

6 - Sustaining/Retaining Pregnancy (a)

Please review the first sections – that is the road map.

Pregnancy grows, flourishes and like a rose – opens (releases) at its own time. As with all the natural world – when all is available – perfect happens.

When it is not – unusual/tricky and downright not possible may be happening. You do not want this – the preparation time is the most important of the project.

We want perfect - as with building a house - we do planning preparation –and clearing the site first – make sure all is ready to go – before starting building – or ‘trying ‘ to. (Who would be so silly?). You are either building a house or you are not. Same as babies - sex – that is how to do it.

If that is not working - STOP and start with the first principles . .

Next time – maybe stop and ask – ‘what sort of baby do we want?’

What sort of parents to do you wish to be?

What sort of life do you envisage?

All expect the best – but – how to do this? Build it from hopes and fears – or what has always worked – elder’s wisdoms – no short cuts.

The healthiest habits, parents and lives to be the ones to move forwards.

Pregnancy should be like weeds popping up in the garden – unstoppable.

Abundant [Blood energy](#) on mum’s side and rest, abundance of ingredients, safety

See the [life recipe](#) again . . <https://heatherbrucehealing.com/life-recipe/>

If you are feeling a little helpless - [please go to this](#)



If you feel as though this pregnancy is failing
STAY HOME

Breathe . .

Take a load off your mind – talk to the baby's soul – and calm both yourselves.

This is actually about your baby – not you and what feel that you want.

AVOID all cold exposure however minimal as it weakens your holding energy

Please do not go and get scans or tests. These will not help. What would you do differently if you knew/do not know if baby still alive? To have reassurance you needed to start as though it was the most important building - all quality assured in all aspects. Now is the fruition of your planting.

Please do any testing - as this will upset your and quite possibly baby further.

Wait and look after yourself.

Stop work.

If the pregnancy is unstable none of the testing will enhance your outcome.

Instead – maybe investigate what do to help calm yourself – and improve circulation of the blood flow to your pelvis? Do your belly care – see page below

Why is a pregnancy failing? – A great unasked question.

Not good enough 'seed' (both of you) or garden basically.

I have maybe over – shared – but some will want to know . .

This all does 'work' – if the sperm and egg were great quality to begin with.

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WHAT DADS CAN DO

PREGNANCY SUPPORT

SPOTTING/BLEEDING/THREATENED MISCARRIAGE

Bleeding, whether brown or red discharge, back aching and /or abdominal pain are not part of a well pregnancy. In the initial three months, they may signal pregnancy disruption. They are likely to be indications of the issues numbered below. (Read preceding pages first).

Bleeding/spotting after the first trimester should be medically investigated to ensure that the placenta is not separating from the uterus. If this happens, it is possible - usually in late pregnancy - that the mother can potentially bleed out in a few minutes. The leakage of red blood, with or without pain, requires medical investigation. Having ruled out dangerous problems, acupuncture intervention is then very effective.

Aside from fetal damage (which may have been/can be averted through careful pre-pregnancy preparation and good natural pregnancy support (especially acupuncture and Chinese herbs), **maternal health issues** (often pre pregnancy energy imbalances) are the major trigger of early contraction/bleeding states (pp 56, 60, 68, 78, 150).

Looking acupuncturally, unscheduled bleeding in any situation (including early onset of labour) is when separately or in combination -

1 - Qi/Yang is not strong enough (in this case body has prioritised Mum's body's needs over pregnancy, and is terminating as a self preservation mode). **SOLUTION** - Stop work, stay in bed, don't do housework, stop feeling guilty, no sex (pp 66, 100) and grow a well baby. (pp 195 -6).

This may have been **triggered** from over doing things – in the immediate past - lifting/overworking, or just going about the 'normal' life load, of working and being pregnant, not sleeping

extra to make up the deficit, having children/IVF attempts too close together, and/or invasion of cold/depletion of Spleen Yang Qi – overeating/drinking anything chilled, being cold, walking about on cold surfaces, sleeping in a draught, finishing a shower with cold water (pp 20,21).

2 - Insufficient Jing (pp 31, 34-7, 66). This is a continuation from above, and is more severe. **SOLUTION** - Extreme shut down from 'normal' workload. Pregnancy may struggle on, and Mum will find some reserves somewhere, but this is at the expense of growing a superb baby, and her own health. Acupuncture and Chinese herbs are very effective.

3 – There is heat (energy) in the Blood (pp 26-7, 67-8). Heat in the Blood causes it to go reckless, and leak out of the tissues. We create heat by becoming emotionally constipated, and by not expressing anger as it arises, or resolving the issues behind it. Resentment, irritations, festering bitterness and rage cause a mass of inner chaos. It is also a continuation from above.

We choose to ingest a toxic load – through choice of hot vibration substances (curries, chillies, over chemicalised intake, too much sugar/alcohol, coffee), by not drinking enough pure water and/or through common exposure to the myriad environmental additives which are outside our control or desire. **SOLUTION** - Resolve and don't dwell on 'problems', take up meditation, yoga. Drink a lot of non chilled water, eat pure, bland and naturally. See an acupuncturist.

4 – There is presence of Stuck Blood – (p 49) Often conception is achieved, and everyone assumes that this guarantees the body will progress uneventfully through the normal stages. However, women these days are very messed

WHAT TO DO

up gynaecologically speaking, as there are often decades between puberty and pregnancy, with multiple partners, and the resultant emotional turmoil (p 150).

Contraceptive measures lend their own flavour to pre existing Stuck Liver Qi and Blood (pp 48-9) scenarios created with all the 'out of sync' life that predate conception (p 150). **SOLUTION** - Preferably all period/surgical repercussions have been attended to prior to pregnancy. Find a competent acupuncturist. Massage as per the Action section (p 86-103).

GENERALLY - The **heart/uterus connection** (p 65) is an energetic link that is real. **Anything that has distressed Mum will be felt by baby.** Mum's blood energy may not be strong. (p 56-7, 116). If she is frightened, if she has taken to watching/reading horror/thrillers - stop her. Kidney Qi is damaged through the fear/terror/shock route. She needs to feel loved/supported and protected at this time (p 74-5).

Women when pregnant often have immense inner travels to complete before baby emerges. This is one way of ensuring a beginning of this process. She may have any number of perfect excuses to not rest and switch down several gears. She has choices (see pages 8,19).

As a healer, I have very rarely seen a threatened miscarriage not go on to a full term healthy baby, regardless of how dire the outcome appeared medically. The outcome has always depended on how well the woman heeds the advice, follows instructions, and settles into being a Mum, rather than a stressed out (however successful) being.

It is a warning, not an inevitability - listen to her body.

MUM & DAD - Whilst actively creating your own reality - consider focussing on what you want, rather than what you don't. (What is worry if not attracting/drawing in what you don't want?) What harm can it do, to operate differently - for maybe just 5 minutes?

Put on relaxing/reflective music, place yourself in a calm **meditative state**, and move your focus of emotional and panicked parent on to effective-helper-responsible-for-baby-and-its-highest-possible-good. Do not listen to the possible "logic" tapes/chatter that may come into consciousness. There are many realities, and baby is less form and more spirit as this point (pp 3, 14).

Visualise a golden light, and a web of energy being spun around the uterus to support its precious load. Find a picture of a pregnant uterus, enlarge it, colour this in with a golden safety net, and put it where you walk past it all day, as a constant reminder of 'perfect'. **FOCUS ON WHAT YOU WANT.**

Communicate (with your inside senses), to the baby's spirit, surround it with love, and light, support its journey to be, or not, with loving unconditional compassion.

Change gear and prioritise baby and Mum above anything else (pp 148, 164-5). Often a miscarriage scare is nothing but a wake up call, for you to consciously get on with the next stage of your life.

A few drops of **Rescue Remedy** could be dispensed in all water drunk, for the foreseeable future, for both parents, especially the carer, who may mistakenly see himself as coping, or "too busy/manly" Mum worries about you too.

Please note - whilst written 15 years ago - this advice is still current.

SLIPPERY FETUS (MISCARRIAGE) ACTION

Go out and get **Folic Acid tablets**. They should not be taken in pregnancy without a good **Multivitamin, or B Complex tablet** (Folic Acid always included). There is no need in pregnancy, or beforehand, to take separate Folic Acid it is in all Multis and B group tablets as a matter of course. Folic Acid is a specific to assist threatened miscarriage/early labour (p 61).

Get Mum to take 3 of these with a **half B vitamin**, and a **Vitamin C tablet, four times a day**. These are therapeutic doses of substances that SPECIFICALLY deal with the nutritional issues that underlie the current issue. As the symptoms reduce, the dosage can be modified. - Initially the number of Folic Acid each dose, eventually just 1 Folic Acid with one B and one Vitamin C three times daily, for at least a week after everything has settled down. After this, **cut out the Folic Acid, retaining the 3 B and C daily**.

Taking **Vitamin C** - a little often possibly 500 mg every two hours is also recommended. **Vit C is involved in collagen repair and elasticity and tissue integrity.** (Not oranges or orange juice - oranges have very little Vit C and carry a hot energy vibration and may worsen the condition).

Chinese herbs individually prescribed in your woman's case would also be wonderful. **This is AS WELL AS** - this is not an academic exercise to see what worked - I have already done that part of the deal, and these are the results - just do it all. How much is this pregnancy/baby worth to you?

Magnesium supplementation - to calm down both Mum's "nerves", help her sleeping and assuage the muscle spasms - which in themselves may be due to severe Magnesium depletion (p 124).

If you have not engaged an acupuncturist, who has experienced

in this field, continue. Ideally you would be guided by them directly, as to home support.

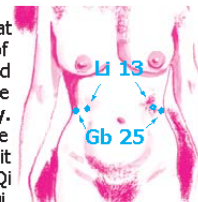
Decide which category of energy disharmony is prevalent at present. It may be a bit of everything, and usually is. Essentially you need to establish if she has heat. (pp 26-7, 67), as if this is the case, **moxa is to be used very sparingly**. Looking at p 26 - does she seem more like this, or is there some of Stuck Liver Qi/Liver Yang Rising? (pp 48, 55, 138-9).

If you **press the point GB 25**, at the end of the 12th ribs, at the side of the body, coming from the front, and they are VERY painful, this is a case of **Kidney Yin/Yang deficiency**. (pp 100, 118-9). If the ends of the 11th ribs (**Liver 13**) are more sore, it is probably a case of **Spleen Yang Qi deficiency** (p 102), or **Stuck Liver Qi**, with some other liver issues. Usually both points are tender.

If neither are (I have never had this happen personally) this MAYBE a case where there is fetal abnormality, not a Mum issue, as these others are). If this is the case, I would consult a health care professional - scans, and acupuncturist as back up.

Having done all of the above, **be aware that Mum should at no stage feel cold** - (yang qi is what we are trying to support - it is wasted by cold). Protect this likelihood before you begin ministering aid.

Moxa is only to be used after hydrating with non chilled water, and to be finished off with yet another drink - both of you - please reread pp 96-7 first.



Real moxa must be used. The 'smokeless' is not appropriate. It is toxic and not useful. The carbonized stick is a weak alternative – we are using moxa for so much more than heat. Moxa is a herbal vibrational essential in this work.

My manual 'What Dads Can Do' was written to answer a desperate need in the community of concerned responsible self aware people who have reflected that they need health enhancement, not paternalistic reassurances from those who do not have a scope of practice that incorporates health retrieval.

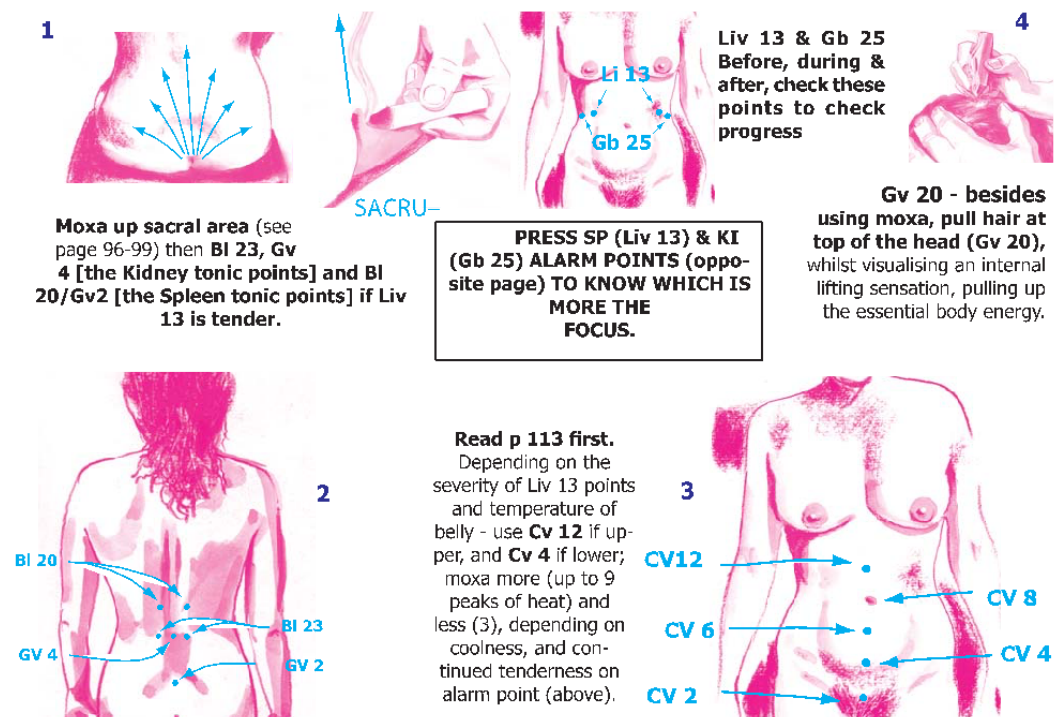
The use of the traditional ways from many cultures – especially in this case the East Asian Traditional Medicines is rooted in the awareness that I have written of in the earlier stages of this work.

To be using moxa and helping yourself you have reached a stage where you have 'grown up' and know that your future – and that of your family – rests with you.

HEATHER BRUCE

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PREGNANCY SUPPORT



Attending an acupuncture consultant may not grace you this work as they are not using moxa but heat lamps. (Or smokeless moxa. Do not use. Ideally the cool /cold belly that you may well have needs resolving. We have a step upwards into self help. See the Reset Your Metabolism/Retrieve Your Yang package here.

At least 80% of all I see have low thyroid/adrenal function. This is getting worse as the use of modern toxic additives – and mandatory injections of that which

stops normal nutrient pathways and reduces life force, wrecking lives, one cut at a time. Heat in Blood = toxins. Also sugar: avoid all going for fat, salt and veggies.

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WHAT DADS CAN DO

PREGNANCY SUPPORT

THREATENED EARLY LABOUR

As with the section above, full term pregnancy is likely if the mother's Jing pp 35-39) is sufficient to nourish her and the growing child. **Pregnancy is easily maintained in a well body**, if none of the factors listed are present, it may be that the mother's qi/essence /Blood energy is somehow not strong enough to continue through pregnancy. If for no apparent reason, the process of labour has started, panicking will only hasten what you wish to avoid.

Breathe deeply and slowly to recharge yourself.

Deal with what is happening at the moment, rather than projecting onwards. **Often life events are just tests**, (what are YOU prepared to change?) **to strengthen our resolve and commitment**. The energy leakage through the downwards acting fear energy is sufficient to weaken the Kidney Qi (pp 66, 118-9) which as part of the Yang Qi complex, holds the cervix closed and the pregnancy intact. **Being fearful may at this stage, allow the sphincter (cervix) to open** - much like great fear may liquify our bowels, or open our bladder.

In the more than 25 years experience of supporting pregnancies, I have often seen early waters breaking and healing; often seen gushes of blood eventuate in a settled full term pregnancy and standard birthing scenario, with acupuncture and allied assistance. **Performing all the strategies mentioned for threatened miscarriage may help.**

In none of these cases was the baby compromised - usually the resultant offspring was more vigorous than its siblings, as Mum thoughtfully rested up more, and availed herself for constitutional correctional treatments. It is likely that you may not consider what you have been eating ("she can't

mean that!"), or doing has created this situation; rather than feeling guilty, knowing actually gives you power to change, rather than passively hope things will improve.

Finding a **competent pregnancy acupuncturist** - not a medically trained person who has done a short course - is vitally important at this point. I personally have stopped one of my own children from coming 10 weeks too soon, (at 2 cm dilation) by the use of just 2 acupuncture points. There are many very well children alive due to judicious acupuncture intervention, in such events. It is not difficult to do, using this proven natural re-balancing approach.

If an early labour appears - to be unavoidable, you may have access to **Chinese herbalists**, please try to find the boil up preparations, that Mum must drink, as they can improve both Mum's ability to hold on to the pregnancy, and the baby's chances if unblighted survival. The early maturation of baby's lungs can be accelerated with herbs, should birth occur too soon. This is far more useful than the medical drugs, as Chinese herbs are actual life supporting tonics.

Herbs are potent and need to be prescribed specifically for Mum, by a qualified Chinese herbalist. The mixture will probably taste odd - but is far less hassle than weeks spent in neonatal units, going from crisis to crisis. **Similarly, the apparent expense of visiting a pregnancy acupuncturist is minute relative to either the early end of the pregnancy, or the possibility of a compromised baby.**

Follow all the advice in the preceding pages - if Mum is more than 3 months pregnant, with red blood loss, this needs medical investigation, to ensure maternal safety, then following the advice of the acupuncturist, as they are used to seeing

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HISTORY OF REPEATED MISCARRIAGE/FAILED IVF ATTEMPTS

apparently hopeless cases changing - we see the medical professions' failures routinely, as desperate people still have the problems, even if there are no apparent solutions. The medical team can only see the issue through the lenses of their training and hence experience. We all have our own piece of the life jigsaw puzzle.

WHAT NEXT? Similarly, if you have 'failed' and a miscarriage or baby death has occurred - take this as an opportunity to rethink the whole process. Are you as a couple really doing everything that would allow a very well child its best shot? (see Bibliography p 242, web sites 246-7).

Invariably Dad is the weak link. Whether or not the sperm test says "OK", half of the baby's inheritance is from you. Drinking alcohol/caffeine/smoking cigarettes - **ANY** - **not just cutting back** - **will be part of the issue**. Particularly if you have both 'bought' the idea that she has gynaecological problems - you need to be more than 150% able to over-ride these apparent maternal factors.

Eating a good cooked breakfast (yes, not having time is a large part of this problem), being too stressed/tired in the mornings to face food (same again), drinking plenty of unchilled pure water - to flush the lifetime's worth of toxic wastes out - and taking daily exercise as part of life - preferably incorporating this with Mum as a couple time out from the grind of making money and 'relaxing' in front of a screen of some kind. No time? Need the substances to calm down? - **THAT'S THE POINT.**

LIFESTYLE ISSUES

In the modern world there are so many traps, and so many obvious (non medical) reasons why so many couples are failing

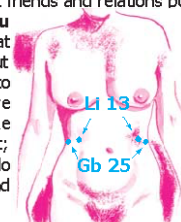
to easily conceive at will. Please see pages 242, 246 (1) and read Heather's upcoming book "Conscious Conception".

Looking back to Mum's body - are either of these sets of points sore? Are any of the back points, especially upper back very tender, so that you can hardly give them a good work out? **Both of you may be in no shape to be thinking babies** - have you seen the effort friends and relations put in? **It is all preventable - you can have a perfect kid** - one that sleeps and eats and poos without drama - it just requires you BOTH to be well (pp 30,32,35,41,66) before you start its production. Sperm take 3 1/2 months from beginning to exit; so taking a baby-making break, to do a perfect baby preparation is a sound investment for the rest of your life.

There is a reason for 'failure'.

Often it is as simple as finding the right 'alternative hormone' doctor, who really looks into the possible underlying thyroid imbalance - the daily temperature taken 3 times every day - and from there adjusting the metabolic disturbances, hence reproductive 'failures'. This is especially so, if Poly Cystic Ovarian Syndrome is a factor. **Modern life has created HUGE total body hormonal disruptions, and not adjusting these** - instead allowing MORE through desperate baby desires is compounding this. (See web references 'hormonal disruptors' on p 245).

IT IS NOT A MATTER OF CHRONOLOGICAL, BUT OF BIOLOGICAL (reversible) AGE. (see p 31,33,35,61,69).



PREGNANCY SUPPORT

There is so much you can do to change the circulation and the quality of what you live within. You do have to take charge though. Your responsibility -

throwing your money, time and life away forcing what is not good enough will continue to give you what you do not (or Nature for that matter) want.

Maybe go to the [resources section](#) - which enables you to go much deeper into all that is unanswered questions in the normal literature. The suite of eBooks and my explanatory (natural problem solving) 2005 manual 'What Dads Can Do' are instantly downloadable.

You have the entire pregnancy package there.

PLEASE NOTE:

Baby can only made once

If there is a 'hiccup' – you needed to have been more aware going into pregnancy. Much like building a house. The best ingredients at hand – the best opportunities for an optimal foundation are laid and all else is dependent upon this.

If you take the BBT ([see here](#)) and the charting of this shows not what is here – you may find that regardless of your best efforts after conception, mum's body is not able to hold a well pregnancy.

That is likely why 'help' may have been enlisted to GET pregnant initially. Were that the case I sincerely hope that you follow with friendly life and health enhancing (no scans/worrying testing – nothing medical – we are creating life) but wise womanly natural heartwarming assistance – a healthy life/naturally inclined midwife is a must). Following the ways of the ancients.

'Old wives tales' were denigrated as the new boys (western medicine forgets that almost all drugs are based on the plant kingdom and made stronger/usually dangerous for profit) – not undoing why problems start by going back to the template/blueprint/owner's manual.

You need to if you want a well family to emerge from where you presently find yourself. [See more here](#) - one family and their path to healthier happy babies.

YOU can surely influence the outcome – health is not lucky – or at the end of a needle or pill container.

Women's business – tending life.

All assuming the sperm making half the baby and his/her life potential is remarkably stable. Not guaranteed at this time. The best seed has to be planted.

Then can we nurture what will be your new family member. Preparation is all. Calming and creating more space as the Qi and Lymph flow.

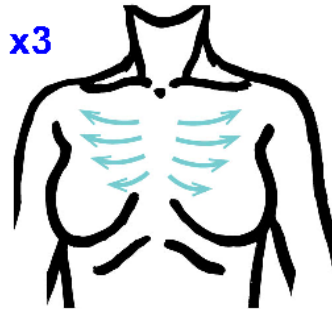
Initial Belly Care

Reminders:

Look at your tongue.
Perineal pull-ups.
Abundant body-friendly water.
Not full or empty stomach
(belly happy).

**Slow
Gentle**

x3



LHS First

Alternate
sides
3 sets



x9

Slowly
around
belly
perimeter



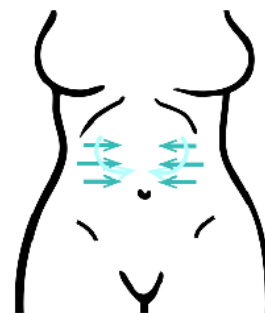
x9

Very
slow,
very
light
touch



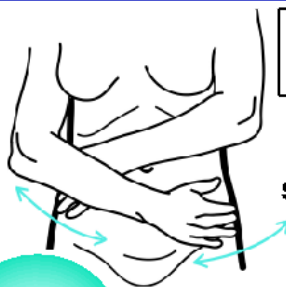
x3

Very light
touch



x3

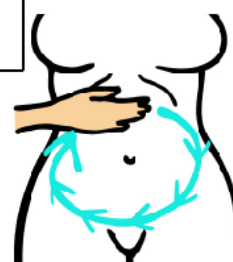
Squish
together
with
edges of
hands



Repeat both gently
throughout

5

seconds



In
between
each
move

1x



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Seriously – I have a whole book on *'Avoiding Early Pregnancy Loss'* – it is part of the package [found here](#) with all the other supporting wellness in making Naturally Better Babies.