

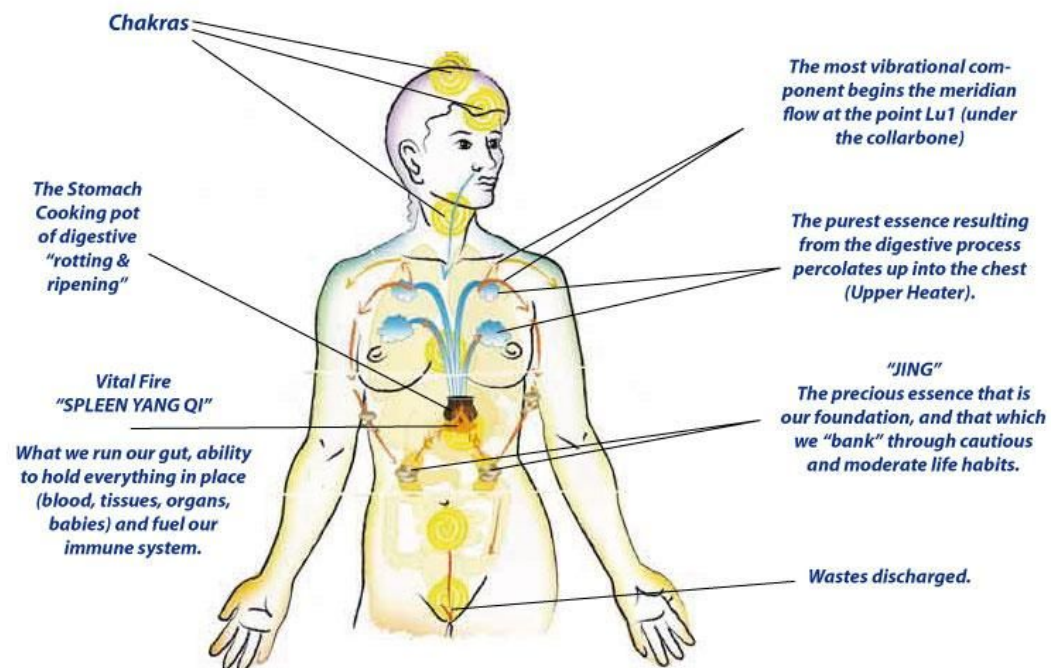
## *Pregnancy Nausea and Vomiting*

To live well and sustain yourself: as well as the new project: your gut must work. What should be happening - food and fluids in – and what is needed is taken and what is not is released in the downwards action of life.

You may need to go over the basics – from an energy not the usual anatomy (where it is) and physiology (what it [physically] does) model . . to get to grips with this issue. An explanation of all of the terms used below are found here.

### ***Simplified Explanation of what happens when we eat***

*This is an energy, not physical (physiological) explanation of the production and circulation of Qi (energy) and Blood.*



To be nauseous and/or vomiting, your body on some level is not 'playing the game'. There is something in the way. You need to be here and well and make the best baby foundation possible – so – your body is telling you that all else goes on 'hold' whilst you sort this out.

If you do not both you and baby will be severely compromised - forever after. This is not a joke – and do not take the drugs as a 'solution' – listen and fix yourself. <https://heatherbrucehealing.com/hyperemesis-solution-basics/>  
To help yourself – please - stop breaking yourself

**Avoid all cool/cold** (you are probably craving this)

**Avoid all sweet taste** (you are probably craving this). Drizzle lemon juice in mouth - it will counteract the need for sweet. As will SALT and FAT.

**Avoid all raw/uncooked/not already partially digested** (you are probably craving this also). Again in case you missed it . .

## Love your body better

### Take out the **COLD**

- only body heat to warm food and drink, keep it bland
- protect feet and head, no chill breezes

### Leave out the **SWEET** taste

- zero tolerance to sweet
- leave out fruit and juice as well

### Have plenty of **SALT**

- suck on one roasted, salted nut at a time, or
- a spoon of warm, salty broth

### Paint on some **MAGNESIUM & IODINE**

- feed your body the ingredients it needs, painted on topically
- Have a warm magnesium bath to relax your muscles

Bring yourself gently back to wellness and enjoy your beautiful pregnancy.

[www.heatherbrucehealing.com.au](http://www.heatherbrucehealing.com.au)

What to actually do?

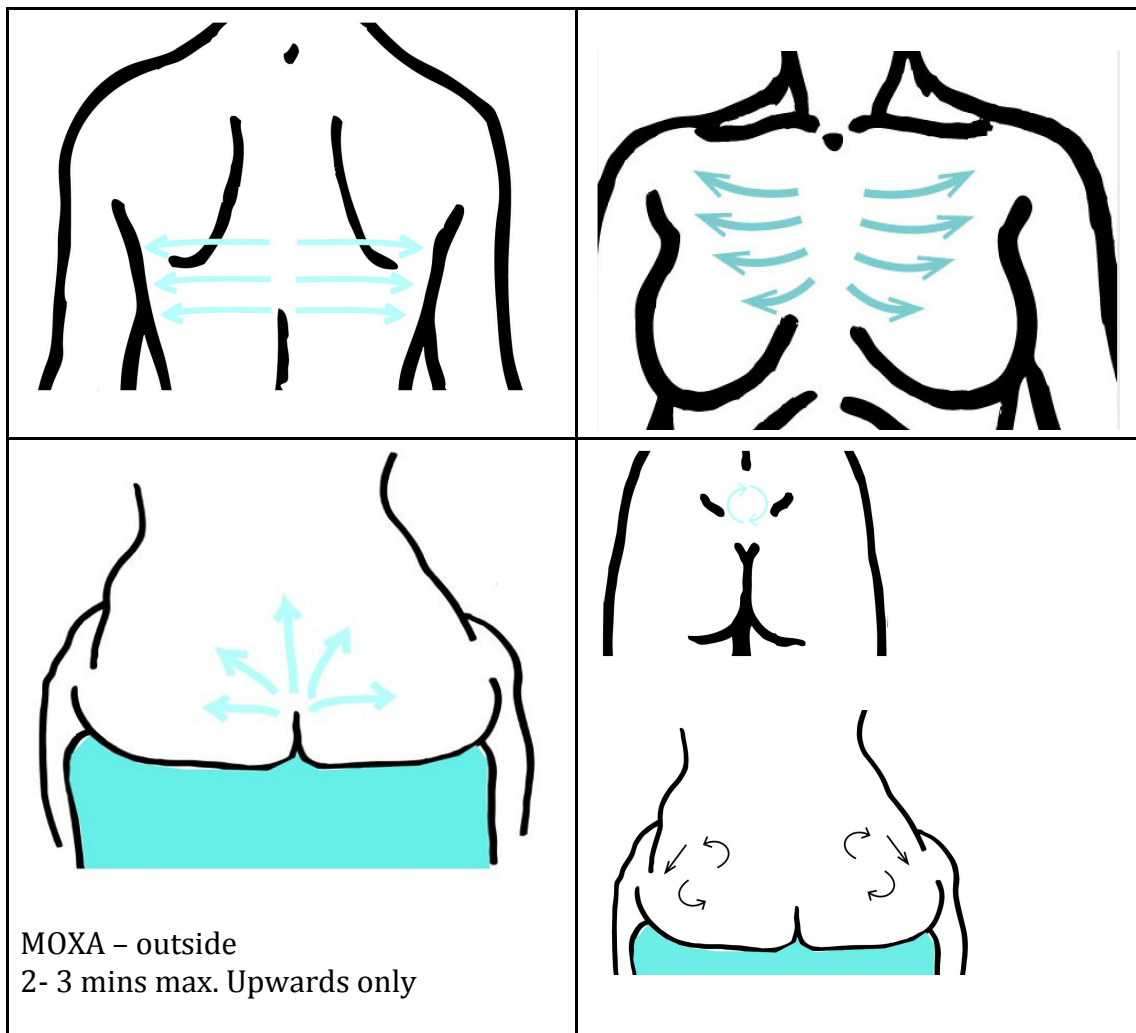
Get the eBook for more?

See what is possible as self help with [What Dads Can Do](#) – a manual for the partners of pregnant women?

*Beginning to get the Qi (and Lymph and Blood) to flow*

These simple moves are fundamental to all circulation.

They can be used in any situation, as the Liver Qi when it starts to flow will allow all aspects of life to then function



Words to insert or to leave here . . .

- 1 – Stuck Liver Qi Release
- 2 – Chest Gouging
- 3 – Sacral Moxa Fan - Do not touch the skin – 1 cm away at all times.
- 4 – Wake up sacrum

**Stuck Liver Qi Release** – alternate sides gently and as a dance – this is a profound way to get ‘in step’ with life

**Chest Gouging** – unleash all that is stuck in the chest – thus the back /neck/and breasts – and the heart chakra



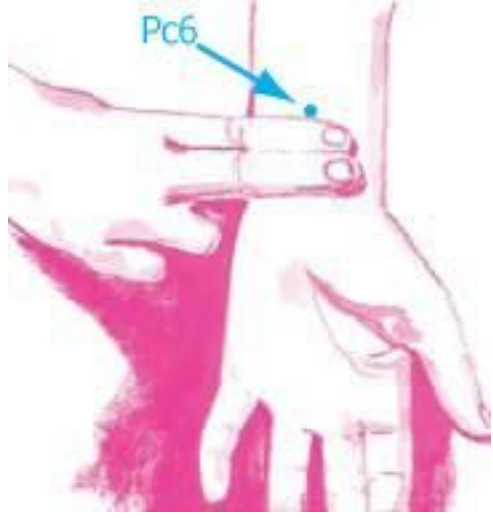
**Sacral Moxa Fan** – always use smoky moxa and do not allow even a smidgeon of a breeze to cool off the now open pores. Cold invasion is real.

**Wake up sacrum** – get life to now course through the body – wake up!

Placental flows are now assured.

*Acupoints to press - to assist in relieving the Upwards flow of Qi*

Most acupoints are in depressions – feel for them.

<p><b>St 36</b> – their thumb width out from the edge bone –their hand's width away from the bottom of the knee.</p> <p>Causes the downwards action. Be firm.</p>	 <p><b>GB 41</b> - is at the end of the triangle of running your finger up from the 4<sup>th</sup> and 5<sup>th</sup> toes. Press the sorest.</p>
 <p><b>Cv24</b></p> <p>In the groove. Press with fingernail firmly. 1 minute in addition to maybe</p> <p><b>Pc 6</b> – in the space between tendons Above the wrist crease</p>	 <p><b>Pc6</b></p>

Please be aware that nothing is magic.  
Although sometimes pressing the RIGHT point seems so.

You are creating the problem – or have started with a body that is less than/maybe not really up for the challenge of making new life YET.

This means if and when you feel relief – please rest.

Do not try to catch up with all that has not been done whilst you are 'laid up'.

Your baby is being made far less optimally as you do not have the broad spectrum of resources that would be available had you been able to nourish yourself and the pregnancy. Please read again the sheets that start the series.