

A large, textured baobab tree trunk dominates the background. A person in a light blue shirt and dark pants stands at the base of the tree on the left side, providing a sense of scale. The ground is dry and dusty.

Life Support: How to get the best from your belly



Heather Bruce

© Copyright Heather Bruce 2016

All rights reserved.

No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or by any information storage and retrieval system, without prior permission in writing from the publisher.

First published in 2016`

eBook edition 2016

Creating Living Energy Pty Ltd

PO Box 314, Carina Qld 4152, Australia

Phone: +61 7 3899 2274

email: heather@heatherbruce.com.au

web: www.heatherbrucebooks.com.au

National Library of Australia

Cataloguing-inPublication entry:

Bruce, Heather

Life Support – How Your Happy Gut Works

ISBN: 978-1-922065-92-6

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, allowing her to experience the vast changes in perceptions of “normal” in child-rearing and in child-bearing practices in modern Western society. When she 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 show why what is happening is and how easy it is to reverse even the most stubborn condition. You can always yourself. 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.”

FOREWORD

This book is the result of my decades of studying people and life through the theories that underpin acupuncture. It is very different to anything else you may find written by others. I have done is incorporate my learnings as a mother, as a woman in today's busy world, and as an inquisitive thinker with my extensive years of clinical practice. I hope you find it helpful in unravelling some of your own mysteries.

Through the mothering of my own children, and my own woman's ways of knowing, along with working naturopathically and teaching and mentoring acupuncturists for the past 35 years, I have drawn very different conclusions about the processes we call life than most people in mainstream medical thinking.

On these pages I am offering a visual teaching tool to assist better understanding of some of the central concepts found in this book. It may take a little while for you to get used to the difference in presentation and in content. You may also need to read and re-read this information in order to digest it, as it is different to what most Westerners "know" to be "true" – the information you receive here may well result in a paradigm shift. Please, persevere if the information is tricky to understand – it is well worth teaching yourself how to grasp what is causing that which is affecting you.

Seeing your health through the eyes of an energy model, thus explaining why your life is as it is: and then with self-discipline and commitment, what ails you will be easy enough to transform into a better life with easier health and wellbeing outcomes.

Energy is a far greater consideration than you may have previously thought in relation to your physical body. How you feel about what happens to you may not be a matter of "genetics" but epigenetics (what sits on top of the genes – that which allows us to express, or not, what we have been gifted through our parents' lines), thus allowing for the release and expression of who we truly are/could be. For example, while most people readily blame "hormones" for imbalance, they may forget that hormones are simply messengers – being really furious, upset or exhausted sends a very different set of messages around the body than being happy, well rested, well nourished and "in the groove". Consequently, health outcomes (desired or otherwise) are set in motion by our life choices, including our emotional responses and even our perceptions and thoughts.

In digesting this material, you may need to ask some awkward questions:

- How do we express our innate potential?
- Are we more than just the body?
- Does our heart connection, and the Soul working through us, influence our "actual" physical outcomes?

I wish you well on your health and healing journey

Table of Contents

About The Author.....	3
Foreword	4
Introduction.....	6
1- how a well body supports life	7
1 - The Three Heater/Triple Warmer system – from East Asian and Chinese medicine.....	7
2 - Energy model – meridians	11
2 - Liver Qi flowing freely.....	15
What is needed as a foundation?	19
3. Digestive Trouble.....	20
You may find even yourself with nausea/vomiting	21
Cold belly /cool to touch abdomen	22
Stop creating the problem	22
‘ Spleen Yang’ deficiency vs ‘Kidney Yang’ deficiency	23
What damages this?.....	23
Spleen yang deficiency symptoms	24
Revision	24
Kidney yang deficiency symptoms.....	25
What to do	25
4 - Dampness.....	26
Dampness is just one of the ‘Spleen Yang Qi deficient’ problems	26
Damp.....	26
5 - Solutions	27
Belly massage.....	30

INTRODUCTION

You have picked this up as probably you do not have a happy gut.

You may well have done all you have been told to do – diligently.

Often it seems as though although you do ‘everything right’ it is not enough.

Here I explain in simple terms, using an energy model, how to help yourself through knowing how a body in health works. I too started with a very unhappy gut – by reading a bit, and thinking that I could do what I liked (especially when newly pregnant) by following what a book said. (Written by a man who was experimenting as he went along).

I eventually realised perhaps go back to how people always did?

All traditional world systems passed their own versions of this down through the generations in oral form. Whilst I now work also as a [Maya/Arvigo® therapist](#) all the (Asian acquired) acupuncture information is equally as valid. The physical body we inhabit is governed by energy and emotions and all is interrelated.

What you see here is not the ‘how’s’ and ‘why’s’ of the physical process of digestion as seen in a medical text, but the processes that support entire body wellness. This is all very simple.

It may look to simplistic.

Stop breaking yourself.

Undo what is blocking normal

No need to micromanage!

All the flows must flow.

What may stops flows will cause you pain – on all levels.

Knowing this allows you to then make conscious choices.

Enjoy!!!

1 - HOW A WELL BODY SUPPORTS LIFE

From an energy model, the normal everyday process of digestion is simple. Seen from this 'food factory' model you may be able to decipher why you are having troubles that nothing so far seems to shift. You feel that you are doing everything right – maybe there is more? Just stop putting anything cold in.

[Maybe also start here?](#)

1 - The Three Heater/Triple Warmer system – from East Asian and Chinese medicine

How this energy (gives instructions to the physical) model for digestion all fits together. Implied is an understanding of Yang Qi ([see here for more](#)) and the ways of flows. (You will meet the Liver Qi in chapter 2).

The three heaters are as below –

Upper Heater – Breathing and circulation.

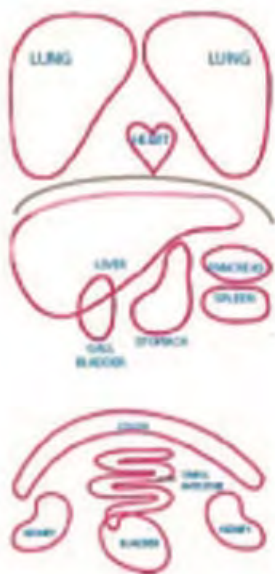
- Where the Shen (in the Heart) resides.
- Where all the Qi flow begins.

Middle Heater Physical Digestion

Receiving raw ingredients and apportioning perfectly.

Lower Heater – Uterus/fetal palace/'Dan Tien' – the energy centre of the body - Kidney home, where separation of the pure of the impure continues. [More here](#)

Relative placement of organs



In the **Upper Heater**, the most 'pure' resources are turned into the meridian Qi, after the pure resources from the stomach have mixed with the cosmic Qi and air from breathing. This is the grid that acupuncturists use.

Middle Heater – where the food is received and the Spleen Qi/Yang transforms through 'rotting and ripening' (digestion) onto what is needed, and what is to be excreted is sent downwards. The purist physical components are sent across to the liver organ.

The **Lower Heater** – where the physical dregs go – and where the transformation into fluids for discharge and solid wastes happens in an orderly fashion. When there are 'left over' reserves from running the body, this Jing is sent to be stored. Here, the purest resources, alchemically transformed through digestion, rest in the Kidney complex.

All this works perfectly

Food goes into the pot (your stomach) with the fire underneath (being the 'Spleen Yang' that is spoken of elsewhere). Enough 'oomph'/juice/fuel, and the food is digested well. The energy that drives the body is not visible; hence is ignored by what we see as orthodox medicine. However if you study the traditions that have been working for thousands of years in other cultures and countries you may become happier and healthier.

The pure aspects of the energy transformation process pass upwards and the more gross physical parts are sent in their downward path. As more nutrients are extracted, the relatively 'pure' Qi/ingredients from go off into different paths – physically the portal vein carrying the goodness from the small intestine organ to the liver organ being a major correlation in physiology.

The Middle 'Heater' - Food in, wastes, downwards and out

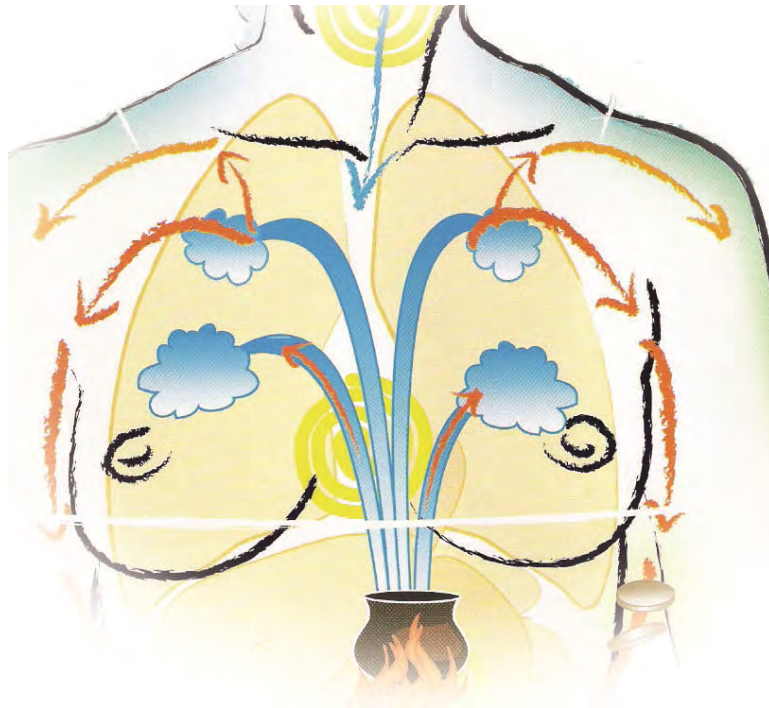


The **spirals** are to remind you of the energy centres (from Indian traditions) of the chakras. The **red arrows** represent the direction of flow.

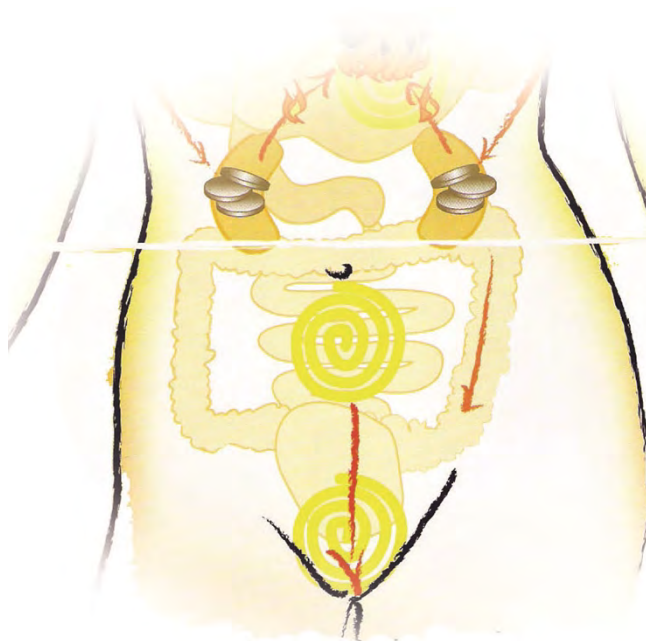
The **coins** – the precious reserve that if enough is left over from daily living is stored as Jing reserves – in the Kidney energy complex. The Kidney Yang is also used as the heating used to digest the food – a catalyst that is also replaceable - if we live well and moderately within limits.

The pot is the 'Spleen Yang' as above – your digestive strength. If fluid or food is too cold and put into the stomach, the fire may dwindle – and nausea is one result. Candida, allergies and all food intolerances are others.

The Upper Heater . . . The blue lines are the purest energy ascending into the lungs to start the energy circulation which keeps the body flowing – and which acupuncturists tap into along the meridians.



The Lower Heater - Food residue descends. Once all the goodness is gone, the solid wastes are excreted. The fluid wastes from life processes are also discharged.



**Simple – and it all works with the Liver Qi flowing freely.
Hint – emotions need to be freely flowing or the gut blocks up!!**

What is needed for the ‘food factory’ to work perfectly?

Energy model

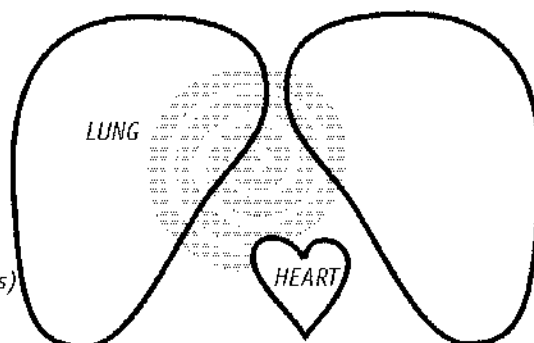
vs

What happens physically

UPPER HEATER

RESONANCE

- Heart chakra resonating as designed – absence of the consequences of uncleared grievances, shutting off own love
- Cosmic qi/prana
- Fresh air (charged with ions)
- Lungs free of grief
- Liver qi flowing, allowing the diaphragm to expand properly

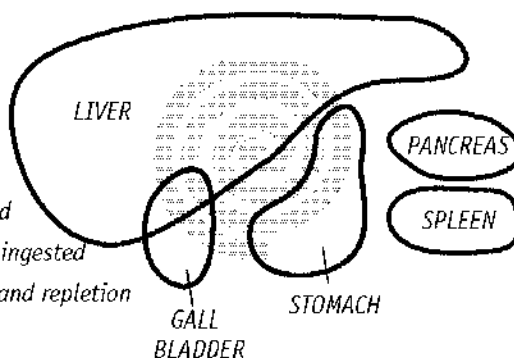


SUBSTANCE

- Presence of oxygen
- Presence of pollutants
- Breathing cycle free of all restrictions
- Structure as designed to be - no spinal or organ misalignments

- Solar plexus chakra resonating as designed Free flowing liver qi - if it is stuck, due to unsaid/unfelt/unexpressed emotions, will consequently totally disrupt all natural digestive flow
- Frequency, temperature and energy vibration of the food ingested
- Regular cycle of emptying and repletion
- Availability of yang qi

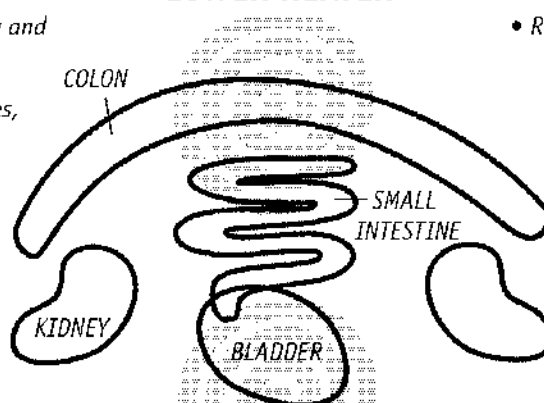
MIDDLE HEATER



- Choice of quality, type and amount of food/fluid
- Digestive enzymes appropriate to food requirements
- Backlog of toxins in the liver/gall bladder
- Presence of co-habitants - parasites and their toxins
- Posture and Structure

- Presence of stuck qi, blood, cold, damp, obstructing the energy and eventually physical flows
- Presence of sexual blockages, fear, shock, rage, entrapped in the pelvic memories and energy fields
- Ability to feel/be here/let go and experience

LOWER HEATER



- Appropriate waste disposal
- Regular appropriate sexual pleasuring
- Physical blockages as a result of the stuck qi

Chakra, structure and posture all aligned correctly.
Absence of scarring on all levels.

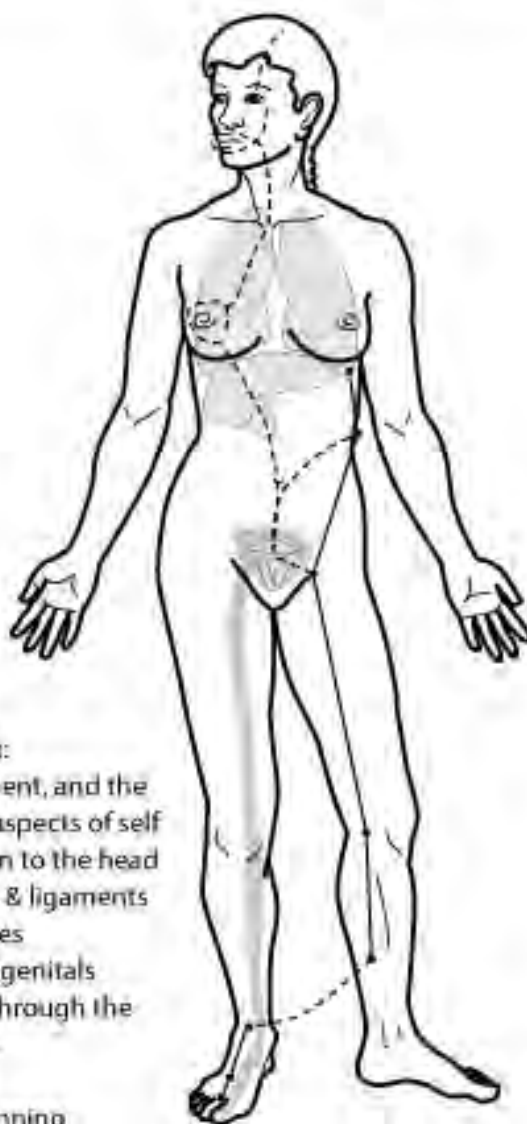
Chakra

2 - Energy model – meridians

The entire body is serviced by interrelated energy grids: inside, outside, around
Dotted lines are the inner branches. These lines of energy flow are on both sides
– on the skin they show up in these diagrams as lines. Relevant organs shaded in.

LIVER

Liver Muscle and Main Meridians run on both sides equally



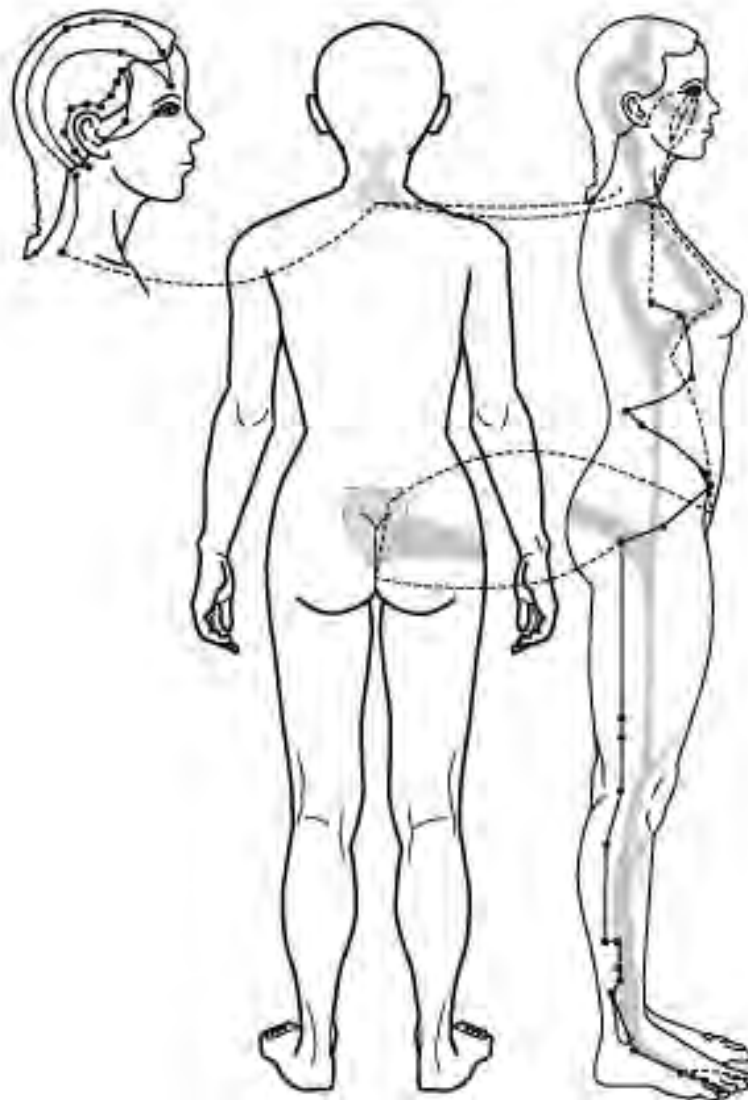
Liver organ complex:

- controls all movement, and the free flowing of all aspects of self
- All blood circulation to the head
- Nourishes tendons & ligaments
- Eyes & visual abilities
- Internal & external genitals
- Blood movement through the reproductive areas
- Finger & toe nails
- responsible for planning

The Liver meridian and Gall Bladder one work as a team – as such, anything that upsets your emotions, then plays out in the structural catastrophes that some live their lives through - simple answer – get more Magnesium oil on board to loosen up the tendons and the emotions! Good sources of magnesium? [How does it work?](#)

GALL BLADDER

Gall Bladder Muscle and Main Meridians run on both sides equally

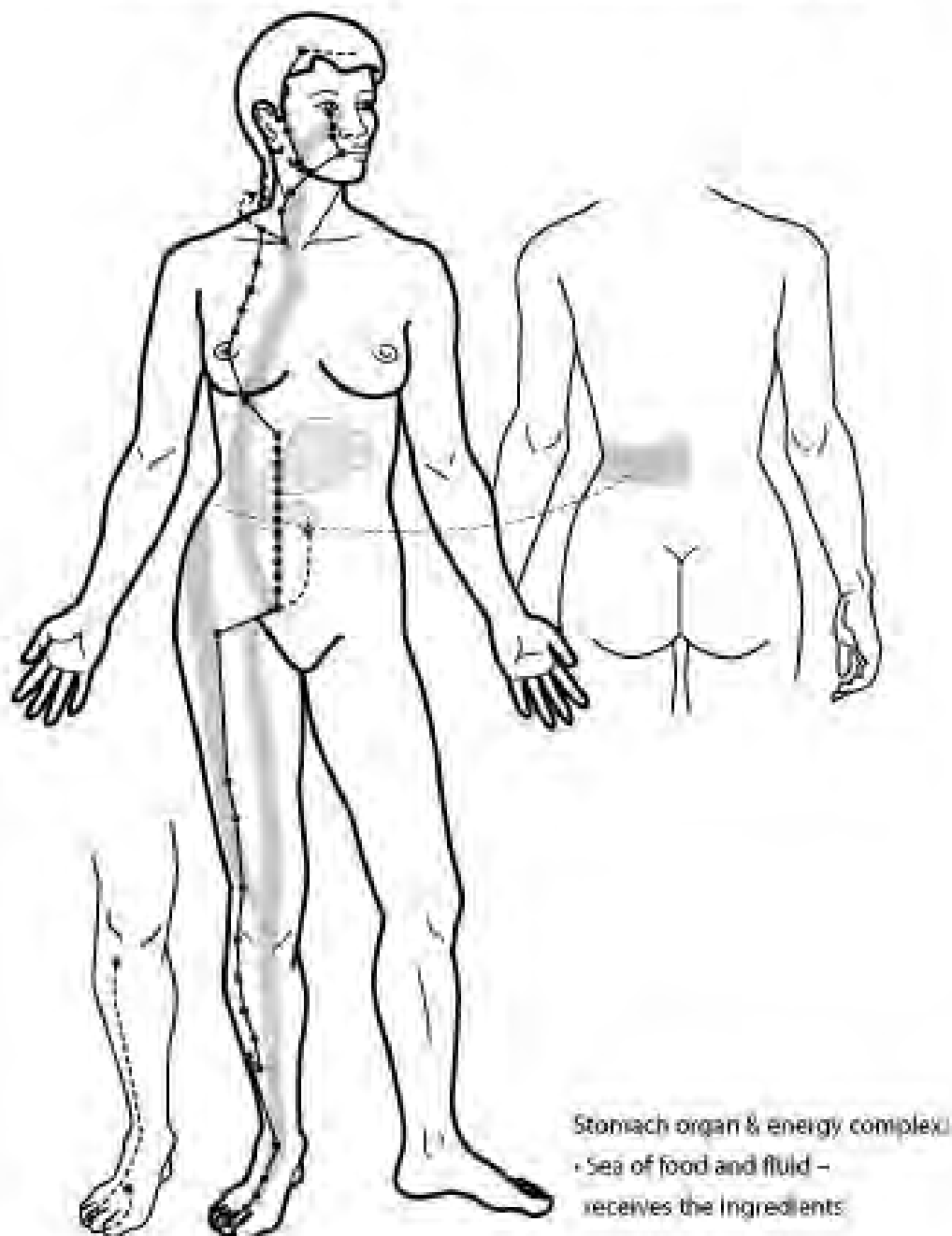


Gall bladder organ & energy complex:

- Responsible for decision making
- When weakened, indecisive and 'lacking gall'
- Stores the bile

STOMACH

Stomach Muscle and Main Meridians run on both sides equally



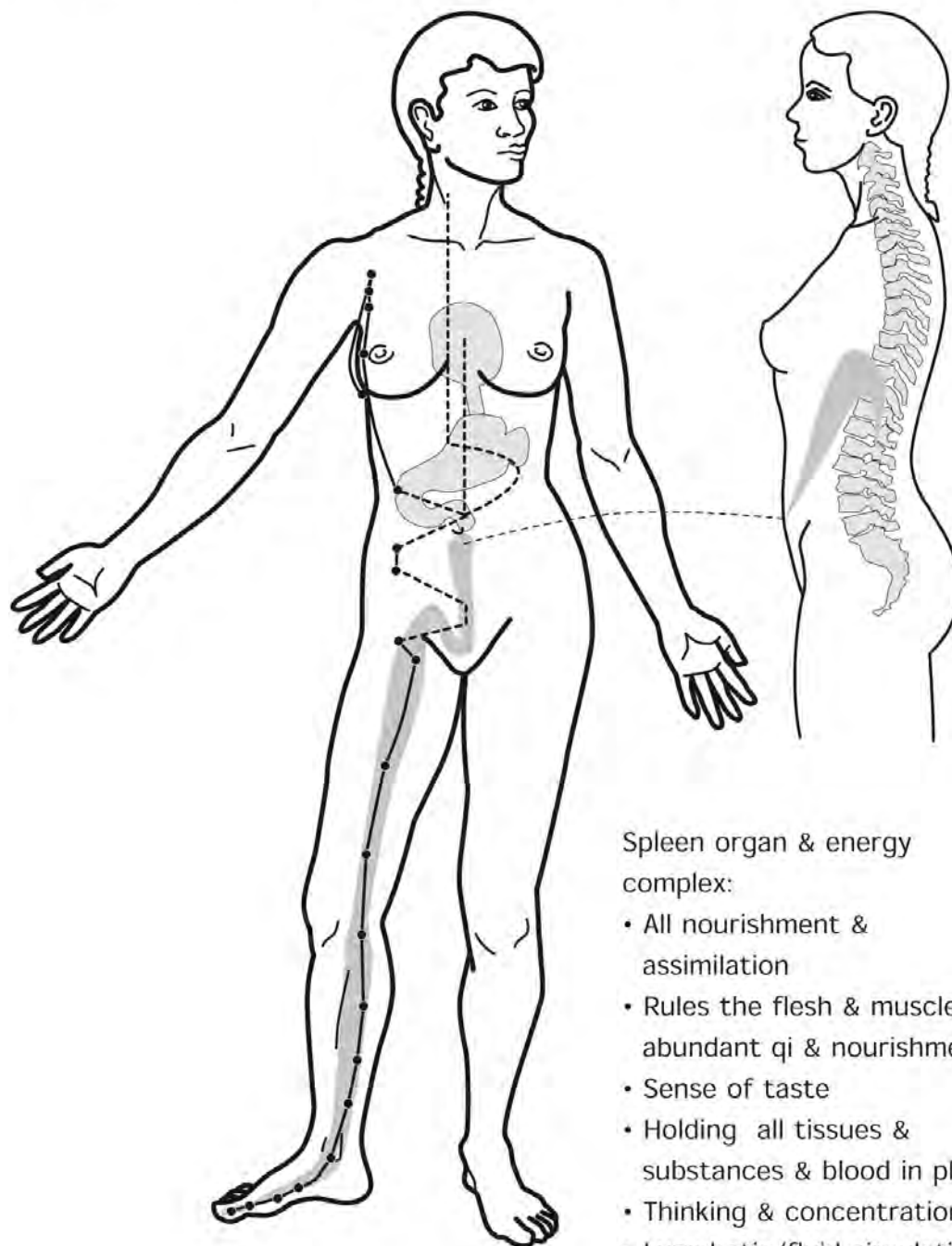
See how the meridians (they are all on both sides) cover so much of the area that is cut through in C-sections, and breast surgeries/implants. Even navel rings. Congested energy flow is often the beginning of the problems found later in functioning.

These can be easily addressed whilst visiting an acupuncturist – as using preventative medicine – not waiting till things fail and break down.

When it does all fall down – the Spleen energy and meridian are heavily upset.

SPLEEN

Spleen Muscle and Main Meridians run on both sides equally



Spleen organ & energy complex:

- All nourishment & assimilation
- Rules the flesh & muscles – abundant qi & nourishment
- Sense of taste
- Holding all tissues & substances & blood in place
- Thinking & concentration
- Lymphatic/fluid circulation

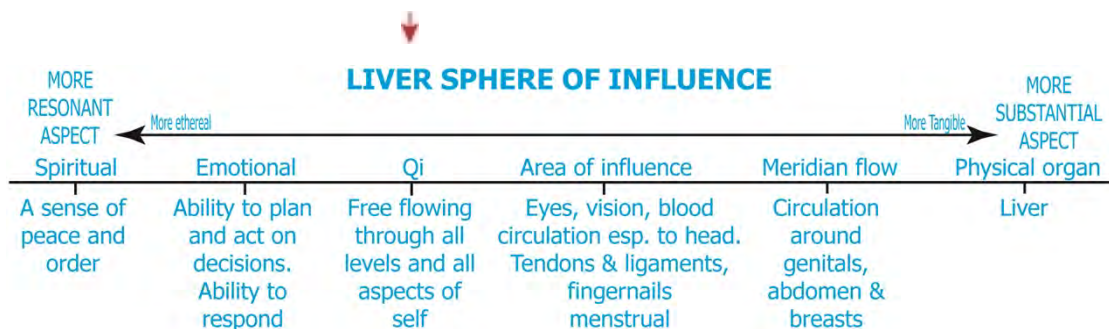
The Spleen/Pancreas meridian is controlled (as all are) by the amount and ability of the Qi to flow. Any scars, incidents, trauma and other blockages can stop up the circulation, creating local and distal problems, often decades later. The presence of cold – locally lodged - can vastly upset this.

Please see more in Chapter 3 on digestive upsets.

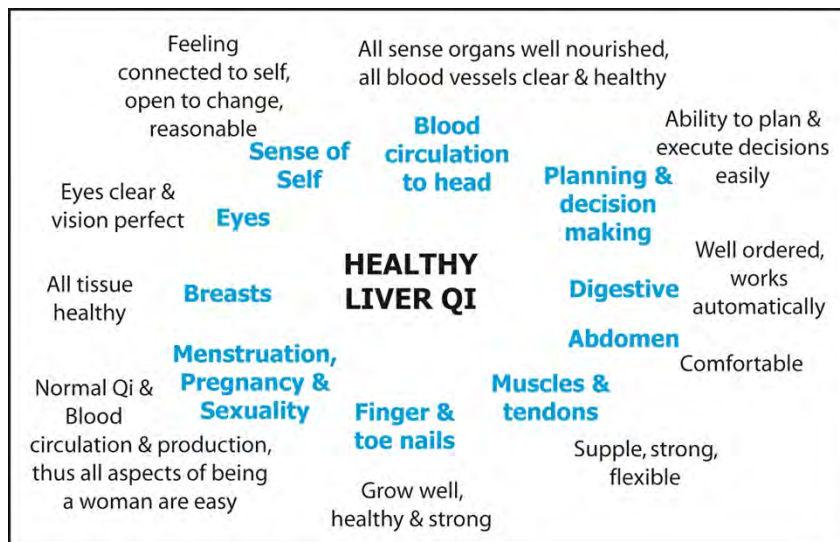
2 - LIVER QI FLOWING FREELY

The key to all working in the body is free flowing Liver Qi. All Qi has to move – and what changes it faster than anything else is feeling something, and not expressing it. Thus feeling stuck – and this is then called ‘depression’ – and instead of undoing yourself and your emotions - and your life - you block it. This leads to just about everything that then happens to you. Including serious life threatening illnesses - the answers are to be found in undoing yourself and your feelings – letting life flow!! Feeling, (especially acting and being way too ‘nice’) and not expressing is the key to messing up your gut.

Liver Qi needs to move.



What upsets the Liver Qi most? **Emotional constraint** – not expressing – otherwise called ‘*stress*’ in western culture. Resentment bottled, anger and unfairness festering. [Over time it kills us](#). Blocks normal flow. After years of internal dialogue and self abuse we get bound up.



The Liver Qi needs good Blood to nourish it – this is shows up the circular nature and the interdependence of the body – all need to be perfect for the whole to work. Blood is made by a happy gut. A happy gut (and person attached) can then have easy sleep to replenish, an orderly life and a heart full of love.

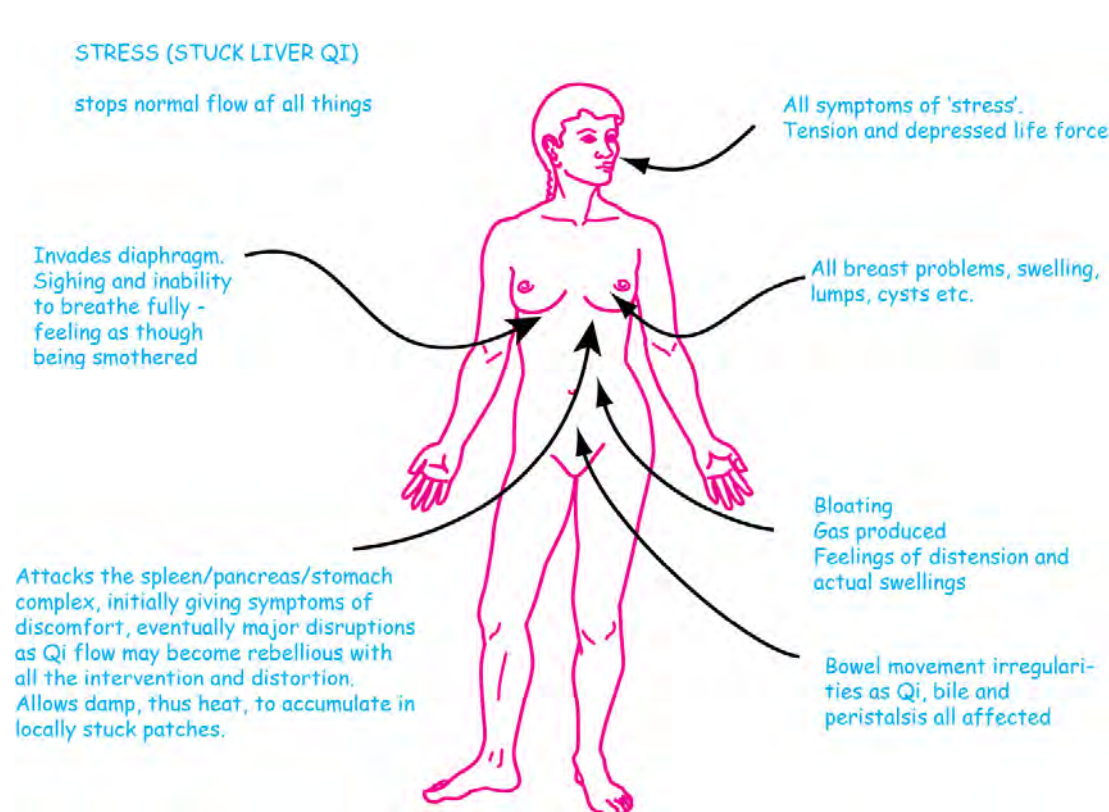
When things brew – and when tempers fray and get stuck due to the behaviours we are modelled into (to be civil/nice and liked by all) - the energy has to go somewhere – and it does - one option is across and attack the gut. ('Upset tummy', IBS, ulcers, heartburn, Crohn's disease, allergies, general gut malaise . .)

It could boil over into tension felt in the structure, or by accepting the 'family' history of migraines, bad temperedness – especially when the Liver Qi is enhanced – and more Blood is in the body at period time – hence PMS. Most are aware that they are not happy – and just get used to it. BUT – the Stuck Liver Qi makes its presence felt.

All these different medical specialities come down to a basic cause – not happy.

Think of all the different specialists that orthodox medical thinking could have you visit – and all the tests and scans all expensive and inconclusive – when all along it is 'just' you not doing what you are here to do/be who you are to be!!!

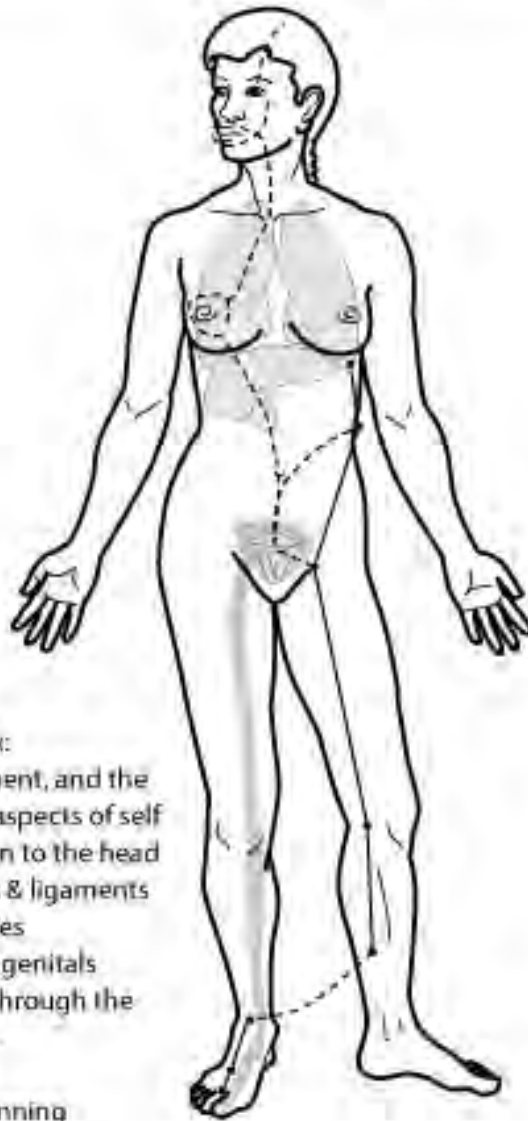
This is where the Stuck Liver Qi shows up . .



The entire body is serviced by interrelated energy grids: inside, outside, around (called meridians). The energy flowing is disordered when we choose to block what we are feeling. Further upset – so choices we make in self medicating – to allow ourselves more sugar/alcohol/whatever, instead of addressing the issues hat we are reaching for some thing to stifle what we feel with – inside – to damage US not anyone else – Stuck Liver Qi always grows bigger with time.

LIVER

Liver Muscle and Main Meridians run on both sides equally



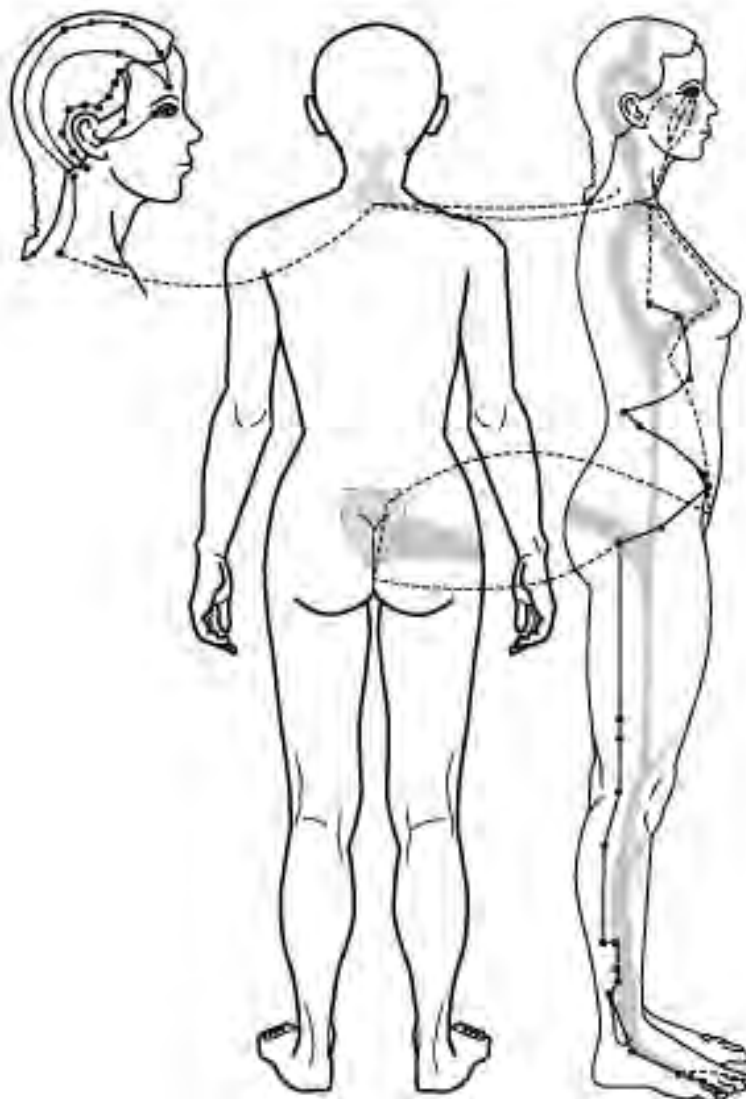
Liver organ complex:

- controls all movement, and the free flowing of all aspects of self
- All blood circulation to the head
- Nourishes tendons & ligaments
- Eyes & visual abilities
- Internal & external genitals
- Blood movement through the reproductive areas
- Finger & toe nails
- responsible for planning

The Liver meridian and Gall Bladder one work as a team – as such, anything that upsets your emotions, then plays out in the structural catastrophes that some live their lives through. Look again at the lines and areas these two meridians flow through – where are you holding your angst? Getting physical therapists to help you feel better temporarily may not be all the answer you need.

GALL BLADDER

Gall Bladder Muscle and Main Meridians run on both sides equally



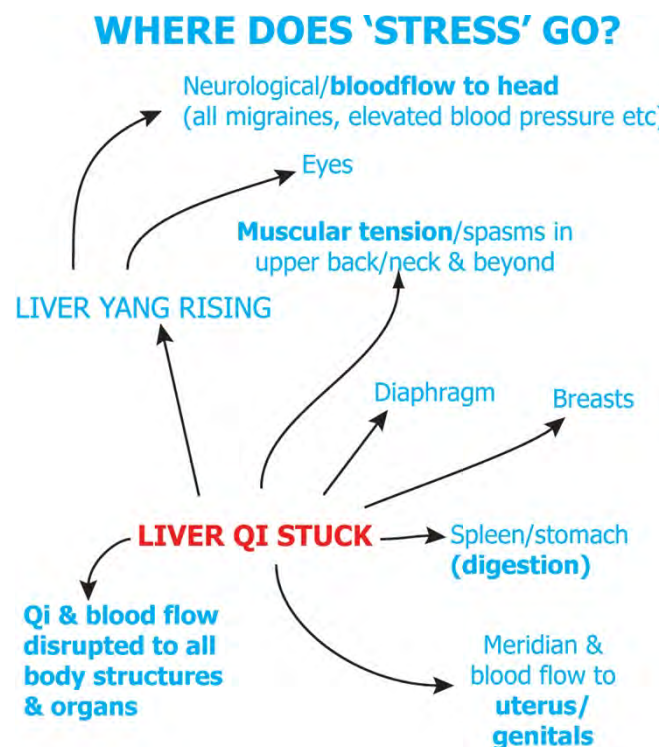
Gall bladder organ & energy complex:

- Responsible for decision making
- When weakened, indecisive and 'lacking gall'
- Stores the bile

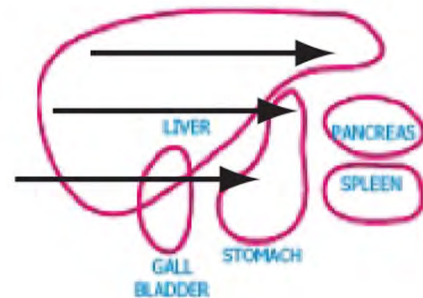
When we store up resentments, bitterness, feelings of betrayal and unworthiness - it festers. Along these two meridians.

The Liver Qi governs all flow and nourishes tendons
and muscles and ligaments.

Here we have the perfect storm – you get tense, and your structure/muscles respond accordingly - not only in emotional pain, but also physical pain.



Look above again – all through the ‘tension’ area that the various physios/chiropractors and massage therapists spend much time and your money trying to address.



What is needed as a foundation?

1) - Great Jing – from the parents and a moderate life to enable the ‘leftovers’ to accumulate so we have some for emergencies. (Also for when making babies). The entire system runs perfectly as long as there is sufficient Jing as the source substrate/foundation. (If you are pregnant - or thinking of this - you must fix this NOW as your precious baby is NOT getting all its birth right). Forget about your age. The current AMH and bad sperm are simply showing you that you need to lift your game.

2) - **Proper ingredients** – in moderation, variety, correct temperature, and harmony.

3) - **Yang Qi** able to work without stored cold wasting its ability to function

If you are troubled by digestive upsets it may be a combination of a lot of these factors - and who knows? Even the [temperature alone of what you ingest](#) may be all you need to change for a big correction and to feel so much better.

3. DIGESTIVE TROUBLE

Only happens when we break ourselves – two main ways – too cold, or too stuck /not expressing ourselves. There are many others – especially type and quality/ quantity of food – but I am starting where no one goes – the obvious to me after 40 years of chasing my own gut trouble and that of others.

When we have a happy gut, we can manufacture all the good ingredients to settle all else that is happening. When we don't – as you probably know – life is a misery. No more so than when the supposedly happy state of being pregnant.

When the [Spleen Qi/Yang](#) can't work well, a whole raft of problems begin for you

They may be considered 'normal' in illness, or in pregnancy, or (even when on chemo), and in aging, but are really just common disturbances when the body starts to fail. When we do not look after ourselves – by essentially just doing what we feel like, regardless of consequences, the body starts breaking down.

Doesn't all happen at once – and can 'come and go' over the life.

Body Disintegration

Immune System Breakdown

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

Loss of body integrity

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

Circulatory distress

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

Tissue and organ collapse

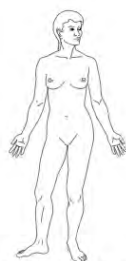
Prolapses, incontinence, ~ pelvic floor collapse, haemorrhoids.

Bottom Dropping out of your world

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

Sexuality

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



Bodily Decline

Reproductive failures

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

Pregnancy

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

Digestive capacity diminished

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

Lymphatic system

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

Musculo-Skeletal

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

Menstruation

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

Mothering

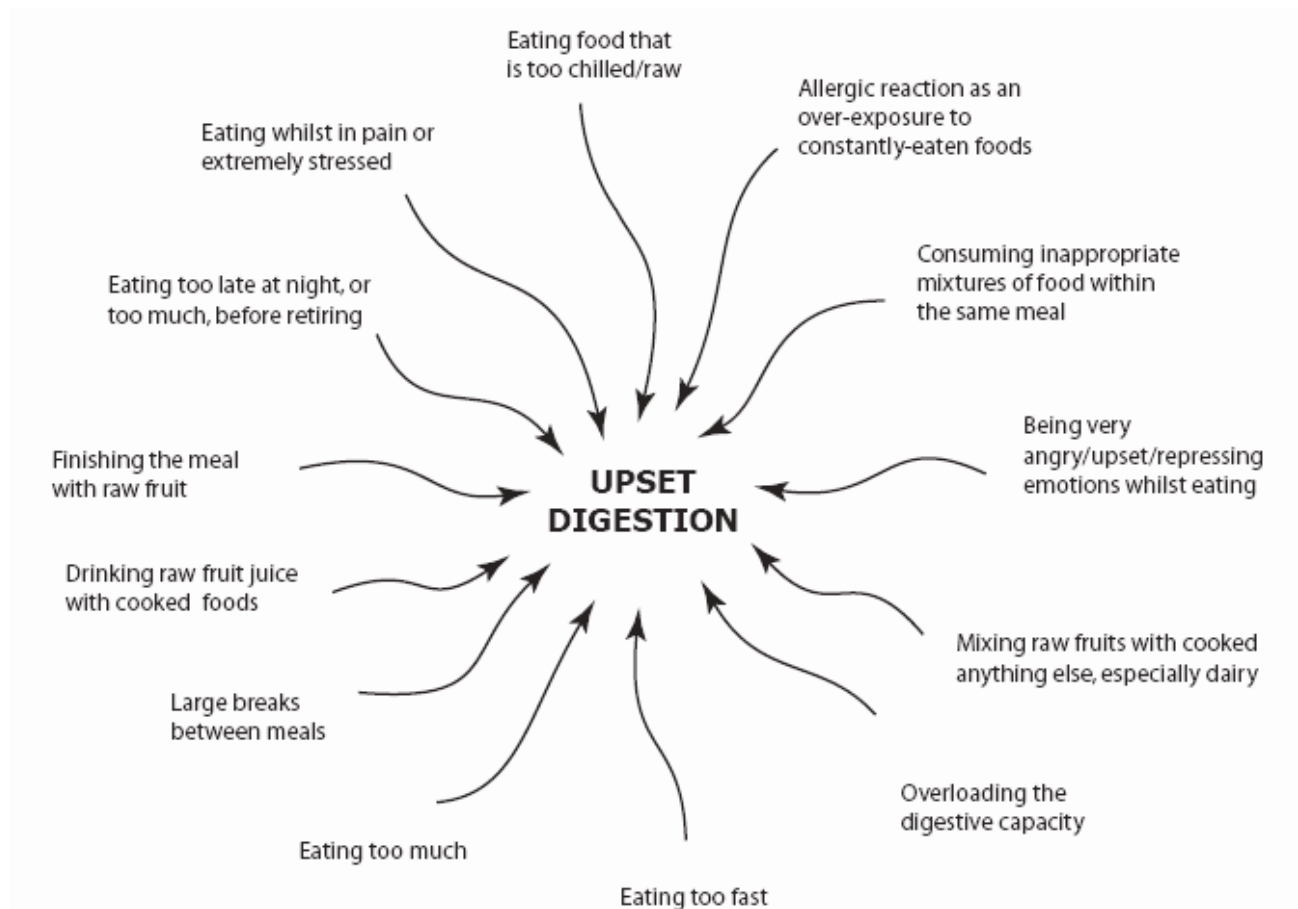
Incomplete healing on all levels leading to bonding and/or lactation challenges.
Not enough of self to go around.

© Heather Bruce 2016
www.heatherbrucehealing.com

The [Spleen energy](#) is held together by the [Yang Qi](#). Anything that upsets Yang Qi messes with your life. What does? [Cold. In all forms.](#)

There is a whole eBook and all the self help home [work on this here](#). Here we focus in on how to help your well body to work. Please be aware . . .

What will upset your gut . . .



You may find even yourself with nausea/vomiting

It is never normal, or to be expected – even when pregnant. The mechanisms are the same, whether you are pregnant or on chemo . . . or anything in between.

REASONS FOR NAUSEA/MORNING SICKNESS

- 1 - **Stomach Qi is too weak**/or empty (also Spleen Yang weak)
- 2 - **Stomach Qi is too full.**
- 3 - **Stomach Qi is too cold.**(also Spleen Yang is weak)
- 4 - **Stomach Qi is insulted/assaulted.** (over 'ripe'/damaged food).
- 5 - **Stomach Qi is being attacked by Liver Qi Stuck** (stressed).
- 6 - **Abdomen is overfull** - Poo OR just that the developing uterus has a different qi flow, and is not yet being fully used by the baby - the body re-adjusts as pregnancy develops.

ACTIONS TO COUNTERACT

- 1 } **Eat small amounts of easily digested foods, very often.**
- 2 }
- 3 - **Avoid all cold/chilled/raw foods and fluids**, especially when hungry/when stomach is empty, as then the Spleen Yang Qi is most vulnerable to cold penetration.
- 4 - **Avoid 'rubbish'/all toxicity/including odd mixtures/food combinations.** Avoid anything sweet in taste.
- 5 - (Stress) **Recognise it**, and change especially eat in serene settings.
- 6 - **Ensure daily, complete bowel movement.** In early pregnancy, the state of Mum's qi is often weak, and herbal tonics may help, also abdominal self-massage

Cold belly /cool to touch abdomen

No one is EVER to have a cold abdomen. This is a sign that the ‘oven’ is struggling — the Yang Qi aspect again. See signs of a distressed Spleen Qi above. It can be seen that a lot of the disasters that you may think going to a hospital /having a specialist attend you are no more than watching the body unravel – it does give you plenty of warning, but you did not have a translation of the body codes — there it is — **avoid all cold.**

This means never walk around on cold floors - especially not at night when off to the loo. (Up through the Kidney meridian – it starts on the soles of the feet and goes up to the centre of your belly and up your back). Have rugs on the cold floors. The cold invasion can start from contact up through the soles of the feet and lodges in your uterus/prostate and belly and back.

Where does this come into consideration in the orthodox medical model?

It doesn't. I see a lot of women with very bad morning sickness in a subsequent pregnancy that can be directly related to the cold that was placed within/on her body in the first birthing/post baby experience. Called iatrogenesis – caused by medical ‘help’. Don't let cold/put ice anywhere near you.

Feel your belly with the inside of your arm — is it warm — does the temperature change between above and below the navel? The key factor in determining if you need to boost Spleen or Kidney Yang in your body will be obvious – just look at the symptoms below.

There used to be a [cupping-cold-out-of-the-navel procedure](#) that was done in all Chinese families before the modern Cultural Revolution and the recent push for modernisation. China, like the west, has had a tendency to throw away what used to work, in ancient times. In this case, there IS nothing from modernisation to replace it. Some traditions performed ‘mother roasting’ – definitely avoiding all cold exposure (did not add ice for pain relief) as it is so dangerous later on for all body functioning. Please look to the package offered for [home resolution here](#).

Stop creating the problem

- ✚ Stop all your unnecessary outside activities and instead rest more.
- ✚ If you have a cool belly, don't add to the body coldness – nothing to be less than body temperature when drunk/eaten, or exposed to.
- ✚ At night — no fans on — no breeze, and not be compromised just because he is ‘too hot’ — perhaps sleeping separately for a while may assist here.
- ✚ All contact with the ground (not bare feet!!) and nature is to be respectful.

- ✚ When being anywhere, especially if hospitalisation happens, the fact of ice in drinking water, or very cold air conditioning has to be lessened through whatever you can do to keep the temperature of all things constant and warm for healing and health.
- ✚ Review the ‘upset digestion’ diagram and the reasons for nausea - start becoming responsible — don’t continuing doing what makes it worse.
- ✚ Source a moxa stick, and follow [instructions here](#)

‘Spleen Yang’ deficiency vs ‘Kidney Yang’ deficiency

Whilst this may sound like a bit like a foreign language - you will find yourself fall through the cracks of medical help with a raft of apparently minor complaints. By following this as a life guide, you can see what you are doing to create these, and so what to stop doing, to relieve yourself.

The symptoms listed in general Yang deficiency are a guide only. The key factor in determining if you need to boost Spleen or Kidney Yang in the body are obvious if the following indicators are present. (As all body Yang originates from the Kidney Yang).

Using other terms that are more western-friendly just does not work here. ‘Spleen’ is more than just an organ function, although it includes that of the pancreas. It is more about the digestive function, and the lymphatic, and the holding blood and tissues (hence babies in place). When **Spleen energy** is strong, the digestive system (as everything) just runs on automatic. Just as when the **Blood energy** is strong, it allows all reproductive aspects, and nourishing all aspects of self, to be uneventful.

What damages this?

- 1) Eating irregularly, and/or
- 2) Eating too many sweet or raw or cold things and/or
- 3) Also worrying and obsessing about life or little bits of it will waste the Yang Qi.
- 4) Cold exposure is the largest influence.

Unfortunately cold is often given medically as a treatment. Whilst one thing (like icing engorged breasts or mum’s bruised perineum after birthing), may make it temporarily **feel** better, the whole raft of life quality issues may start sinking.

This is often not noticed till well after the event and only then if the observer has been trained in a wellness model of medicine.

Spleen yang deficiency symptoms

1 - Poor appetite. You may not be interested in food, and maybe feel vaguely (or frankly) nauseated by even having to think about it. Your Spleen Yang/Qi needs assistance. Without a healthy interest in food, the Blood energy cannot flourish, and the life and healing (and definitely sleeping and all sanity and thinking) may be weakened/ compromised.

2 - Loose stools/apparent diarrhoea. Having unformed stool is a sign that the Spleen Qi is not doing its job of transforming well. Undigested food there is even more of a warning sign. Any gut problem is likely to be better serviced by finding a practitioner who works WITH not in spite of, the body's natural flows. Optimal digestion and assimilation, hence quality Blood and Qi and Jing through getting all you can from eating is crucial.

3 - Fatigue, especially after eating. The weakened Spleen Qi may be only capable of doing one thing well. Stopping all external activity at least ensures that there is energy available for the food to be processed.

4 - Abdominal distention, gurgling, possibly discomfort and dull pain, especially after eating is possible. These imbalances are very serious if left untreated. Your digestion will start showing signs of weakening and deterioration. Perhaps look to changing what has created this. This is a health /life model – behaviour – not taking MEDICAL assistance - pharmaceutical/ surgical – but making changes for yourself.

Revision . .

- ✚ NOTHING cold is to be eaten/drunk . The extra cold intake wastes what little metabolic energy (Yang Qi) you may have.
- ✚ Eating a little, cooked and nutritious snacks will assist you to rebuild.
- ✚ Using digestive enzymes with a meal may be a great help to digestion.
- ✚ Taking a good probiotic product will assist the gut flora. Most of the immune system comes from its. This alone may make an astonishing change to the apparently impossible morning sickness she feels.
- ✚ Taking small amounts of salt may help. Lightly salted roasted almonds (never peanuts) are often the best snack — and can be eaten even one at a time over a day to stave off nausea.

In addition — there may be aspects of the Kidney Yang deficiency as below or this may be interspersed with other warnings from other body distress pictures.

Kidney yang deficiency symptoms

1 - Needing to pee a lot, especially at night. This may be seen as being 'normal' in pregnancy or in aging – it is not – just usual. It is a sign of depletion. This not only is a sign that the Kidney Qi is weakened and needing support, but of a general weakening as the interruption to quality sleep further distresses the body as Blood and Kidney Qi and Jing are made less well.

2 - Weak, or aching lower back. If very strongly deficient, the knees and legs may also feel unstable and vulnerable. Whilst you may see this as being normal — for you — it is actually the beginnings of an overall depletion of your Jing - inner resources, hastening the ageing process. You may also have **cold intolerance**, and **poor circulation**, with **cold hands and feet** with poor circulation - maybe even called **chilblains** in winter and **Reynard's syndrome**. . This is also a **low thyroid function sign**. Struggling to maintain yourself in health.

3 - Lack of any interest in life or sex. This may become such that there is no feeling at all, even with direct stimulation. Sensual numbness may set in, as the body shuts down non-essential (for physical survival) drains on its most precious essence and Kidney Qi. Low thyroid function is an unrecognised epidemic as the blood test numbers are unable to assess what is REALLY going on for the patient population. Read Relationship thyroid to yang qi

What to do

1) - Avoid cold. Whilst it may appear obvious, it is important to ensure that you are not eating ice/ice cream /drinking your favourite fluids out of the fridge — heaping more cold into your system.

2) – Settle down. Your Liver Qi has to move. This means address whatever it is that is totally upsetting your inner peace. Your body will then not have to give you distress warnings. If we stop and observe ourselves, we can see that at each step of our lives, what we expect and believe dictates how we experience, by how we perceive what we live through.

Please reverse out of this - is very possible

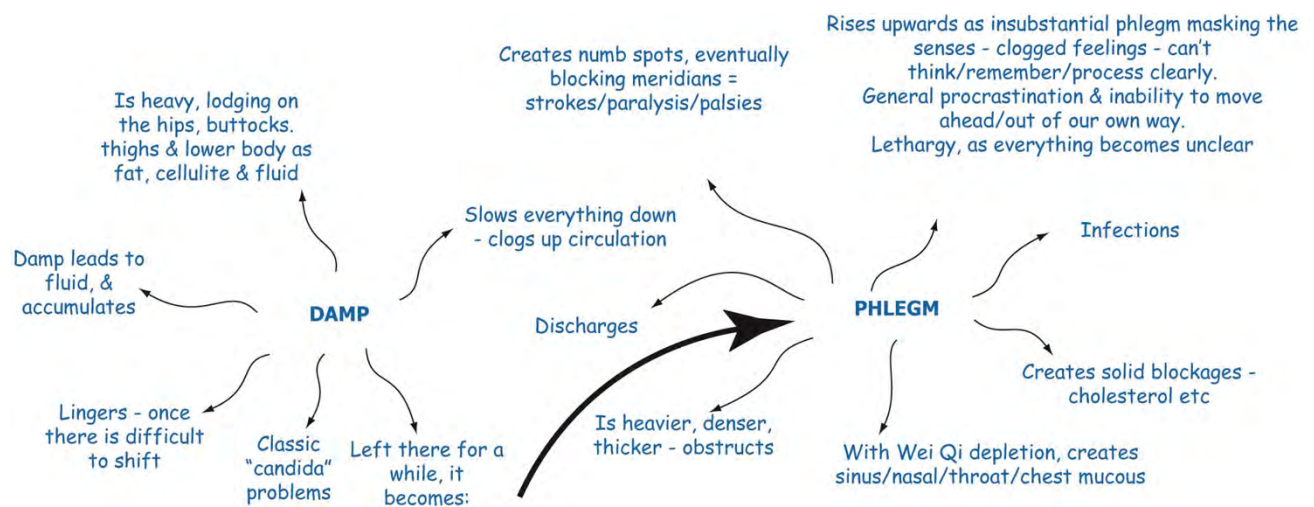
4 - DAMPNESS

Dampness is just one of the 'Spleen Yang Qi deficient' problems

What do I mean by [dampness](#)? Anything that obstructs normal flow within the body – as the energy of dirtiness/fluid/heaviness. Often brought on through the weakening of the body's Yang Qi – and putting out the digestive fire.

[Exposure to cold](#) (food/ fluids /environments - eventually causes low immune /digestive /circulatory/thyroid function.

Damp



It takes often decades to get to where this is a big problem. You can help yourself – the choice to change it is in your hands. Feeling hopeless and helpless as all forgot how to look after themselves and wait like a car never at the mechanic for tune-ups, and being fuelled with the wrong ingredients till the breakdown service is needed, all the while following the medical profession, (emergency roadside model) will not help - you look to this life model that actually works.

Stop the cold, the raw, sweet taste in anything.

You will almost instantly feel better.

Please do not think that fruit, green smoothies and juices are the helpful way.

Gravitate to congee, and broths, and all forms of bland easily digested foods that all cultures offered when ill – they knew how to keep all alive in the worst of conditions. They also knew how to revive when people were rejuvenating.

Back to the past. Grandmothers' medicines.

5 - SOLUTIONS

Take matters into your own hands - literally.

All stress will affect your gut and in time, everything as you stop making the best Blood and Qi possible and then all falls gracefully, gradually into a heap.

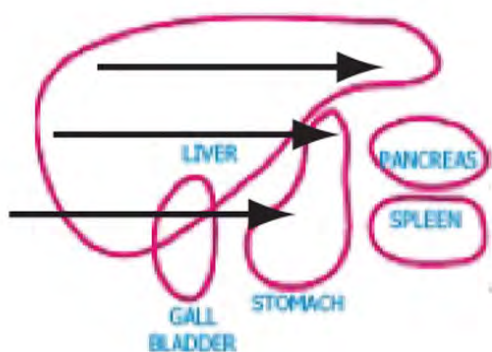
Try to eat with as little additives/pesticides and so on as possible - only organic --research this yourself. If for no other reason that it tastes better, and you will not be loaded up with what is potentially stopping your gut from working. Pesticides on plants and the bugs kill also our [good gut bacteria](#).

Our gut and nutrient pathways destroyed by the residue that is within the plants we are eating - and the animals get it all as well - please become conscious of these matters. They matter. Just as the quality of your food choices matters

'Stress' - of course you are feeling dreadful - what to do to alter this? There will be clues in your 'story'. (The one that you carry about with you and trot out all the time - your defining signature - the one everyone knows about you - 'mum is terrible/my early life was awful'/'I hate my sister because'/'no one understands me'/'my last baby died' whatever it is - maybe now is its big moment to let it res and to stop running your life around in a circle).

Seriously - something is holding this pattern close to you.

What sets up your gut distress . . being 'nice' / compliant/'easy to get on with'.



Liver energy invading (from your being angry/ frustrated/ irritated/and bottling it, festering and keeping your peace /being 'civil' - all create the inner war where the Liver Qi goes across and attacks your gut - and then you have all western medical labels - after the digestive weakness and before you actually resolve what causes it - the 'stress' of being you - you can get phenomenally ill - after the colitis, IBS and whatnot - through to ulcers and Krohn's disease and into cancers.

Where does all that [rage/fury reside](#)? In your body - trapped there awaiting release - when too 'full' - it starts messing with life - think of a fridge that is constantly being added to and nothing taken out /thrown away/used .. it festers

too – and eventually overflows. Maybe time to unload some . . . Before then such awkward issues as your pH gets so wrong, that it allows all invaders free rein.

Work on what is really the problem — the gut being upset is usually like a red light on the car's dash board - it is the way to get to see someone to start really healing (your life) — and to allow a lot of what had happened the first time to come to the surface on all levels to be cleared.

- ✚ **Stop all excess inner (thinking/worrying/obsessing) and outer activity.** (Going to work/keeping up appearances) [Relaxation MP3 here](#)
- ✚ **Revisit all that you could be doing to upset your gut** (chapter 3)
- ✚ **Drink a great deal more water** - Not tap [not chilled](#) and at least 3 litres daily – at least a litre before eating (warm it) and use a lot of coloured salt – [see more here](#).
- ✚ **Start eating a lot more salt** - The stomach acid needed to allow digestion to happen at all is made from Chloride. Where is it if you take out salt? Being salt free and having a low functioning gut go together as do low iodine.
- ✚ **Meditation** and **yoga** are also likely to settle your nervous system.
- ✚ On the more mundane and obvious front — working with the gut directly. Often **just squeezing half a lemon into some warm water and drinking this prior to arising** can help with the physical liver/ gallbladder's role of getting the peristalsis moving and the excess wastes discharged — before eating anything.
- ✚ Find **friendly gut bacteria** – initially this may be stored in refrigeration at a chemist or health food shop. Take as directed, to assist re-colonisation of the intestines, especially after taking antibiotics. Ideally eat that which recolonises your gut naturally – unprocessed large quantities of veggies and fats. Some fermented foods may assist.
- ✚ Take a **small dose of Vitamin C**, frequently throughout the day, some liquid Zinc, and a good (possibly liquid) source of multi minerals, and vitamins. Zinc and magnesium and selenium (needed for iodine usage) are blocked by the [presence of heavy metals](#) in the body. These needed removing safely – look here for more.
- ✚ If you have 'tried everything', and are using all these supplements – this is why they seem to be not working - they may not be - till you take out what was never supposed to be in the body at all.

- ✚ Better still – overhaul your diet and go organic and start all from ‘scratch’ – if you can’t yet – take one small step followed by another – and gradually wean into wellness.
- ✚ Holding onto trauma – of any kind – maybe start with the most crucial one . . . Often the **birth trauma** (from your own birth or carried down through the maternal line in stories and cellular memories) acts as though it were post traumatic shock syndrome.
- ✚ Around and around you go – small gentle shallow circular and very superficial, slow strokes around the bony perimeter of your belly – inside the bones – will feel magic release. Slow, hardly touching. (See belly massage below)
- ✚ Pop magnesium oil on your skin many times a day – it will help all stress and gut and tension issues resolve simply [why you might improve with magnesium](#)
- ✚ A good soak in a magnesium (Epsom salts), or better Himalayan salts bath may also relax you sufficiently to loosen the tension that has created the excess to stay stuck within you.
- ✚ **The times you eat make a difference to the outcome.**
The gut works best in the daytime, not in the evening – so something light and early is all you eat before bed.
- ✚ **Eat less.** Look to food combining and be moderate and sensible
- ✚ Avoid all processed foods and fluids, all microwaving and all that is sold as ‘longlife’ – what goodness is going into you when you do this?
- ✚ [Perineal steaming](#) and cupping the cold from your navel may be unheard of by you before – both are “old folk’s” ways from long ago and are my ‘go to’s first in my natural therapies clinic. Why? As I see those who have seen so many others – and I start from the beginning – back at the gut and what upsets it – and use what has always worked to fix that , so the body can heal itself.
- ✚ To learn all about these: the why, and the how - instantly downloadable - [get started here.](#)
- ✚ Your natural health care professional will not be using these ways - they are home remedies. As such they support all that others may be suggesting you trial – the ways of the grandmothers were what allowed the new medicines to work – the breakdown model is only as good as the home mechanic and the sensible car support – so too with a body.
- ✚ Waiting for a body constantly to break down may not be the best way to get the most out of your belly.

Belly massage

Find a [Maya/Arvigo® massage practitioner](#) near you. Learn how to look after and care for yourself. Gently, lovingly, back to wellness. Most traditional cultures have their own answers. All parents when there is a tummy upset eventually find their own answers – maybe they discover that circular, left to right movements – around the pelvic bowl, and gently, very superficially and slowly have a calming effect. Try it on yourself.

These MUST be resolved, as acupressure (below) is an AID only — not a cure-all.

Leading on from the stressed person, invariably onto the stressed gut problems, mal-absorption can become a hidden issue — you may be unaware that the good food consumed is not being used to its maximum.

- ✚ If the belly — above or below the navel feels at all cold, especially if you still have cold hands and feet, or a cold bum at night — you probably need the cold removing and a Yang boost. (Here the moxa is wonderfully powerful)

There may also be a generalised weakness/aching in the lower back. This and the state of digestive weakness will depart when the Kidney and Spleen Yang are strengthened.

Be aware that if you are eating or drinking anything cool/cold or raw or sweet you are helping to create the problem. If you are finishing a shower with cold water; if you are swimming in unheated pools; if you (or partner) persist in having windows open or fans/air conditioners going at night when the Yang Qi is being replenished — you are helping to recreate the Yang Deficiency.

Health crises do not just happen — they are usually brewing for ages. The energy model from acupuncture theory allows you to see them gradually building. Having a Yang deficiency has far reaching consequences. You can undo this easily yourself.

- 1) - Take charge, [pull out the cold](#), and stop adding more in.
- 2) - Stop breaking your body's blueprint – when you feel something – EXPRESS yourself. What you have been calling what is happening to you 'normal', quite possibly no one else would . . .

A well adjusted body needs to be working on 'automatic' without all the emotional charges and loops disrupting the regular flows that ensure wellness — moderated panic and/or shock and/or rage and/or terror all have a part to play in the average person's residue after making it to adulthood.

Being respectful of life/ following life is the path to all healing