

Hyperemesis Gravidarum topic

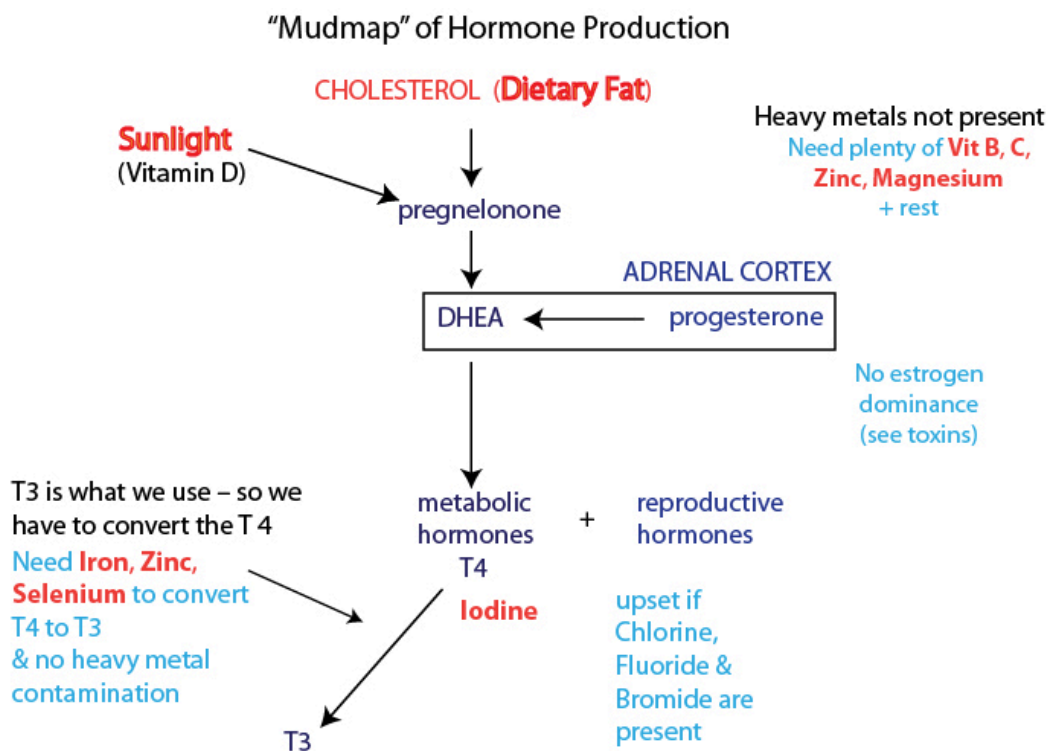
What are making hormones first.

Flow of food in the gut . .

Spleen Yang Qi - see WDCD page 22 - 23

Stomach pH needs to be 1- 2 - maybe paint iodine on the actual stomach area . .

Hormones - what are they made from?



Without fat and sun . .
Can't do this.

And NO contact of heavy metals . .

Reverse T3: <https://drhagmeyer.com/restore-your-thyroid-by-lowering-your-reverse-t3/> <https://suzycohen.com/articles/reverse-t3/>

Mercury toxicity: <http://sharpen-up-your-results.com/mercury-legacy/>

Sugar cravings . . . eat fat and salt

Pregnenolone – the mother hormone.

<http://www.vitaminsinamerica.com/news/pregmeno.htm>

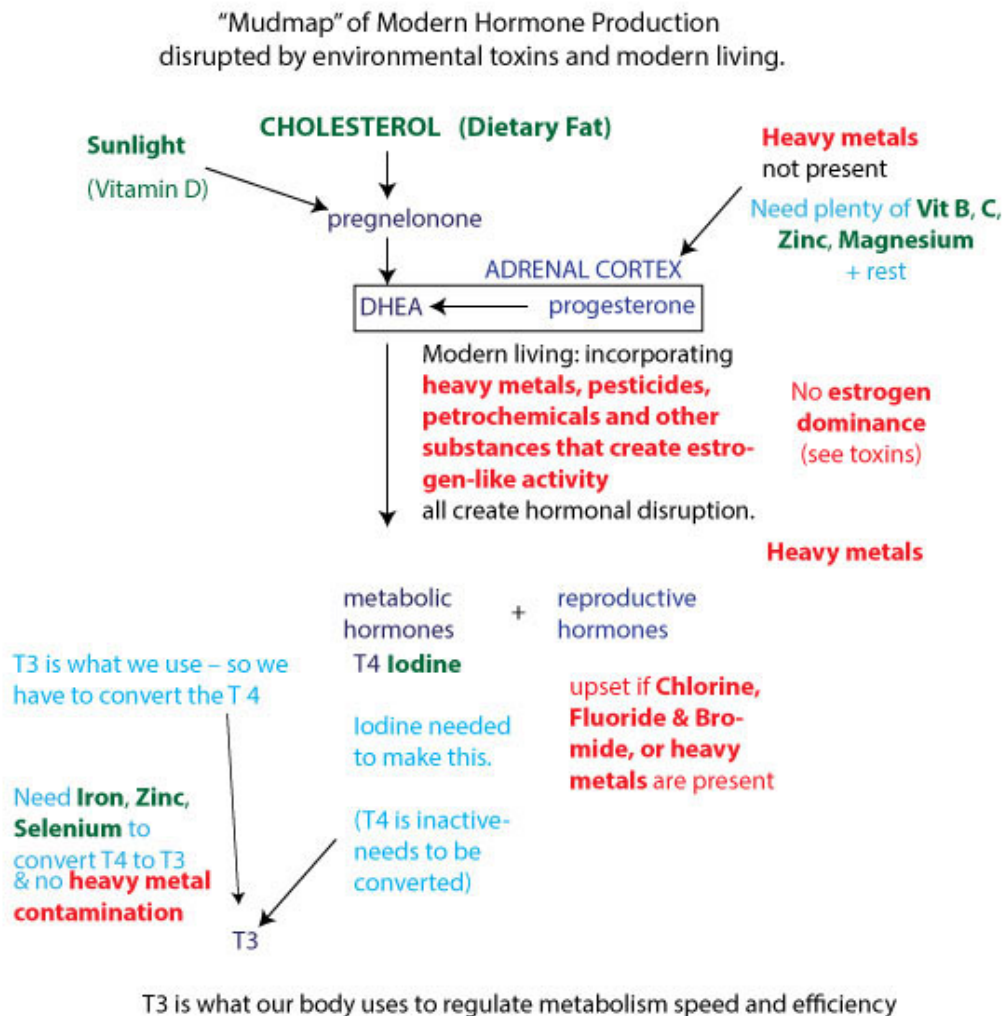
<https://www.renewedvitalitymd.com/the-mother-hormone-pregnenolone/>

<https://thriveglobal.com/stories/mother-of-all-hormones/>

See more here . .

<https://detox.heatherbrucehealing.com/chronic-mercury-toxicity/>

Problem we all now have . .



Zinc . .

<https://www.westonaprice.org/health-topics/abcs-of-nutrition/the-role-of-zinc-in-human-biology/>

<https://solutions.heatherbrucehealing.com/nutrition-zinc-and-post-natal-depression/>

<https://easybreasts.heatherbrucehealing.com/healthy-breasts/ingredients/zinc/>

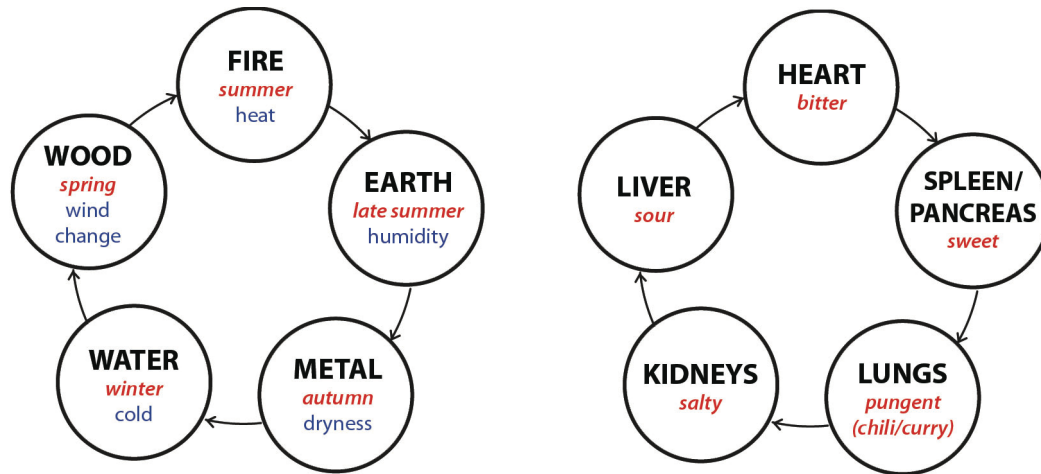
Are we absorbing this?

<https://detox.heatherbrucehealing.com/general-detox/>

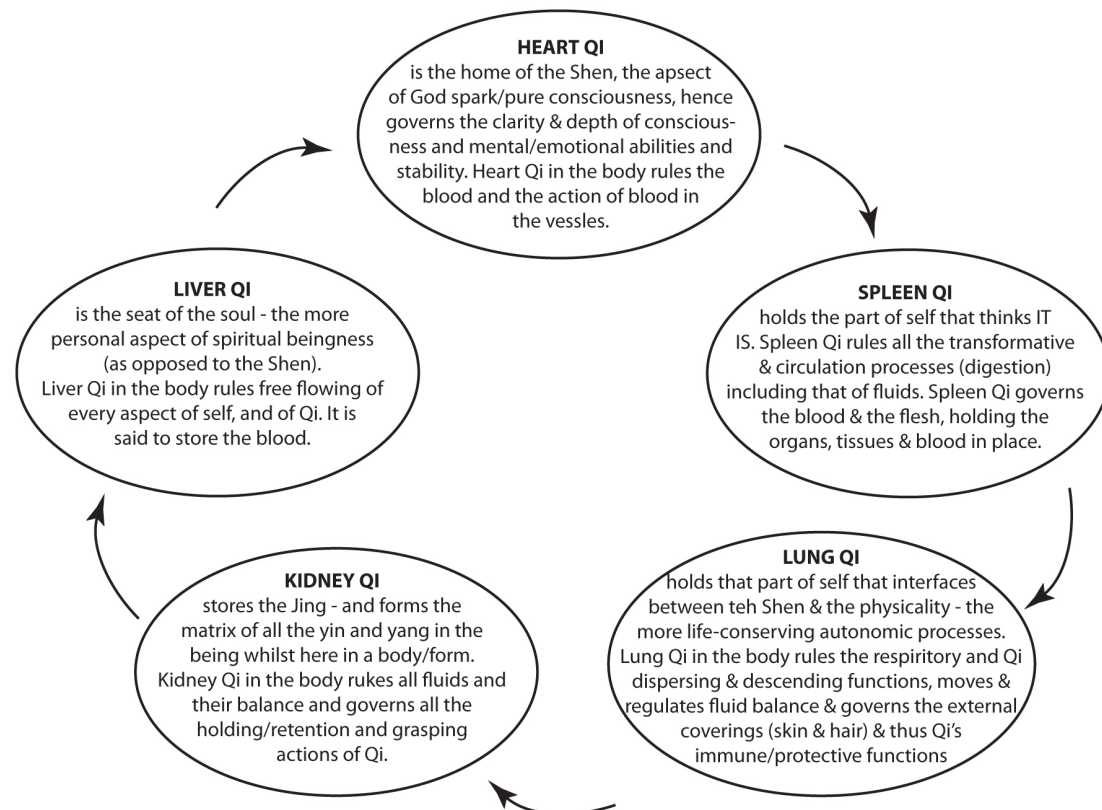
<https://detox.heatherbrucehealing.com/dental-work/>

<https://detox.heatherbrucehealing.com/heart/congestive-heart-failure/>

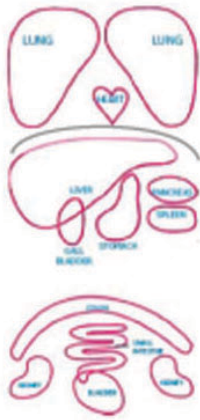
Five elements



In our body ...



Three heaters

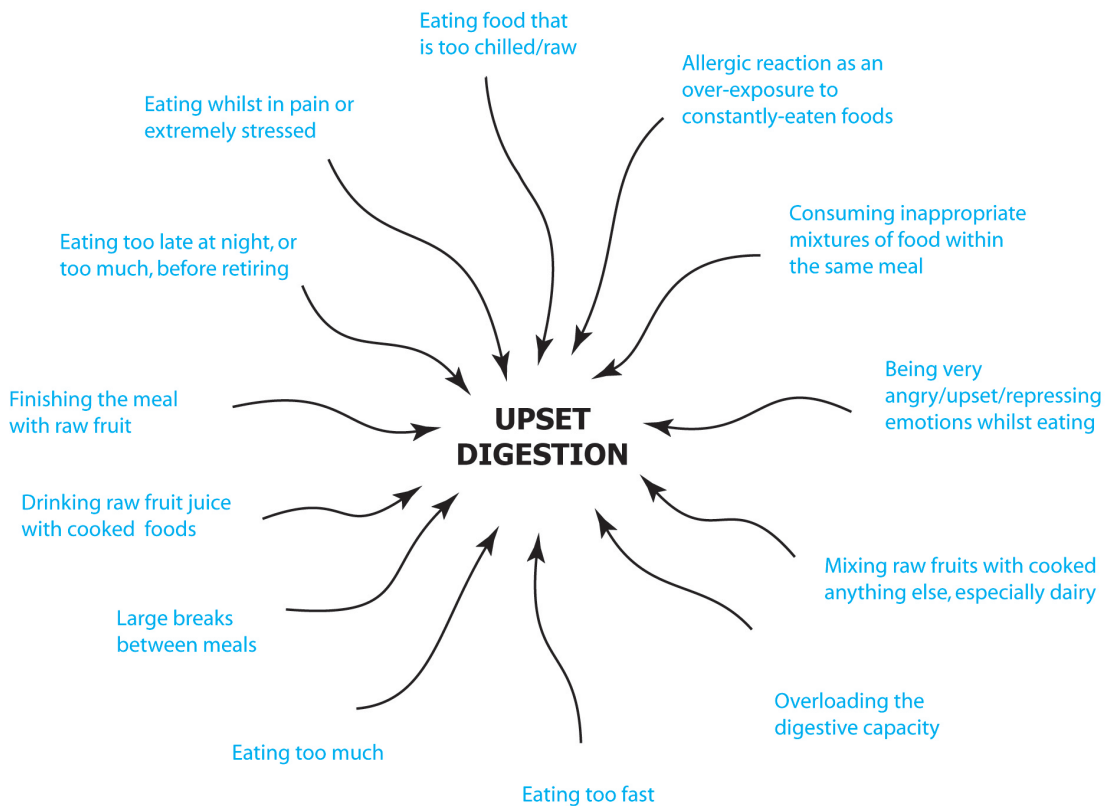


This model explains how a well body works - from the energy model. **Upper Heater** - the lungs and the heart acting mostly in circulation – and when there is a blockage of the emotions – especially grief (lungs) and the joy (heart) of the from the Liver Qi rising upwards – upsetting the diaphragm majorly.

Middle Heater - See info on the HH Syndrome as movement of anything in the body everything is moved by the Liver Qi. When upset also the Liver Qi goes laterally and attacks the Stomach/ Spleen.

Lower Heater – where the fluid metabolism and eventual removal of wastes.

How we upset our gut



If all is well

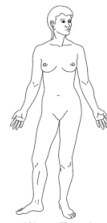
Body and soul integrity

Protection/immunity

On all levels of your being
Wei Qi – opens and shuts the pores.
Regulates temperature control
Though homeostasis
– we are able to adapt to change

Warmth

– having enough inner fire
to run all of this and keep the body
within very narrow limits of perfect harmony



Healthy Body

Transformation/digestion

Moving all from one state to another
within your body.
Food into Blood, Qi and body fluids (and wastes)

Transportation/circulation

Moving all from one place to another
Be it blood around the body, wastes out,

Holding all in the right place
Blood, babies, organs, tissues,

**Whether fighting infections or invaders of all types,
Yang Qi via Wei Qi grants you sovereignty over your being**

Need to be able to take out the heavy metals – take the zeolites drops.

**When all is cold/weakened – anything can go wrong –
and often does – in sequence feeding in each individual.**

Body Disintegration

Immune System Breakdown

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

Loss of body integrity

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

Circulatory distress

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

Tissue and organ collapse

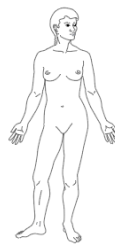
Prolapses, incontinence,
~ pelvic floor collapse,
haemorrhoids.

Bottom Dropping out of your world

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

Sexuality

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



Bodily Decline

Reproductive failures

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

Pregnancy

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

Digestive capacity diminished
(Thus immune system disruptions)
Leaky gut, dysbiosis, belly noises.
Poor pH, excess mucous issues
Allergies, food intolerances
Undigested food in stool,
Constant diarrhoea

Lymphatic system

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

Menstruation

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

Mothering

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

Morning Sickness:

As we are all made by our mums . .
Her gut (middle heater) must work well.

Take note of all that has gone before in this work.
See pages 104/7 in WDCD

Vegan mum . . .
She had a freezing cold belly – and then moxa.
Fix what is stopping the gut from working well.

Also need to have everything in the right place.
Why we are working with heartfelt hands. . .

Structure determines function.

Moves we have done – as well as the entire belly moves – and **‘round and round’** and the **Stuck Liver Qi Release** . .
Hiatal Hernia Syndrome and the Ileo-Cecal valve correction.

Making Breast milk – from Blood
<https://easybreasts.heatherbrucehealing.com/healthy-breasts/ingredients/>

Jing - our bank balance to live with

We are made from the foundations laid down by mum – she needs to be able to gift us all we need. See pages 34-35 in WDCD for more.