

## 2 - WHAT WE ARE MADE OF - QI

**Qi**, pronounced “chee”, loosely translates as ‘energy’, but is far more than what we in the English language consider to be ‘energy’. In all East Asian/Chinese medicine, the body is seen to have many different types and uses of, and for Qi. Our Qi circulates within and around us. Like being our power source.

### 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)

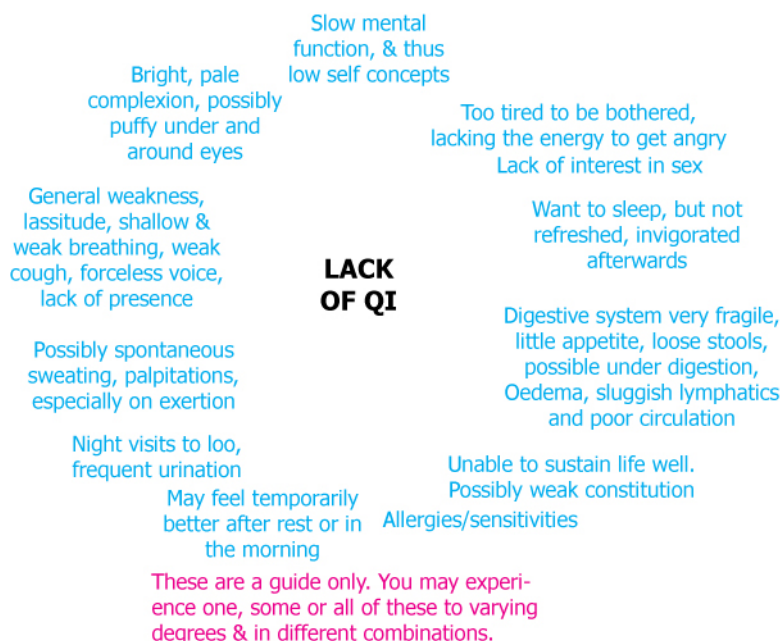
**Holding all in the right place**

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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We live by virtue of our ability to manufacture more Qi, to allow us to maintain our equilibrium in the face of change (homeostatic balance), and to repair and reproduce ourselves. When we lack Qi – we may have some or all of the symptoms outlined below. Usually being diagnosed as having ‘adrenal fatigue’.



This is the case when there is deep body distress. You can see that feeling a ‘lack of Qi’ is far more than being a bit tired/run down.

**Winding down . .**

Life becomes a lot more difficult and we may struggle to survive. Many may see themselves here. Many may have been told that their thyroid is 'fine'. Obviously having [Yang Qi](#) that is upset is not a 'fine' way to live. It is NOT a consequence of years lived – otherwise known as aging – it is simply a deficiency of the right balance of raw ingredients to live well. This is easily fixed. Using acupuncture terms, it is also totally explainable – how to fall into this pattern, and how to relieve yourself. KEY - always follow nature.

Qi is found within the actual Blood, and also circulates within all the meridians, blood vessels and denser structures. It allows us to regenerate and enhances our being and it allows us to maintain our strong foundation.

Qi can be seen to be divided into two different, though complimentary aspects – we have to call them by their Chinese names - Yin and Yang.

Qi in the body is, as all things are, polarised within the Yin/Yang continuum.

The terms Yin and Yang are relative to each other, and are in themselves not absolutes - they form opposite ends of a continuum - they allow the comparison of one to another. Not 'good' or 'bad', but all as an integral part of the continuum of experience. 'Male' can only be, if there is 'female' to compare it with. 'Right' can only exist if there is 'wrong'.

Everything that we are aware of has two components. These terms are not designating male and femaleness, but more the sunny ' and 'shady' sides of the hill. There is always a 'dark' for that which we know as 'light'; a night' for what we call 'day'; 'black' for what we see as 'white'.

(Remembering that these are just concepts and are not 'real' physical things).

To live well, thoroughly enjoying life, we need strong Yin and Yang Qi.

## Yang Qi

The energy that allows us to be active, vital, and responsive to external stimuli is called Yang Qi. It roughly corresponds to the Western concept of 'metabolism'.

**Yang Qi allows us to transform food and fluids,  
Yang Qi circulates everything,  
Yang Qi keeps us warm,  
Yang Qi keeps tissues, organs, Blood and babies in place,  
and Yang Qi protects us from all aspects of harm.**

Becoming Yang depleted is a vicious cycle, as we need to be able to maintain ourselves in the face of change – temperature, food requirements and thus we also become YIN DEPLETED. (See below this section).

**This is loosely the role our metabolism (thyroid) has.**

The most active component of **Yang Qi** is called **Wei Qi**. Wei Qi circulates in the outer reaches of our energy and physical bodies, forming a protective barrier.

This includes the aura and all of our bodies of energy protection. When we are awake, Wei Qi travels externally keeping our pores on the ready and us safe from predators – on all levels - from the psychic attack level through to the immunological and includes draughts and chills. The Wei Qi needs to be replenished, and retreats inside during the sleep cycle.

Anything that wastes Yang Qi threatens the body's very existence. Metabolism, digestion, circulation, immunological integrity, temperature regulation and keeping all structures and blood and organs in place and working well are all dependent upon the strength of the Yang Qi. When under threat the body attempts to shut down the least needed systems.

This can lead to annoying 'health' problems – especially pain and musculo skeletal challenges. When severe, organ systems may start to weaken. (See the body disintegration diagram at the end of this chapter).

### **WHEN WE BECOME RELATIVELY DEPLETED IN YANG QI**

- We feel the cold easily, may have 'low thyroid' symptoms, or/and have those of 'adrenal fatigue' and/or exhaustion.
- We may seem to 'catch' everything that is going around, or not recover when we do.
- We can't digest/assimilate food well, having all sorts of food sensitivities and allergies
- We may have fluid swellings and accumulations, leading into growths of nodules and masses.
- We can't get motivated, we lose our 'oomph', and our libido.

**We could choose to live more as our elders would have suggested**

### TO ENHANCE YANG QI

- Sleep early in the night, awakening with the sun.
- Live harmoniously with nature.
- Exercise – bodies need adequate movement to ensure freely flowing circulation.
- Eat regular, *warm*, nourishing moderate-sized meals eaten in harmonious, calm and unhurried environment. Be happy.

Redeem your good health – Love Yourself Better

### TO WASTE YANG QI

- Live with immoderate habits – or irregularity in any form, especially exposure to cold (external or internal) through consumed fluids and foods, especially when very hungry or exhausted.
- Consume damp-producing foods, which slow the Spleen Yang Qi's ability to transform and distil the raw materials eaten into pure essence - anything sweet, greasy, cold and/or raw foods and/or fluids, including alcohol & cola drinks.
- Allow [cold penetration](#) - this directly wastes Yang Qi (Yang Qi's function to keep body warmed). Use cold and ice when directed to – rather than listening to what feels good.
- Allow damp energy to form - either by living or being in damp conditions, or by immoderate eating choices, which in turn obstruct the clear digestive process.
- Become slothful and lethargic (consequence of damp setting in), creating sluggishness.
- Allow any blockage to lodge on any level, distorting the orderly essence transformation and circulation processes.

This leads into . .

Being labelled as having diseases that may have a lot of fancy names - yet when we see what else is going on – look at the list – we will see that looking to the energy model, it covers all of who we are and feel.

### WHAT HAPPENS WHEN YANG QI IS WASTED?

- We become **colder**: as though our furnace has forgotten how to do its job.
- We have **less energy**: as more is used up trying to keep us warm.
- We are **less nourished** as we are less able to keep ourselves, as our 'oven' temperature is set too low. We reach for warm and often sweet things to try to warm us up. Our digestive system starts having hypoglycaemic attacks, and we need to keep topping ourselves up, or we get very irritable and we 'lose the plot'.
- **Low blood pressure, low blood sugar and low thyroid** function result.
- **We either become embattled with fluids** as it stops circulating well, and/ or **we dry out**.
- Everything slows. Constipation and general fluid build up everywhere.
- We are told we are '**aging**'.

It is likely that when looking at all of this you will think you have everything - you may well do. We all live in a dynamic balance – and often we exhibit aspects of a little of everything. This is because a problem in the body is never relegated to one system. All is connected.

As the Yang Qi may be affected, instantly an equal and opposite problem will be happening in the Yin Qi. (We are not able to make good quality ingredients) regardless of the food ingested – and the circulation of nutrients dwindles.

### WHAT CAN WE DO?

Stop breaking ourselves - avoid all [cold exposure](#) of any kind. As the elders wisdoms were in all cultures.

### YIN QI

**Yin Qi is nourishing**, and is a general category, also encompassing Blood and Jing. Yin being more substantial, more tangible, has more substance - although we are still speaking of a type of energy here. Can be loosely considered to Blood and body fluids.

Yin Qi is essentially about **replenishment and regeneration**.

Yin energy is tied to our constitutional vigour, our inherited energy bank balance (**Jing – see next chapter**)

### What Yin Qi does in our body

**Yin Qi cools**

**Yin Qi nourishes.**

**Yin Qi lubricates.**

**Yin Qi provides rest and regeneration.**

**Yin Qi grants foundation, stability and constancy.**

### When we become relatively depleted in Yin Qi

We get over heated easily, especially at night  
 We can't settle & relax to go to sleep  
 We get hot/bothered/irritated/restless  
 We age quicker, wrinkling & withering  
 We can start projects, & not follow them through

## WHAT HAPPENS WHEN YIN QI IS WASTED?

(Remembering that BLOOD is a 'Yin' category). **Drink more water daily.** **Avoid all inflammatory foods and sugar/sweet taste** is the main culprit here. That means ALL that tastes sweet. (At least cane sugar IS a food . .).

- ***We become hotter*** and it is as though our furnace is set inappropriately, so we burn our system out faster. It may be noticed that the feet feel warm/ tingly, and need to be kept out of the bedclothes. This is a warning that accelerated aging is occurring, and could be helped. If not neurological degeneration conditions may eventually develop. At least diabetes is likely. Menopause may be quite tricky.

Hot feet and legs at night also may show that there is presence of toxic (especially [heavy metals](#) – where DID they come from?) substances – which a safe effective removal will help – look to [liquid activated zeolites](#)

Hot feet at night needs correcting in everyone as it is a sign that you are wearing out and overheating and this can lead to all degenerative and wasting diseases. It may take decades to happen. Another red light on the dashboard . . .

**Accelerated aging** – and hence not a good sign, but a warning for quality eggs or sperm – hence great babies . . .

### For women

Stop living as though you can do everything.  
Your body is showing you that it can't keep this up forever.

### If pregnant, or wanting to be:

Stop your dual existence – something has to give. Grow baby/baby-to-be.

The warnings that your Yin (very necessary in transferring strength to baby) is at a critically low level should be enough. If you continue on as though time and birthdays are more important than body condition, you may have to endure expelling baby before due date, or with many other potentially life threatening consequences. Including and not restricted to – bleeding/losses in pregnancy/ premature rupture of membranes, pre-eclampsia, and in severe cases possible stillbirth (not enough Jing to live independently). **Not random or bad luck.**

- ***We are less nourished*** – our entire body & possibly when pregnant, the placenta and thus the pregnancy and the baby is at risk. (Scanning will accelerate this)
- ***We dry out.*** Drink much more pure non-chilled water. Always. (Smoking and excessive sun exposure enhances this well). Desiccation ages the exterior – internal damage is far more life threatening - can be seen in any fever, radiation or consumptive conditions - TB, final stages of HIV, aggressive cancers. A more minor though disruptive issue none the less, women may feel dried out vaginally at different times of their lives - this is a sign that overall, Yin is dwindling and requiring attention.
- ***We become Yin depleted*** – a vicious cycle, as we need *very restful sleep to repair ourselves*. When we most need to rebuild Yin, it is the very lack of it that stops us from sleeping well and healing. Deep, undisturbed sleep is vital at all stages of our life - especially in babies - to develop and mature.

- When Yin diminishes, we become *irritable nervy, & jittery; can't settle, or finish a task*, and we usually perversely *crave substances & activities* that hammer our remaining Yin hard, hastening our ageing and decline. As Yin diminishes – heat and accelerated aging happens.

### TO ENHANCE YOUR YIN QI

- Live a regular, orderly, enjoyable life.
- Avoid excessively heating and drying conditions.
- Have adequate hydration of pure, fresh water.
- Plenty of restful sleep, relaxation and 'downtime' to repair

By paying attention to the type of advice all great grandmothers probably dispensed, is to live the ways that showed results down through the ages.

### WHAT WASTES YIN QI?

- Inadequate intake of pure water (not fluids in general).
- Excess of hot, spicy, concentrated, salty &/or unnatural over processed consumables & caffeine, alcohol, cigarettes (requiring detoxification).
- Insufficiency of deep, quality rest, relaxation & sleep.
- Living in a continually stressful environment.
- Not releasing trauma, allowing it to fester, requiring precious raw ingredients to counteract it. Life crises/traumas left unprocessed, creating constant emotional energy splinters to fester, upsetting Qi flows.

### In addition

**Women** - having too many exhausting periods/pregnancy attempts/IVF treatments /children close together/working plus being pregnant or when breastfeeding or just being a new Mum without adequate support/rest.

- Over bleeding at any point of the reproductive leakage of life force.
- Conceiving, carrying & breastfeeding children whilst not in perfect state of healthy rested functioning.

**Men** - over indulgence in ejaculatory behaviour.

Signs of deficient Yin in the body.

## THE APPARENT FERTILITY CRISIS

The standard /orthodox medical system has no blueprint to work towards, so who knows what they are doing to improve or to worsen their situation?

With no idea of wellness and what keeps an organism working perfectly, fear through ignorance is rife. Of course the labelled scary medical proclamations lead to costly answers – assure you that you ‘need’ to freeze your eggs – that you ‘need’ donor eggs’ – that you ‘need’ to start making babies immediately you’re your 20’s even now- (stressing you out further on all fronts).

Why not just relax and live simpler?

If you look like the picture over the next page – do not even contemplate making babies or attempting egg retrieval – until you have sorted yourself out to become calm and peaceful. Would YOU want to be your baby?

*Think on it - what are you gifting another at this moment?*

**When armed with a blueprint for wellness – support Yin and Yang Qi –**

**and Blood and Jing – the restoration of normal, healthy and perfect is easy.**

	Eyes dry & irritated	Agitated & irritable, poor sleeping	Red face easily acquired
	Flushing in face especially in the afternoon	<b>These are a guide only. You may experience one, some or all of these to varying degrees and in different combinations.</b>	Thirsty and general dry feelings throughout body, including tendon & ligament problems
	Uncomfortable mucous membranes all over body		Hot sensations, esp at night and possibly sweating
	Early aging		Dry stools
	Hot sensations in soles, and possibly palms, esp at night	Concentrated, dark urine	

You may see yourself here. You have been diagnosed with a medical condition.

You can have an underlying energy imbalance. Rather than looking at the medical named condition, look to why it is there at all and undo this.

You can choose to work on the underlying patterns, and with the ways to improve – or neglect yourself further.



## 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

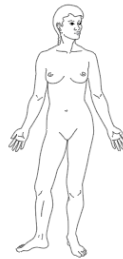
Prolapses, incontinence, ~ pelvic floor collapse, haemorrhoids.

### 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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**When told that you have a low A.M.H and high F.S.H. do not panic.**

**You are at least now alerted.**

**These numbers are not set in concrete.**

**They are no more than warnings to sort yourself out BEFORE attempting to make another.**

This is entirely possible – but not so when you are in a rush to get to the petrol station on an empty tank – running ever faster to a burn out – and so unnecessary – just follow nature back to loving your body better!

**Be encouraged - your body can heal itself and ‘un-age’**

DO not rush out and ‘go for broke’ – as though tomorrow was your enemy.

Accelerated aging and panicking is.

Not forcing yourself into a [Jing depletion](#) not then try to hold as not as good as it would have been pregnancy in and to term.

*Remember this is the Jing the next person has forever – why not stop and be baby – (not self) focussed?*

Much like not going faster to get to the next town on an empty tank is not so smart .

Both Yin and Yang Qi are constantly changing and circulated throughout the body. They are constantly being used and replenished through the physical interactions within the body.



**LOVE YOURSELF BETTER**