reproductive & sexual 'oomph' (**most infertility/sperm defects**) gyne/'high risk' pregnancies **especially placental issues and FGR**)
- Fluid transformation (**weight/lymph/fat/iodine**)

Body changes – 5

- **You may fall asleep** – it is so relaxing!
- (Although when the cup goes on you may not feel so).
- This is not you being taken out and having no energy at the end
- This is a state of relaxation that will encourage you hopefully to look after yourself a great deal better in future.

Body changes – 6

- **You may well get cooler.**
- *The body temperature regulation may start working better*
- *A previously hot person (especially think menopausal flushes) may disappear.*
- *I have yet to find a woman who is not thyroid depleted when going through the MP and all seem to think it is a 'too hot' problem – it is actually the body not able to work well.*
- See my  [other works for this.](#)

Observations #6

- *I was teaching a weekend class*
- *One of the women was regularly going through hot flushes - removing clothes and fanning herself.*
- *In the break half way through day 2 - I cupped her navel and added in the moxa on salt in tissue on ginger routine.*
- *No more flushes in class.
She couldn't believe it!*
- *I have yet to see a menopausal woman who is not suffering from a lack of ingredients to have good thyroid function.*
- *Pull the cold out and nourish your/her Blood energy!*

Body changes – 7

- **You will warm up.**
- *You may notice that the extremities no longer feel (to you) icy*
- *Maybe this is why you are cupping - to restore circulation*
- *You may also notice that you feel happier and more comfortable – this is usually the warmth returning to your entire being*

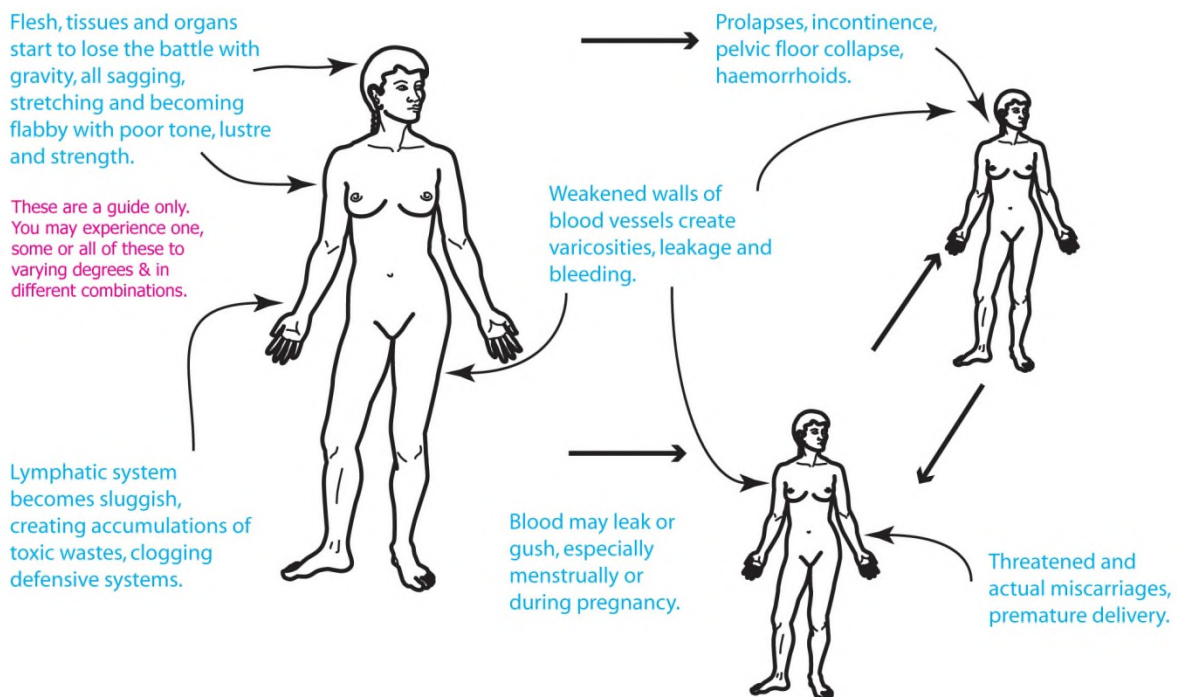
Observations # 7

- *Peripheral circulation can be stifled through the lack of Yang Qi to allow normal circulation*
- *A young midwife with freezing cold hands and feet was in for fertility treatments*
- *I cupped her navel, using moxa as I always do*
- *No longer cold hands – one session changed the life of her working with babies and mothers – and her husband!*

Body changes – 8

- If before you start, **do a vaginal clench** – (imagine there is something in your vagina and you are bringing it back up inside you) – you will notice that as you go on with the cup still on - you feel more strength 'down there'.
- Man can do a 'perineal pull up' - they will experience the same
- This is because the Spleen Yang Qi is in control of the holding function in the body – and often the incontinence, prolapsing and even babies falling out is due to this not being strong enough.
- Check your pelvic lift often: this will usually strengthen

Holding energy needs to be strong



'We don't know'/unknown

- Common answer if a medical person is asked why the body is creating a condition.
- Endometriosis? Poor sperm? Cancer? IBS?



Perhaps review the [Causes of Disease](#) as explained here.

- All traditional systems had the causes of disease sown up.
- Going against the Laws of Nature.
- Starting with do not allow yourself to get cold.

Observations #8



- *An older woman was seeing me for her gut not working and for her fear of life – as all was falling down and she was not in control of anything*
- *I asked her to vaginal clench before we started.*
- *As the process continued over the next hour (it does take a while) I got her to occasionally pull up – and she was very worried as she had no idea how I had done that.*
- *Simple – the Yang Qi holds all in place – and it is now stronger’ did not work in her world view of the physical bits and pieces*

Sometimes we need to let go and just let be!!

Body changes – 9

- **A general sense of wellbeing may appear.**
- *Pain may well disappear and not return*
- *Yang Qi is about getting circulation right.*
- *Body working better*
- *Especially if you were anxious before*

Sounds safe and effective?

- *It is.*
Please follow all the steps as is laid out.
Always – when in doubt – don’t
- *Remember also that I am not giving medical advice – this is what all older people knew in other cultures.*
-  Cold is not your friend.
- *You need to undo all that has loaded within, and never ever add more in intentionally or accidentally.*
- *You need your Yang Qi to work for you.*
- *Too much*  can go ‘wrong’ when you don’t!!

Stage 2 – optional but highly recommended – Moxa.



<https://vimeo.com/169785371>

- MOXA
- *(On to of a slice of ginger)*
- *A little heat source.*
- *We need now to retrieve what is missing.*
- *The moxa does this - but only use if you are not allergic, have access to outside where you can do the smoking stage one and are able to get the right very coarse grade of punk moxa.*
- *Anything else burnt will not do – and this includes the smokeless little needle head moxa.*

Why Moxa?

- *(See the presentation of the Iodine/thyroid as part of the package)*
- *Moxa is THE tool of choice.*
- *Find an acupuncture supplier who will sell the grossest punk moxa possible.*
- *At a pinch, you can raid a moxa roll/stick/moxa cigar – but that is a bit wasteful.*
- *The bags of loose moxa – the more twiggy the better – work best.*
- **NOT the golden Japanese version** – they do not burn hot enough, or long enough.

Ingredients

- Moxa
- Fresh Ginger
- Matches
- Knife (for cutting fresh ginger into discs)



Showing the difference between the golden and the punk:



A box of moxa rolls and a stick in a holder in the background

Slice raw ginger



How thick? Enough to allow the base to be useful, but not too thick. About **3+mm**

Take some gross punk moxa



Make a small pyramid and squeeze out all the trapped air



Squeeze again – against the ginger slice



Place on the ginger



Light the moxa



Leave till burnt out and the glowing ember now goes inside



Ready to pop on the tissue (salted)



Ready to be placed on the navel after cupping (on the salted tissue)



Ginger will be cold and wet, then moist and hot



<https://vimeo.com/169794003>

- *Have salt in the tissue ready, place the lit moxa on the tissue for a while, so it is warmish to touch through the tissue.*
- *You do not want the ginger to be cold on the newly vulnerable skin of the navel. You do not want to add more cold in after the pores have been totally open.*
- *Place the tissue with the salt in it, and the ginger with the lit moxa on it on the navel to rest warmly.*

Alternative uses whilst you have a healing heat source: on sore joints





Doesn't hurt, but looks impressive.

Called 'Sha' in Chinese medicine – it is an indication of either the cup being on too tight, or (even with hardly any suction) the degree of what is loosely called 'Sha' meaning stagnation in the tissues being released.

Stage 3 (or 2 without Moxa): Cup off, Moxa on



Ekkk! Blisters?

- *Sometimes – very infrequently this happens.
Usually when there is way too much damp and cold in the skin*
- *Or when they (a man usually) is being ‘brave’*
- *Must let all know that it does not need to hurt*
- *And this is a subjective as well) to be effective*

Management?

Nothing - do not burst them.

- *If they do burst, the fluid within is often freezing cold.*
- *These were really deep, so there was no likelihood, thus I carried on as normal.*

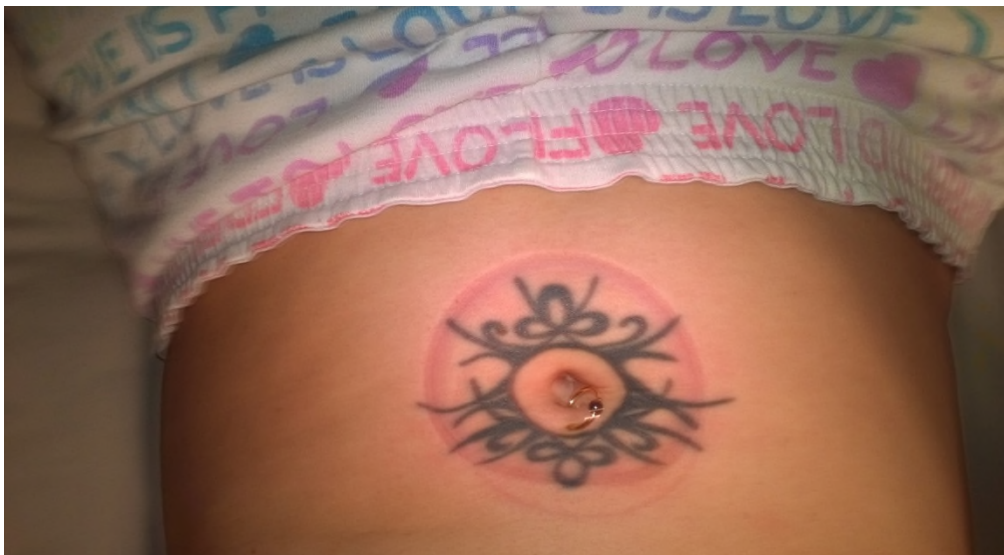
Blisters and non centred cup



Usual cup reaction



Another – slightly red only



10 hours later



Revision - How much suction?

Depends.

- *On their age, their skin and condition (frailty)*
- *Whether they have any likelihood of a hernia underneath, or had recent abdominal or any navel surgery at all*
- *Also – their pain threshold (especially low just after a baby or premenstrually).*
- *Presence of a navel ring is also a factor – best remove if possible*

Smaller cup for smaller person



She had a really cold lower belly and lots of indications for needing gut and life assistance – and this is so simple to administer!

Adjust the suction, so it is easy to handle (it still works brilliantly)



Moxa on ginger on top of salt in a tissue (see later on)



Weakened Yang Qi is normal in youngsters

Lung Yang governs our ability to fend off external climatic changes. As yang Qi is immature, this is easily overcome.

Weakened Spleen Yang, if overly challenged, may create food sensitivities & allergies, Candida, easy bloating & escalation of other symptoms

Easily run out of energy & need to sleep a lot

Immunity

Sensitivities

Sleeping

Mucous

Weakened Spleen Yang easily creates mucous/ phlegm

Immature Spleen Yang = 'food stagnation' as the transportation within the gut is easily disturbed
Loose stools, tendency to diahorrea

Bowels



Digestion

Immature digestion due to weakened Spleen Yang, therefore all of life is dictated to by digestive matters.

Muscle tone

Circulation

Spleen Qi governs flesh & muscle tone. Too weak to hold self up against gravity.

Cold hands & feet, as peripheral circulation still developing

This is a low priority in an infant as maturation & growth need to come first.

Tongue afterwards



She was a much happier kid – warm belly tongue more normal

A smaller person not so impressed.



Cupping his navel did undo his cold belly trouble though!

Again – the finish. Rebuild the inner core/strength



Revision - Why a coin?

- *First Do No Harm*
- *We want to conserve the Jing – your essential Qi – and not to pull it out with the stored cold*

Using a coin covering your navel protects this your



(body's constitutional energy).

Choose the largest coin that you can find

- *Ideally warm it up first*
- *Twirl in a poor grade tissue – so it will burn easily – not one impregnated with Aloe, etc.*

Large coin is twirled in a tissue



Cup snugly on over navel



If not, please take off and reposition.

How to? Break the seal by placing fingernail at junction of the skin and cup and allow more air in

What it will feel like

- *It is not a matter of the more suction the better - I have had almost NO suction (on those with a hernia) and there is still a therapeutic effect – the cold is still drawn to the area under the cup).*
- *You can vary the suction – it should be tight without being overly painful.*
- *Obviously this is subjective.*
- *To lift some suction off/air in: place your fingertip at the rim of the glass, and gently break a tiny amount of the suction.*
- *It may make a 'rude' noise.*

Cover and leave warm for a while



Unspecified: Depends on how long it takes to warm them up, change their tongue, have the signs you are looking for to change. At least 15 minutes.

Cup with coin and tissue in place.



Iodine painted on started off brownish

(see free Iodine  [eBook here](#)) and gradually soaking in

Showing the absence of marking on the skin cup.



Also the use of painted on Lugols' solution as part of the general treatment

An indication of need



(See the presentation of the Iodine/thyroid as part of the package)

Three minutes time lapse for all. She was already taking a pregnancy vitamin with added Iodine – does not absorb as topical will

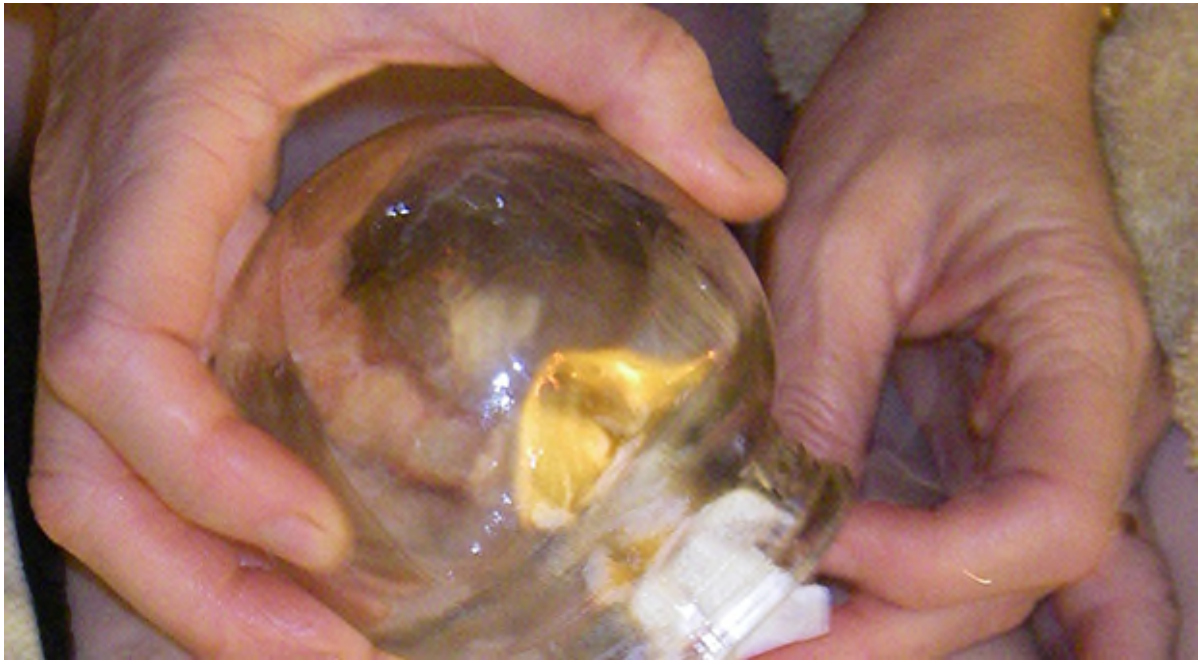
Oil the Belly:



Coin in tissue in place



Light tissue and place cup on top of to extinguish the flame



Cup on



Revision

- *Why are we doing this?*
To rescue the Yang Qi
- *Why?*
Almost all body breakdown/metabolism issues are due to loss of this. Foundational
- *Please do all of these steps diligently.*
- *When you have been doing this for several years - maybe then experiment.*

What does Yang Qi do in the body?

- **Holds it all together** - allowing great absorption of nutrients and transformation of all aspects of life, circulation on all levels, holding all tissues, organs, blood and babies in place, regulating body temperature and controlling immunity.
- **Metabolism basically** – so if you have any ‘fatigue /exhaustion – please stop icing your belly with cold fluids, foods and take all sources of all cold away from you forever.

Steps again

- *Check the tongue and cool spots on belly as a baseline*
- *1) – Empty bladder*
- *2) – Have a drink to replace what has been shed*
- *3) – Assemble all you need including a lot of towels to cover up a potentially cooler person as this happens.*
- *4) – Take note of what the tongue looks like – maybe record on phone? (It usually changes a lot)*
5) – Ask them to pull up the perineal area/vaginal to use as a ‘baseline’ for when you have finished - and as with tongue - to monitor change – you may be surprised!
6) – Have eaten a little so you are energised – fat and protein are best – (savoury) not something that will convert to sugars and not sweet or cold.

Oiled ready for the cup



Coin?

- *Largest you can access*
- *Maybe warm it up whilst warming the cup
(I run under hot water and then dry off)*

Do not miss this step

- *It is essential.
You are clearing out the cold stored within – not yourself and your energy capital.*
- *Want the coin to cover all of the navel*

Tissue around the coin and the top ripped off so it does not fall lit on the skin



Cup in place neatly over the navel, after the tissue was lit to partially create a vacuum



In place sometime later



What next?

- *We can do more than just take the cold out.
Often I have found that the skin under the taken off cup is freezing cold.*
- *Hence we ‘rescue the yang’
Much a CV 8 is a yang rescue point – here is the ultimate – the use of punk moxa .*
- *BUT – it stinks – so it is burnt outside, leaving the smoke behind and bring in the moxa ‘volcano’ on its base when it is ready to be used.*

Ready to pop on the tissue



Salt on tissue (to insulate)



How does this work?

- *The navel is the bodies essential resuscitation point.*
- *We start life off attached and nourished through the centre of our being.*
- *This point CV (Ren) 8 is a Yang rescue point and using direct moxa after someone has drowned MAY get them back again.*
- *Also moxa is used when nothing else works in cholera . . (WHO 1977 found this out).*
- *Moxa here is definitely what I use a lot in clinic to great effect and especially if someone is too feeble to cope with needles.*

Slices of raw ginger



Usually 3 are enough – if not 5. Please do an odd number.

Moxa cones



Ready to take outside (too smoky inside) to light one at a time.

Lit moxa cone (outside)



Place on something to insulate



Ready to pop on belly



Jar/cup with coin in tissue in place, ready to come off



Mark left by cup coming off (was not on tightly)



Hot moxa cone on slice of ginger on top of tissue with salt (as an insulation) in between tissue layers.



Some extra thoughts

- *Do not add more cold in – however tiny you may feel that it will be.*
- *Person just cupped will feel amazing, as they have all their own Yang back – but do not forget that they will be hypersensitive to all draughts.*
- *Warming drink and some savoury food plus wearing more than they were may be needed.*

'Used' piece of ginger – to use again



This used bit was too thin to reuse



After the cupping

- *If you do not have someone to organise the moxa whilst you are cupping yourself- skip it.*
- *It is not possible to do this yourself.*
- *Ideally regardless, you have a perineal steam ready.*
- *If not, rug up. Do not go outside and make sure you look after yourself for the day/night.*
- *The tiny breezes, the small amount of cold on the loo seat... they all add up.*

If you are using moxa

- 1) *– It stinks – do not light inside – it is more lingering than cigarette smoke.*
- 2) *– Ensure that the salt is warmed by having the moxa and ginger on it – though not on a cold surface – so when it is added onto your just-taken-cold-out-belly – you are not adding more in.*
- 3) *– Moxa will go out and faster than you think, if it is cold outside – so be alert if on moxa duty.*

You should be using a big enough slice of ginger to hold enough moxa to make a difference to how your tongue looks and how you feel.

The No ginger option

You will need salt, moxa, tissue and matches.

If you have no access to raw ginger, you can use just salt on the tissue twice – see below.

Be more careful as this is so easy to pour out hot salt everywhere.

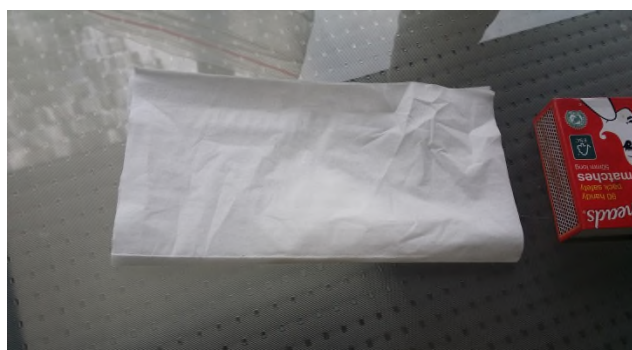
It will also feel much hotter.



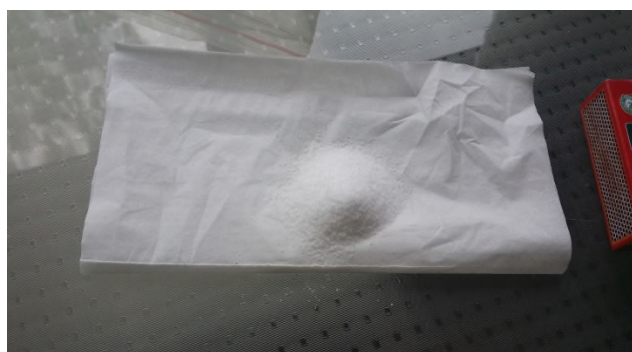
Salt in tissue



Fold over



Add another small pile of salt



Get the moxa ready to place on this



Lit and gone out (no more smoke)



Sometimes it is just too hot without the ginger - so be prepared to lift it on and off initially.



The gone out moxa and what is left of the salt it sat on – and the need to add on more



The old and the new one about to be lit – on more salt



FAQ - 1 - Navel rings

- *Take them out if possible (preferably then leave them out)*
- *Especially if there is to be heating afterwards (moxa)*
- *You do not want the metal to heat up and burn them*
- *(Having a piercing at the navel is a bad move as the fluid metabolism point has been altered).*
- *All women could do with perfect fluid balance.*

FAQ - 2 - Herniated navel

- **What about a hernia there?**
Be cautious
Need to undo why the hernia is there – lack of Yang Qi to hold all in place
- *You can still cup depending on their state and the degree of herniation – just use almost NO suction and it still works . . (loosen it off and have a very tight tissue to start with so it can't flame up so well)*
- **What about scars there?**
Can still cup – just not too 'new' (under 6 weeks) yet

FAQ – 3 - past surgery

- *If in doubt, don't.*
- *You can drastically vary the amount of suction under the cup.*
- *If it is a recent scar – wait at least a month*
- *If it is a reactive scar and has been there for longer, start with a very light suction*
- *This work in itself may resolve the problems they are now having – and all energy disturbances – especially with the moxa usage.*

FAQ - 4 'will this exhaust them?'

- **"Won't this cause further depletion?"**
- *I have yet to see this.*
- *What I do see is an invigoration even when the cup is on for over an hour. There is a lot to happen.*
- *Constantly offer water through a straw, check often that you are comfy, have things to read, (usually people then fall asleep anyway,) and often online trainings - also watching their tongue.*
- *All possible depletion is countered at the end with the use of the moxa.*
- *Possibly end with a protein snack – I provide salted nuts.*

FAQ 5 – do I have to use a glass cup?

- *Yes.*
- *You need to see what is happening under it – especially if you are working on yourself.*
- *Also need to see if you have the navel centred with the coin above it as you do not want your own essential Qi to escape whilst you are pulling out the cold.*
- *May seem like an odd concept – yet it is extremely beneficial when done well.*
- **A word of warning: please follow as instructed.**
- *If you skip some bits, as this works so well in the positive, I am assuming that you can also work against yourself.*

FAQ 6 – how long to leave it on?

- *Depends.*
When the first time – is usually on for the longest time. At least an hour sometimes.
- *If you are full of a cold influence that was put in – post birth, icing an injury etc – it may be a while, and take a number of sessions.*
- *When it starts hurting – after often being on for ages - that is a sign to come off have the moxa ready if possible.*
- *If not – cover the area with a warm hand, or at least the towel. Or take a lot of the suction out till the moxa is ready.*

FAQ 7 – Is this really working?’

- *You may wonder if you have done this many times - and you still have a cold belly.*
- *If you are paying attention and have removed all the cold influences, it just means that there is an inner depletion.*
- *Sometimes people are only suffering from too much cold added in (as with injuries having been iced).*
- *There still may be low Yang Qi in the body meaning that it is like a plug that is not in the sink properly and the water still dribbles out.*
- *We must plug the gap.*
- *This is step one.*
- *Maybe there needs to be much more natural therapeutic intervention as well as*
- *Step 2 - moxa use,*
- *Step 3 - steaming and so on.*

Low metabolism (Yang Qi)

- *If after 5-6 times you notice no difference in your body at all and the belly is still AS cold as when you started (unlikely bit possible) – review what you are doing with yourself.*
- *Think of all the ‘old wives’ tales’
Stop adding cold in.*
- *Especially cold drinks and foods*
- *If the person is presently suffering from low thyroid function and Yang Qi depleted, this is the beginning of more needed to be done*
- *Please seek also good local natural health care*


FAQ 8 – Do I have to do this again?

- *Probably*
- *If it was one cupping session and there was a lot of cold (sometimes people’s bellies feel like the inside of a fridge) then the amount of cold exposure – often externally granted is huge.*
- *Often due to the past neglect (not knowing any better) and maybe icing an injury when in a state of exhaustion/illness already.*
- *Just one incident of cold can wreck the body from then on.*
- *Cupping the navel may happen every few days.*
- *I do so in clinic until the belly (often near the pubic area can feel icy to touch) is warmer and the persons’ problems are relieved (though am also using acupuncture and so on)..*
- *You may feel so different that you want to immediately do this again. You really need to give the body time to adjust and also for you to change your habits.*
- *The addition of the topical iodine (see separate work included in this package) plus the steaming (again – another presentation) and eating sensibly – stopping ingestion of all cold - taking the temperature of all inclusions into account – will massively change your health and wellbeing.*


Why are we icing mum’s petals?



Avoidable Birth injuries

- *In my own case being placed in ice after a birth – about the worst thing to do to a new mum - then there is a colossal problem to undo. Forever. The time around birth is a pivotal time and all is changeable then.*
- *The current practice of inserting a condom of ice **within** a just birthed woman in Australia in hospitals needs to be stopped, as all complications after birth are related to invasion of cold.*
- *Ice placed on engorged breasts is a sure way to cause grievous mastitis and ongoing flow issues anywhere in the body – for life.*
- *Cold added in (accidentally or intentionally) then often causes loss of blood as well and infections and other complications as the Yang Qi is not capable as it has been massively insulted.*
- *Whilst may be the treatment of choice for a fit young footballer's ankle, it has no useful place with a new mum.*
- *All forgot that healing needs inflammation and rest  . [Ice stops this](#)*

IFAQ (things you never thought of)

- *“Why can't I use needles whilst the cup is on? (From an acupuncturist who seemed to not 'get it').*
- *This is all that is needed. Very powerful medicine.*
- *Leave the body to sort itself out itself.*
- *Whilst removing one of the major causes of disease, it does not need more distractions or instructions. Perhaps watch  [Causes of dis ease?](#)*
- *There is no need to do anything other than allow the stored cold to find a way out.*
- *Thus the mischief being caused often for decades can be to be attended to.*

Caution

- *DO NOT use any cold anywhere near a new mum ever again – especially not before, during or after birth – and seek to do this work gently.*
- *Ice on her perineum, or within her body in any way is possible to the most dangerous thing to ever do.*
- *Adding ice on any part of her anatomy around birth, specially supposedly to numb the pain is just sheer ignorance of normal body function.*
- *Bodies need warmth to work.*
- *After birth, depletion is a natural state to need to heal from. All traditional cultures kept mum toasty warm if they could. (No baby without mum as she was needed to feed him/her)*

Pregnancy care is advanced work

Find yourself someone who is proficient in this. Having cold within is only going to mess with normal – and of course you will only hear ‘we don’t know why’ for almost all medical and ‘high risk’ problems – you may have a lot of fear already.

Ask yourself - is it safe to still have this cold trapped within?

Cold: one of the key causes of disease in Asian medicine and all traditional cultures.



Please [watch here](#)




IFAQ – 1 – Is cupping the navel safe in pregnancy?

- Yes
- Pregnancy work is just common sense.
- Can't grow a baby in a fridge – need a warm oven
- Follow the first principles
- You need warmth to allow circulation to be flowing.
- Feeling a cool oven (belly) will show you why you feel not quite right.
- All complications may happen and often very fast.
- Home medicine: no one would have in the past been so stupid as to have cold or ice anywhere near a women – let around just a birthed one.
- Definitely not adding it onto/into her body.
- A recipe for all the disasters that are now associated with pregnancy and birthing – created by the very treatment demanded of women.

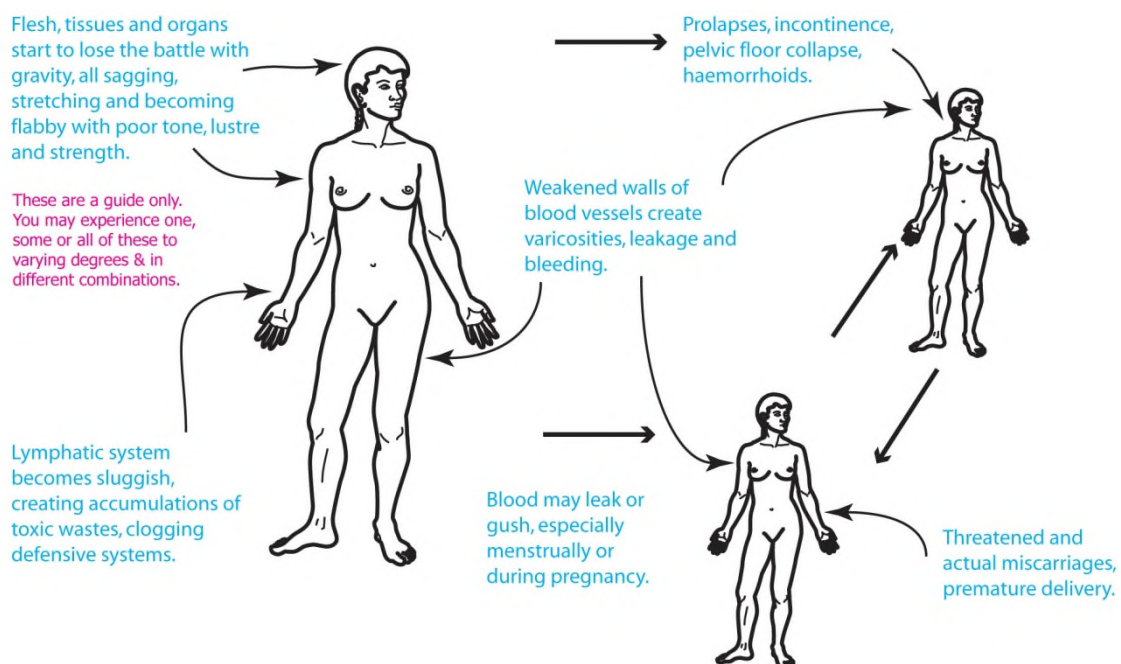
Pregnant or not – is navel cupping safe?

- Yes. It is not safe to leave the cold influence in the body.
- Why not? Cupping the cold out is far safer than anything that is being done therapeutically (medically) - fetal scanning/gestational diabetes testing/vaccinating in pregnancy/worrying mums/inducing.
- Or taking blood tests, antibiotics and still having the problem not fixed – as the cold invasion stops the body from working and from healing itself.
- **Digestion** will be compromised.
- **Circulation** also
- **Immune system** and protection against all things too.
- **Holding baby in place and not losing early** may be an indication of  [low thyroid function](#) – please check  [BBT](#) (Basal Body Temperature)
- Baby needs the warmest nest and the strongest ingredients thus a sane, happy and healthy mum to be with. If you have ANY pain – do NOT use ice on it.

Safe pregnancy

- *Having cold stuck in a body, watching it turn into 'high risk' issues, erupting at random is not safe.*
- *Cold should not have been there at all.*
- *If you intended to use a cup, be aware that it was about 20 years before I did it on someone with a prominent belly.*
- *Up until then, it – had been to pull out the cold inflicted on the IVF procedures (the cold invaded can stop a pregnancy as the holding energy is reduced).*
- *So many pregnancy problems are simple when you know the causes of disease –*
 [*please watch.*](#)
- *I always have acupuncture happen as well, so it is even more unlikely cause problems. BUT review slide above.*
- *May need to be courageous with caution.*
See what may and does 'go wrong' with cold retained

What could/does go wrong with not enough holding energy (Yang Qi)



How to help yourself

- *Please take charge.*
There is no need for medical assistance for the vast majority of people – but there is a need for informed consent and for following what the body needs of you.
- *Birth and pregnancy is about care and being tended to.*
Not out the door and sent home to fend for self.
- *Stay home and have care givers come to you – and look after all aspects of health - your body will look after you.*
- *As it was designed to do mammals birth – we are meant to!*
- *It is dangerous to interfere with nature – and hence we have the entire ‘what if something goes wrong’ camp.*
But it has – she has cold within and it needs taking out!

Likely problems with retained cold

- ***Infections, prolapses, incontinence, weight gain, loss of libido, period pain*** made better with heat application.
- ***Not easily pregnant again, tendency to miscarry, poor luteal phase***, possibly resulting in no pregnancies due to immunological and clotting disorders.
- ***Reduced stomach acid, reflux, gut dis ease, candida, parasites, no appetite, inadequate digestion, nausea, morning sickness and hyperemesis gravidarum***
- ***Incompetent cervix and prematurity***
- ***Aches and pains, especially back ache and unrelenting***

PGP, poor circulation, carpal tunnel syndrome, swellings, edema

- ***Over bleeding in pregnancy, varicose veins, prolapses, hemorrhoids***
- ***Low thyroid function, lack of energy, brain fog, depression, clumsiness***
- ***Loss of sense of self***
- ***And many more . . .***

Life looks after itself



Mammals and primates and human women do not need micromanage life phases, just live in them

They do not need anyone supervising the path of pregnancy at any stage.

If all is working as designed, it is a fool proof system.

A safe pregnancy is a healthy one.

A safe birth is where mum is totally undisturbed, nature takes its course and baby is left entirely for mum to

with in all of the stages.


Biology imprints the bonding and all hormones work

Healthy pregnancy

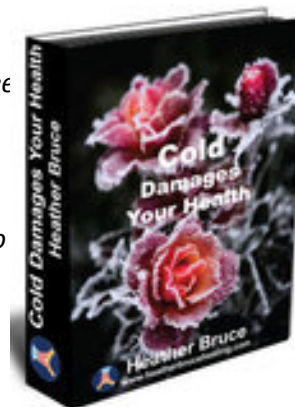
- *This depends on mum having a well-functioning system pre conception. A body that is able to support mum well and do a pregnancy on 'automatic'.*
- *Any cold trapped within (often given in the last birth apparently therapeutically) will be working against you*
- *Whatever happened to 'old wives' tales?*
- *In Brisbane where it is demanded that all just birthed women have ice in their underpants next to, and within their vaginal cavity to 'numb' sensations after birth, and on their engorged breasts (ensuring all expect mastitis) the stage is the set for catastrophes post birth and in all next pregnancies and life in general.*
- *I see almost all pregnant women with cold wasting their ability to hold baby in, digest their food well and thus support perfection for themselves and their baby.*
- *All high risk' problems are simply a lack of ingredients and normal flows.*
- *All are easily fixed if following the blueprint back to wellness.*
- *Not by medically managing illness markers.*

Important reading for all

Unfortunately, modern medicine being stuck in outdated 'clever idea'

(reread the  [retraction of not using ice for any injury](#)) that have not been tested to see if they work, are safe and if they even cause more problems. And not on women.

The idea to slow the circulation down after birth or in the breasts is bound to create problems that your parents never heard of. As they are – for all. (We don't know why'). When I was making my children mastitis was almost unheard of – now expected many times – all with the gut being destroyed through antibiotic usage.



Cold invasion

- Is one of the basic destroyers of maternal health and wellbeing – along with loss of blood/over bleeding – which itself is linked back to not being able to hold in place – this is damaged through usage of cold.
- Eating and drinking cool/cold and often iced raw foods and fluids on an empty stomach ensures that the metabolism (hence fat and fluid laid down and thyroid not working well) and all digestion upsets (especially lack of iron/essential nutrients being extracted from food) creates alarming problems forever after – and especially in nourishing the current pregnancy or attempts to become a mother.
- The state of the 'engine' and its heat is vital for success.
- Adding ice on a sore bit (like the pelvic bone) to numb it is a sure way to wreck all future life

in that body – ignore the physio who has  [not read the facts](#) - cold damages your healing and body.

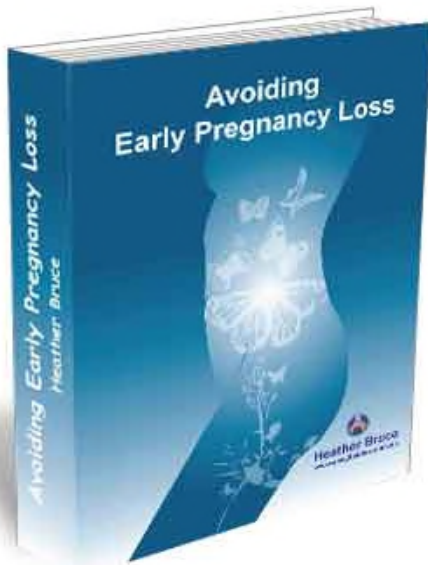
Tendency to miscarry/premature labour

- *Including stillbirth – not enough good quality ingredients provided to make a safe healthy outcome.*
- *(Look to the functions of Yang Qi)*
- *Besides holding all in place (baby, blood organs) Yang Qi provides sufficient good quality raw ingredients to be made and circulated, thus nourishing all within.*
- *When there is cold trapped, this ability is diminished.*
- *Yang Qi working well also provides a functioning (not weakened/corrupted) immune system.*
- *Any so called 'auto immune' problem or infection is also a Yang Qi issue. Easily remedied – using the body's needs – not forcing medication and worrying mum rather than supporting normal*
- *Fixing this will ensure the health of a pregnancy, baby and family*



[See more on preventing early pregnancy loss here](#)

Important reading . .





Undo the Yang Qi mishaps. You do not have to be a victim to orthodox medicine not knowing what all farmers, 'old wives' and traditional cultures passed down as oral wisdoms. Help yourself to your happy family and life.

Better still –



Invest in the entire package of clinically tested practical advice and self-help answers to common health and life problems

'Morning sickness' (NPV/HG)

- *Classic case of cold stored within not allowing the gut to work and a baby to be made perfectly.*
- *Digestion (and thus your immunity needs to have good Yang Qi to work well and to keep you and baby nourished.*
- *When you feel that you **can** eat – avoid all that messes with the digestion (Yang Qi) and that is all you probably think is 'healthy' – that which may go right back to what creates the problem - the cool/cold, sweet and often raw foods.*
- *All insults your Yang Qi, starting up the entire problem all over again.*
- *Please read the accompanying eBook 'Life Support'*
- *Solutions for pregnancy nausea and vomiting*  [here](#)
- *Outrageous nausea all pregnancy? Solutions*  [here](#)

Also on the lower back

- *I am often working here in late pregnancy to allow all the congestion to undo pre-birth.*
- *Always a great way to de-stress – although it does look intense – most feel so much lighter when they are taken off (and not just because of the obvious – they are heavy on)*

In last weeks of pregnancy



*I always clear whatever and however to allowing the maximum pelvic opening for birthing.
These cups are on her bottom*

Needles are a poor substitute for touch of all sorts!

To assist as baby was 'overdue'. Bottom again...





Easy 4 hour home birth – after 2 C sections, all births over 42+weeks



Is it safe to add in /leave the cold there?

- No

(See the work above on the  [Spleen Qi](#))

- You must support mum's Life Support system (Yang Qi) so she can be a strong, resilient and happy mum
- Also must allow time for regeneration she needs to have her  ["Golden Month"](#)

Cupping post birth



<https://vimeo.com/169503608>

- Being cautious as the skin is not as it usually is.
- Neither is the pain threshold.
- If anything reduce, and do a lot less suction than they think that they can handle.
- Anyone who has been exposed to cold – will be very sensitive.
- Women here was feeling too vulnerable with sitting on the cold loo seat – will need this done to ensure the body works as it is supposed to
- Biggest problem women have post birth:

- [invasion of cold.](#)

2 weeks post-partum so be gentle



<https://vimeo.com/169503608/ba60a03f5b>



I generally find that the combination of the extra skin and the past pain exposure means that mum is not able to withstand much suction.

Any is important as so many are accidentally and apparently therapeutically exposed to cold.

IFAQ – 2 - What if their navel is gone?

- *May have been removed due to surgery.*
- *Cup where it would have been. Gently.*
- *See what happens*
Send them also to an acupuncturist who works with scars and know show to undo what has been left behind in the aura/energy body

IFAQ – 3 - Navel misplaced?

- *Cup where ever it is*
- *(Sometimes people have operations/surgical incidents where the navel is not centred).*

Why is it moved may also need addressing and perhaps using my home help scar reducing work will help here.

- *Look for new Course/eBook on this coming soon!*

What next?



- Learn how you can enhance your life by following the self-care practices that other cultures have always accepted as normal life practices. Looked after their health.
- Look to the moxa use and my steaming eBooks and presentations.

Not even preventative medicine – but self-care.


Reminder: when not to cup

- If you have not trialed it before on your own leg/belly
- With a cold cup – must be pre warmed to touch the skin If the person is fearful at all
- If the area has broken skin
- If there is herniation of belly button area almost no suction – or maybe do not do it at all – dependent on the circumstances.
- If either of you are hungry – must not have low blood sugar to do this.
- In a wind – if outside, or when it is chilly in the room
- With a full bladder – as it will fill up super quick as this is the action of rescuing the Yang!

Remember

- Leaving the  cold in, and working around it (adding in a heat source) is not so useful.
- Change what you are doing.
- Like a splinter – the festering (ill health) will cease when you take out the irritant.
- That Simple!! Become a life advocate – you need your  Yang Qi

What wastes your Yang Qi?

-  Exposure to cold
- 'Overdoing' it – always striving to do more: not resting
- Not sleeping enough to replenish yourself
- At crucial times in a woman's life – puberty, pregnancy and menopause, when all the body is remaking itself – we can either really improve or wreck ourselves.
- We can make a huge difference to ourselves by looking after all of what we are.

Something to ponder on.

Perfect health: Strong Yang Qi

Spleen Yang Qi Integrity

Transformation/digestion

Moving all from one state to another within your body.

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



Healthy State

Transportation/circulation

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

Governs ascension of Qi

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

Controls Qi in the muscles and limbs

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

Holding all in the right place

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

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

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The ultimate inner strength – Yang Qi in abundance

- Vaginal Kung Fu?
- <http://www.barcroft.tv/kung-fu-vagina-weightlifter-lifts-weights-using-pelvic-floor-muscles>
- See next picture
- Obviously she has good Spleen Qi



Hanging on/in by a thread...

Vaginal weight lifting



You wonder WHAT ("TF") and WHY?

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How is she doing that??

- A jade egg with a string through it – inserted vaginally.
- She has sufficient power (Yang Qi) within to hold it there. Do you?
- Not likely if you have poor Yang Qi as there is still cold stored within.
- If you don't want leakage, continence problems, prolapses, varicose veins and general organs falling down (and babies not held in well when pregnant), or are forever bleeding too much – this is your answer!! (and steaming.)

Body falling down...

Totally up to you:

Look after your Yang Qi and it will serve you well.

Body Disintegration

Immune System Breakdown

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

Loss of body integrity

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

Circulatory distress

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

Tissue and organ collapse

Prolapses, incontinence, ~ pelvic floor collapse, haemorrhoids.

Bottom Dropping out of your world

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

Sexuality

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



Bodily Decline

Reproductive failures

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

Pregnancy

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

Digestive capacity diminished

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

Lymphatic system

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

Musculo-Skeletal

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

Menstruation

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

Mothering

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

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Wake up!!


This is old person's medicine from another time and place – all Asian peoples knew to never be exposed to cold.

- *Your grandparents also did – life was full of survival 'don'ts'*
- *All wisdoms were orally transmitted - 'old wives tales' were full of administering – 'keep warm' advice.*
- *No one ever intentionally added in cold,*
- *Birthing women are now being assaulted with*
- *Do not expect to pop into your acupuncturist, as they are not taught this - it was ORAL not written, and as such has not made it yet into texts.*

Here I am sharing what to do when you need help – what all in another culture just knew to do.

At home

What next?

- *There is always more . .*
- *Keep hydrated all through this work as using moxa is highly dehydrating, and the changes happening allow the body to start processing very differently.*
- *Consult the rest of the package this came in and also look to the other resources seen here*
-  <http://heatherbrucehealing.com/courses/>

Other presentations?

- *After cupping - to replace the Yang Qi – ideally use real moxa See **Moxa Usage***
- *Also there is a steaming presentation – from around the world and so easily done at home as so many do every night **Perineal Steaming***
- **Iodine** – *and how its inability to infiltrate every one of yours cells is the cause of almost all that ails you.*
- *Also please read the eBook ‘Cold Damages Your Health’ and ‘Life Support’ found with this self-help package.*

Thank you

