



**Cold
is NOT
a Mother's Friend**



Heather Bruce

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About The Author



Heather Bruce began learning natural therapies after birthing her first child in 1977, when she decided that his health care was best handled by someone who had his best interests at heart – herself.

She started with acupuncture and from there incorporated a range of natural therapies into her practice. She found teachers who were brilliant clinicians. She soon realised that her greatest guide was nature itself. Along the way she grew herself, as a teacher and lecturer, designing courses for all levels of acupuncture training.

Involved in acupuncture education now for decades, in 1981 she co-wrote a very different kind of undergraduate acupuncture course, which she taught for several years while writing and delivering postgraduate seminars. Heather is a naturopath, herbalist, Reiki worker and Maya/Arvigo® self care teacher/practitioner. She thus works on many levels, combining different approaches to health care and wellbeing.

Birthing four children in 18 years, allowed her to experience the vast changes in perceptions of “normal” in child-rearing and child-bearing practices in modern Western society.

When Heather opened her first practice in 1978, she discovered it was more important to teach people what they were doing to disturb their own balance, and how this was contributing to their problems, than trying to “fix” things for them.

Nearly 30 years ago, Heather birthed a much-loved daughter who was seriously brain-injured and profoundly autistic. Heather spent the next eight years turning over every stone to help her live well and achieve functionality. This gave Heather first-hand experience of the suffering we inflict upon ourselves when we are attached to specific outcomes. She learned to practise patience and compassion the hard way.

The result of those decades of experience and expertise is available in a range of eBooks, websites, books as life manuals, a meditation CD, MP3/4's, phone Apps, and posters. She aims, through her online presence, to inspire others to have a new “take” on life, knowledge and heart connectedness, cultivating hope where there may have seemed little. In particular, she hopes her work will touch and enlighten far more people than she could possibly see one-to-one as a busy clinician.

This book was written to fill a gap in your health knowledge – to explain why symptoms are happening, and how easy it is to reverse even the most stubborn condition. We can always help ourselves.

We all live with the consequences of the actions we choose. Sometimes it can be decades before the outcomes set in motion become obvious.

Heather recommends finding a local trusted natural health professional for yourself and your family. Then thinking through their health advice and options, seeking second, third and fourth opinions to empower yourself to make informed choices.

Heather's health philosophy is simple: “Nature knows best.”

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1 - LIFE MEDICINE

(What keeps us well - and intact)

You may need to switch gears to understand just how dangerous the modern business of ignoring/reversing life and its ancient wisdoms.

Oral traditions spoke to health and to healing. Understanding how the body works. Not breaking it. Not their saying "we don't know", as you will hear if you start asking questions. All medical investigations will lead you into their ignorance, with doubt and fear bluffing. Here you have the answers – as all elders knew - heat gives us life. Cold leaks away our inner resources.

What does [cold](#) do?

Wastes the [Yang Qi](#)

What does Yang Qi do? Supports life.

Yang Qi body and soul integrity

Protection/immunity

Yang Qi whether fighting infections or invaders of all types, grants you sovereignty over your being

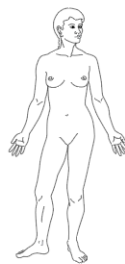
Yang Qi – opens and shuts the pores, regulates temperature control, as through active homeostasis we are able to adapt to change.

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.

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Further - to support the digestive (and holding and immune systems) the gut needs to work perfectly. Any stress will tend to cause the [Liver Qi](#) to go across and upset the digestive system – in addition to the damage the [invasion of cold](#) on all levels may have done. Especially [gut cold invasion](#). How a well digestive system [supports life well](#). The [human microbiome](#) is seen here in this presentation (when not killed off by the use of antibiotics, the living organisms within us form our life support).

This is independently of all aspects of the cold and what this now will create as the entire body goes through not just trying to heal after birth and possibly after the onslaught of the [invasion of cold](#), but also whatever has been set in place through the less than perfect birth and consequences start piling in.

Mum's very existence and ability to mother is based on her [Blood energy](#) - amount and quality – made from her gut – her Yang Qi working well.

[Cold stopping normal digestion](#) upsets the [Spleen Qi](#) which is at the basis of all life support. This often will then set up the [formation of damp](#). Worse if she is gravitating to the sweet taste, and to chilled and cool fluids and foods.

If you already had a tendency to create inner damp, have already had a life tendency to [Blood Deficiency](#), and are now not given rest and complete attention to focus in on your healing, but are now at home running toddlers, households and attempting to make milk on the side – often with a gut that is compromised through antibiotic usage, and now with distress piling into the picture from myriad sources – looking after baby and needing to heal, there may well be a breakdown in at least one form of normal bodily function.

(Please see below)

Nutrients

Were there enough nutrients bioavailable to run your body before? [Quality?](#) The role of further adjuvant invasion (inability to absorb nutrients as the presence of the [mercury/aluminium](#) blind the body to what it needs to run itself) may set her off – now there is a [relative lack of blood](#) (were you losing some at birth?) and the [loss of Yang Qi](#) with the cold now within that is to be neutralized: thus you are weaker just at the time you need to be rebuilding your reserves.

Mum's gut and her immune system

Are not just for your continued good health, but are baby's life support.

If baby is in any way distressed, you will not be sleeping but worrying.

If baby is not able to act primally, even more catastrophes ahead.

You want to be the best mum you can be ([see here for more](#))

If as mum you are not bonded at the instinctual level, (as all that false and artificial chemicals masquerading as hormones were added in – often at the wrong places, shutting down the cascade of love and bonding that would have happened normally). Please see all of [Dr Sarah Buckley's work](#).

Flows

When body starts to be compromised, any or all of the systems below may start to falter. If she has already not been in perfect health and balance prior to pregnancy, and has not rested and healed in the time baby is growing, when she can – one of the few remaking/[rebooting times gifted to women](#) – then there will be depending - on the [causes of disease](#) that have been activated and especially due to the [presence of cold](#), the absence – often sudden and life threatening in a hospital setting – of [her full complement of Blood flowing within freely](#) – as [potential cascade of trauma](#) and little time for [reframing and healing](#) before taking up the lifelong task of being mum.

Little surprise that any emotional and mental trauma adds into this mix. Blood energy is mum's lifeline to sanity: her major resource to make all milk: to sleep with, and to even want to be here on the planet. Let alone to mother well.

[Functions of Blood](#) in a well body.

[Ingredients](#) (see www.easybreasts.com)

At this time, milk production must flow.

[All mammals can.](#) Also [see here](#)

But – with the [invasion of cold](#), even if mum was in a perfect state of balance before, she may well not be from now on - the template has been broken.

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

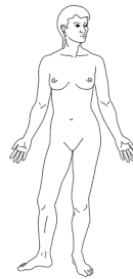
Prolapses, incontinence, ~ pelvic floor collapse, haemorrhoids.

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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Body starts to break apart

All of this is seemingly played out now as expected and 'normal'

Maybe time to re evaluate the First 40 Days? [\(The Golden Month\)?](#)

All cultures looked after the new mum – she was sequestered away – in Japan – she and baby go to them for two months to her parents to look after, husband keeping his life together working still wherever they live.

Instead

It would appear that baby is not the priority in any of the events around his/her growth and arrival. People seem to have thought through profit margins, not baby centred care at all stages. [Fully breastfed means perfect.](#)

Parents who come in with predetermined (baby and mum bonding centred) birth plans, and with intentions to leave nature to unfold at her pace may wish to reconsider what 'safe' means to them.

Sorry – a nuisance I know - -to be well, you have to take charge

Become more diligent

Less accepting – ask questions. Demand truth: and not to be bullied into positions that don't sound right when you stop and think about them. You can only make and break your baby once: go back to the template. Don't mess what was perfect. [Leave well alone](#). Beware of all fear campaigns. Nature had baby all safe and sound left alone in mum's arms, and [at her breast](#).

Vaccination at any time prior to being able to eat independently (at least have their own teeth) and thus process foreign protein is counter intuitive. At no time prior to the very recent past when drug companies are immune from prosecution from creating damage has this been part of any 'health' agenda

Vaccination before having a strong conditioned immune system.

If baby has been vaccinated (whilst its immune system is so immature – please research your self just how vaccination is supposed to work.

Can you find any non-industry funded research?

Does it have any benign placebo? Is there a test up against non-vaccinated children and babies - has there ever been any research on babies [Vaccination Safety Manual](#)). All of this hype has happened in the past 10 years - how did we all make it without? We breastfed and stayed at home being looked after. No coffee mornings with a newly born baby out and about.

[Manufactured consent](#) is happening please be aware - you break your baby – as they will and you will pay forever. All independently researched work is heavily criticized. Where is the actual data and science?

Vaccinations deemed 'life saving' either in utero or now – will invade baby's immature body and cause major life changing events forever not allowing this baby to reach its intended potential. Maybe ask yourself. What is vaccination [supposed to do](#)? [Do vaccines promote health?](#) Do they mean immunity?

Baby vaccinated may be highly unsettled, unable to feed properly have a gut that cannot work as it has been insulted directly, also by anti life medication (killing off mums' gut bacteria indirectly so all her milk is not as good as supposed to be and not sending the right digestive helpers across in the cholestrom – and directly through its own antibiotic onslaught – especially if baby blood supply [was ravaged](#) through the [premature amputation of the cord](#).

Baby may also be being [attacked from within](#) – especially by the [neurotoxic](#) aspects of the [aluminium](#) used instead of [mercury now in all vaccines](#). The Hep B injection has been known to kill baby outright. No informed consent is sought – just rampant bullying – at a time when mum is so very vulnerable.

All of this can 'hurt your head'

Stop trying to find any logic in modern medicine's ways

Go back to the past – where all the old people were telling us how
to live well so we could keep living

[Please look to here](#) - you can help yourself heal from these cold invasions, as
it is so easy to change your life direction: support your own Yang Qi.

[Take out the residual cold from the past](#)

AND avoid all [extra cold invasions](#).

See below for how it comes about.

2. CREATION OF BIRTH TRAUMA

(This will continue through life) This is only one aspect of what is patently not supposed to happen and would not have in times past when all were seen as being precious.

Cold invasion in pregnancy

General life

Pregnancy is a time when the temperature is half a degree Centigrade higher.

Being pregnant is often referred to as having a 'bun in the oven'.

Here you will discover why you can't have a successful pain free pregnancy with residual cold lurking in your body: or by having it added in when you are in pain.

Cold causes pain

- So many women may feel hotter when pregnant, so they cover up much less, not being aware of [damage of cold getting in](#) and onto their bodies.

If you are not drinking a lot of water, and are eating sugary foods – you will not only have a tendency to inflammation, and '[false heat](#)', it will show up as your feet and often legs being out of the covers at night. As you get hotter, and more irritated, you will start adding in fans on yourself to sleep, maybe placing ice even on your body, as well as in all fluids drunk. In late pregnancy as this turns into 'high risk' category, you may start feeling extremely hot, especially in the afternoons/ evenings, start itching and thus be seen as now having a frank liver organ (and potentially life threatening) condition.

- All generally seem to think water and drinks are best with ice in them and socially all will offer these.

You may have felt the need to 'eat healthy' gravitating (as with [Hyperemesis](#)) into cold temperature and cold vibration foods: yoghurt, fruit and juices from the fridge and almost drinks are taken cold – especially if you have a touch (or a lot) of 'heartburn'.

'Pain management'

- If pain is felt anywhere, it is likely that the physio/common wisdom will tell you to ice it. [Cold is NOT going to help](#). Flow flows, or pain ensues.

Unfortunately, this will then set up a local (and often general body) lack of flow that may stay with you forever, as the body in pregnancy is working really hard to make your baby's life foundation and you as mum tends to get what is left over in this process.

- Any accident, any trauma when pregnant, it is likely ice will be offered as presently it is seen as the way to numb all sensation.

Prenatal medical additions

- Cold ultrasound gel and ultrasound or Doppler or fetal monitor on belly, often the belly is left exposed or just has the gown over.
- Sometimes an internal ultrasound (transvaginal) is used which would be cold and have cold lubricating gel on it as well.
- If you are a Rh negative woman you will be given 2 Anti D injections straight from the fridge.
- All speculum and lubricating gel used to inspect cervix are at room temperature (read very cold), especially the metal ones although they are not used that often now - mainly the plastic ones.
- Lubricating gel used for internal examinations is cold (it's not from the fridge it's room temperature - but gel is also cold by nature).
- In all labour preparation classes, most people will use ice as a form of pain to give the participants an awareness of pain and the need to distract.

Cold invasion in birthing

- Iced face cloths to face and back of neck during labour
- Air conditioning is usually colder in birth suite
- Cold floors – and very often you are barefoot as you are completely focused on the contractions - understandably, when getting out of showers or pool, and not being aware, as your contractions take precedence.
- The rooms are cold – you are often just in a light gown.
- The lubricating gel used for internal examinations is cold
- Ultrasound gel and doppler or fetal monitor on belly, often the belly is left exposed or just has the gown over. Working hard you may not notice the cold
- Prostaglandin (PGE2) for induction of labour is a pessary from the fridge
- Ice to suck on and/or cold water or other drinks are given to you throughout labour
- Chlorahexadine used to swab your back prior to an epidural is cold (kept at room temperature but by nature of the product it feels ice cold)
- Cold operating theatre for caesarean section, forceps delivery (sometimes done in OT), manual removal of placenta, retained placenta, 3rd and 4th degree tear repairs, etc.

Women are often in shock after birth - especially if there is [blood loss](#). Warmed blankets are likely not about as urgent life saving is the order of the day, all not knowing how you are being set up also for major life dramas at the time you are not being kept safely toasty warm.

Cold invasion immediately post birth

- Syntocinon, Syntometrine, Ergometrine are all kept in the fridge, usually only one is given, they are all given cold as an injection into the thigh for the delivery of the placenta, sometimes they are left at room temperature for a little while.
- Forceps are metal and cold, plus the lubricating gel feels cold.

- Shock may set in, as what you thought you wanted is not happening. Little by mouth and what is will be cold or you will be just given ice to suck.
- Any IV fluids given are not warmed but given at room temperature of the drug room, which is cold to preserve the drugs (as a fully clothed nurse, it may feel like a fridge to walk into).
- Pessaries of Indocid and Paracetamol are cold from the fridge to keep their shape and inserted in the rectum for pain relief after suturing the perineum.
- If there is no meal for you after the birth a cold (out of the fridge) sandwich is given with a warm drink of tea or a cold cordial. Iced water offered.
- Usually getting up for a shower after the one hour of skin to skin with bub, and you may likely catch cold then on the cold floor, or coming from the hot shower back into the cold room possibly and walking from birth suites to postnatal ward with wet hair through the air conditioning

Cold invasion postnatally

- Constantly applied ice packs for the perineum for pain relief and to reduce swelling. (Heat packs actually do a much better job and feel so soothing).
- Cold drinks often with ice as well
- Ice to suck on as the first thing you can have after a caesarean section and then cold drinks, cold liquids such as jelly for first meal, sometimes soup and tea as well. (Need more than ever before warm, salty broths at this point).
- Any naso-gastric foods/fluids are put in straight from fridge.
- All needing these are shocked and likely cold and shivering with even more need for warmth. Life needs [Yang Qi to flow](#), and to keep your gut working.
- All injectibles and MMR vaccine is straight from the fridge
- Any blood products given as a transfusion when needed are given cold from the fridge (no blood warmers as in the past)
- Insulin for diabetic women is from the fridge. To be diabetic – you have 'false heat' and will be downing icy drinks to try to turn off the stomach fire and this in turn is adding to your inability to have a gut that works well and so it goes fluid builds up, you are hotter and drinks less, and are told to eat less salt that stops the electrolytes (especially Chloride) from being able to assist in life and all devolves into chaos and 'high risk' well.

Ice to breast for engorgement

- Air conditioning and cold floors - often the wards are so cold, and they don't give out many of those thin hospital blankets.
- All are being told to use ice at all turns - often seen as the only way to deal with pain

If breasts become engorged, all seem to forget that [blood and fluids](#) need warmth to circulate. Ice is often actively sought, as a pain reliever (numbing not just

sensation but flow), thus ensuring further flow problems, a loss of vital life energy available to you. As the cold enters, especially in your highly depleted [vulnerable](#) state, life long health problems are set in motion.

In Chinese medicine, the two major causative factors of disease at birth are [invasion of cold](#), and blood loss. The [inability to hold blood in place](#), and keep infection at bay, plus to hold tissues, and organs in place is irreparably damaged through the cold invasion wasting the vital [Yang Qi](#).

Catching up on sleep, on rest and on warmth to replenish, are all highly unlikely in the hospital setting. Nourishing warm broths, easy to digest nurturing foods and fluids and time offered in the sun recovering, as would have been offered a few decades ago. This is all gone in the robotic rule -bound impersonal medical establishments that are no longer not just birth and baby unfriendly, but also likely to be setting you up for problems immediately, and on return to your life at home. Your [Shen](#) (sense of self) has to be peaceful.

You are usually sent home well before your milk has even come in. No time to catch your breath, no time to recover from any shock and being full of cold that causes your digestive and actual loss of circulation troubles, you may have ever more grief.

Cold invasion for baby

Actual Separation

Birth is the single most traumatic event biologically for an individual, as the [fetal circulation](#) – all nutrients in and out of the navel – is instantly rerouted into the heart and the beginning of life support independently begins. The pericardium function in Asian medicine – the heart's protector – starts up now, [Any shock](#) is felt as the post traumatic event as that is [imprinted in along](#) with all aspects of what is supposed to happen – if it is allowed to as designed to.

With the [full complement of all hormones](#) – and mum and all around being peaceful as life unfolds as it should. Please see all of the work of Drs [Michel Odent](#), [Frederik le Boyer](#) and [Sarah Buckley](#)). Ideally born into warmth. Ideally into the water: the same environment s/he just left, and then straight up to mum and a blanket, with mum's warmth keeping baby settled in this transition time.

- If baby is deprived of their breathing blood - meaning as at least a quarter to a third of the baby's blood is in the placenta and cord at anytime with breathing and nutrient exchange happening, the loss of the actual blood, as well as all the warmth in it now causes a major [life threatening shock](#).

[See more here](#) – a [peaceful birth](#) sets all of us to win. ([Robin Lim](#) and [Grand Rounds](#) - how all this was researched decades ago and is past questioning). Also perhaps look to all [Henci Goer](#) has written and extensively researched on safe birthing practices (mother and baby centred).

Baby's warmth needs

From core temperature within mum to relatively freezing cold.

- If 'needing' resuscitation – with no clothes on, all air rushing past them as their body is seen as a device to kick start. They are often still wet at this stage. Getting them breathing is the main event. Baby needs to be directly kept snugly warm.
- Often though, baby is left to be weighed and measured and often onto cold hard surfaces, flailing about, in the cold air conditioning. Breathing for the first time, air is cold. No other mammal would be treated as this, or expected to not let nature work its magic.

Baby is trying to keep itself warm for the first time - and if s/he has lost a large portion of their blood, there is little left over to keep the immune system – immature as it is – available to keep temperature control working.

Cold vectors

- Hep B injection is from the fridge.
- Any vaccines for baby are straight from the fridge.
- Whenever a nappy is to be changed, a significant amount of body heat is lost as they are exposed, often washed down and sometimes with alcohol wipes, which strip more warmth away. Baby has a significantly large skin to (very little) body mass ratio - highly likely to cool down much faster than any adult could imagine.

This is even more of a problem when the weather is hot. Adults can regulate their temperature – babies have little ability. The bonnets, booties and mittens of the past are often ignored, and baby's extremities are busy losing precious heat.

How does a well baby work?

[The case for leaving well alone](#): Left to mum's own devices entirely.

Nature's template – [pre birth](#)

[Birthing](#)

[After birth](#)

[Breastfeeding](#)

How does a well mum support baby to mature and grow?

When mum is breastfeeding after full return of the cord blood to give baby best start possible.

To be a perfectly healthy specimen, baby needs to be kept calm, left in peace and tranquility to just be fed, held and slept next to his/her life source – mum – at least for the first few weeks, maybe three months, and maybe the first year.

This is the mammalian blueprint.

See [Lotus Birth](#)

(Also of research regarding placid babies as a result, of an [undisturbed birth](#))

[Birth Shock?](#)

With none of these interruptions between herself and baby – think back to the mammalian pathways – just as nature set up all for baby and mum to naturally separate and to be in each others presence with no foreign smells, touch or beings anywhere near – at least for the immediate post birth time.

No washing, no disconnection.

No interference and no chemicals. No foreign DNA in baby's body or directly into their bloodstream along with foreign and very neurotoxic adjuvants. (No research ever done to see if this is safe).

Less research for effectiveness - or even need.

How to stop all of this?

Take charge. What is it you want? Where are your assumptions?

What makes you believe what you do? Is it true?

Research where safety is in birthing – in your space, your way, Birthing is NOT a medical crisis waiting to happen – that is being manufactured for you was those tasked with 'care' have no idea.

Look what they are doing under the guides of 'best practice'

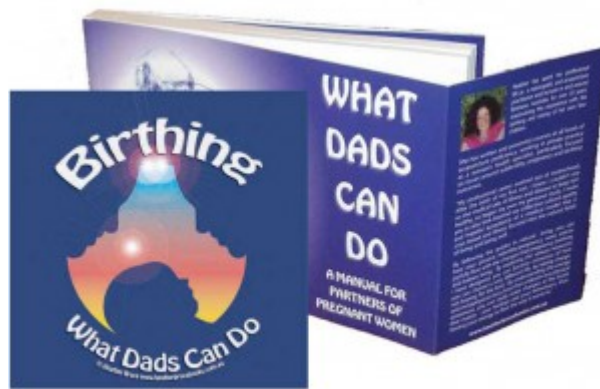
Please look at what you think 'safe' is as what I have above is not it.

As a healer I see so much that should never have happened, that was totally uncalled for and all the 'interventions' did was cause harm. Cold invasion is the major one – and has to be stopped.

Worry is not what you want.

Hence I wrote all in '[What Dads Can Do](#)' as he is with you every step of the way. He is also the best expert as he sees the changes – subtle though they may be. He is also most invested in the outcome of having a happy home with happy mum and kids to look after.

Why do we pretend this is a discrete event? Pregnancy and birthing totally reshape who you both are – and dad is mum's major ally /advocate and make sure it is all the best it can be for all of you.



Resources that are effective, safe, natural, practical and instantly applicable not just in pregnancy – but all through life. Your hands-on 'glove box' manual: when something 'goes wrong' - what to do to return to wellness – at your fingertips.

Get yours [here](#)

See more here as [this site](#) has instant answers when needed.

Second and third opinions can only help - and the voices from the past - those of the women who bled, birthed, and helped others - has been being silenced.

Perhaps download the pregnancy app – [natural healing solutions here](#)

Solutions are to be found so easily – instantly downloadable - as well as how to avoid what seems inevitable (when you stay doing what is causing the problem).

Don't worry and medically monitor.

Stop breaking your blueprint!
Go with the elder's medicine.
Back to the garden . . .
And the kitchen

Home remedies and granny healing got us to here.

Please sign up for [The Natural Pregnancy Coach](#) as help from a wise womanly perspective can be accessed there – in addition to whatever is being offered in whatever programme is local to you.