

6 - Sustaining/Retaining Pregnancy (c)

This leads on from the series (a) and (b).

With the major reasons the pregnancy/life may be faltering: we see categories:

Qi/Yang Depletion – see [more here](#)

Will also show up as low energy/thyroid function. The medical profession have possibly told you that you are 'on the low range'/'OK'. Not so. Ideally your BBT would be 37.2/3 C at rest on awakening – and after at least 4 ours sleep. BUT it is likely that the whole horror of up and down to pee all night, pregnancy nausea and vomiting, can't get comfy, ill all the time is part of your pregnancy journey as HEALTH is not happening and the medical route is not wellness orientated.

Seen as being a normal outcome as so few ARE well leading into building a new (thus alas weakened) person. Is this you?? This covers all possibilities and hopefully you are just starting down SOME of these trials.

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

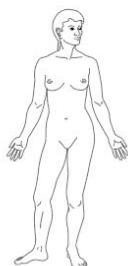
Prolapses, incontinence, ~ pelvic floor collapse, haemorrhoids.

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, 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
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.

Whilst you may be scared looking at how accurate this is - also be aware that in pregnancy your body remakes itself – IF you let it. The energy and resources that are available to you could be siphoned off in other pursuits – or – you could choose LIFE and go for it – rebuilding your future and your child's together.

Insufficient Jing – see [more here](#). Jing is your inner bank account – what are you laying down for another? Can only make that baby once. Foundations are foundational.

This is the essence of problems – not Living Well to begin with. Not valuing all that the ‘old wives tales’ would have had you live by. (‘Early to bed, early to rise’ etc). This Jing depletion progression will often show as [inner heat](#) (or potentially unwelcome pregnancy outcomes). It is totally repairable with great assistance and awareness that YOU are in charge of the results.

You could get reactive and think that this is a blaming game. That is counter productive. The modern world has separated the growing of food from the living of life - and the very same rules that Nature applies there – are in force in all life.

At least drink at least 3 litres of unchilled pure (not tap) water daily – at least a litre prior to eating or drinking anything else. Low fluids and not enough minerals are the beginning of the Inner Heat and the Jing Depletion issues.

Here you have the benefit of my having worked with pregnancy and life force retrieval for over 40 years. In bridging the gap between what all knew - and automatically did at home (being oral traditions passed down through families) and the modern reliance on fee-for-service ill advised ‘medical’ takes on life.

These are not what got us to here. All traditions were life reverent. All followed the order of Nature. Survival of the Fittest is the only sustainable way. Here you see very different information - what works and always has. Following Nature.

Heat in the Blood – see [more here](#)

Will often show as bleeding out of turn, ‘high risk’ pregnancy complications - showing up ‘instantly’/ at the ‘last minute’. You may need a different health paradigm as the death avoidance medical one is not the best when breeding.

Stuck Blood – see [more here](#)

Will often show as pain in a fixed location and bleeding. Please seek natural health care all through your pregnancy – the holistic way is life enriching. You can completely turn your pregnancy outcome and future health and life around at this time not waiting for trouble – but insuring that it does not need to visit you.

Heart and pelvis disconnect (Bao Mai upset). – see [more here](#)

Broken hearts and fractured lives are often the platform your new conscious entry back into ‘the game of life’.

You may have a combination. **These categories are not mutually exclusive.** Aspects of all of these may be your current reality. Do not be alarmed – this is a health model. By being aware, you can work out for yourself - what to do.

Preparation time is past –salvage? Please read all the previous sheets/pages.

*You are now reaping what you sowed.
Self Help - unstable pregnancy
Here I go to **WHY** and **HOW** this happened to you
(Thus what to do to relieve/avoid in the future).*

It is highly likely that what has happened is a mix of many of these – though also may be one only. Please do not try to work it out – but pay attention to all factors.

1 - Cold – Yang Qi to hold baby in is missing

This impacts on the [Spleen Qi](#) - which is tasked with holding all in the body – all tissues blood and babies – organism in place. All elder's wisdom speaks to [avoiding cold entry](#). The cold is stored in the body (energy of) and wrecks havoc.

Avoid all cold – start actively helping yourself - [online self healing course here](#). Almost all I see on any condition need this taken out – then the body may get a chance to work better.

You adding in local warmth with a hot pack is not enough – though may be comforting – you actually do not want to HEAT up the belly by local application (hence the 'old wives' tale of making a pregnancy leave through the bottle of gin/hot bath trick – heat inside and outside). Sound confusing? There is a body working well with naturally warmth where it should be: and too hot – see below.

For more as to why also – **cold wrecks gut function**. Then your gut can't make great quality life ingredients – starting up a whole new set of trouble. This the exacerbates the Jing, Blood and circulatory issues. See more here <https://heatherbrucehealing.com/gut-health/>

WHAT TO DO?

Avoid all cold exposure – even sitting on a cool loo seat will be adding in more - as you are super sensitive at this time. Add nothing to your mouth that is not at least body temperature – 'room temperature' is NOT body temperature.

Take the [Self Care course](#) as you will have all the tools there – the reason why you need to paint on Lugols' solution to your skin – and how - and what it will do for you – the way to improve all the Yang Qi – starting with taking out the cold – and you will be able to use all these home remedies that all cultures have come up with *Not Medical* – life – via past oral traditions.

2 – Jing not sufficient

This is where 'preparation' is so needed. Were you Baby Ready to start with? Are you married to 'the runt of the litter'? Is he smaller/balder than his siblings? All focus once pregnant is on mum – but she can only grow what was planted. A wondrous well seed will start a better life journey. AMH/FSH were very crude markers of health – this is where Survival of the Fittest plays out. Here baby is not well made. Preventable and up to you to resolved PRIOR To conception.

WHAT TO DO?

Suspend all baby making endeavours until you and your partner are so well - you can't remember being so vibrant. This insures baby will be too. That simple.

Your baby planning/ beginnings are/were not well enough made. There is not enough 'spark'/'oomph' to allow this one to make it as a well unit and nature takes its course. Survival of the Fittest is for the best – and why so few are so easily made as they were. Forcing nature has consequences – she knows best.

Start only when the current sperm is vastly better - and when mum's 'baby nest' signals it is ready with perfect monthly bleeds of 4-5 good bleeding with an accompanying life disruption.

3 – Heat in Blood

Here baby may have been perfect – but the accompanying 'garden' s/he is planted in has problems – we get too hot and the blood 'goes reckless'.

WHAT TO DO?

Inflammation is due to lack of hydration and the presence of substances/energy that create more need for flushing out.

- a) - **Drink more pure water** – unchilled of course - see above.
- b) – **Avoid all heating /concentrated substances** – this is anything with a sweet taste, anything that is not in natural state – as processing will add in 'taste'/flavor enhancers - often salt and sugar to mask this. (Think of commercial fruit juices).
- c)- Heat is also present in the **emotions not expressed** – the festering and eventual combustion of these into explosions of fury eventually – all are highly dangerous trapped within the body.
- d) – Hidden away we **trap minute amounts of the highly toxic residues of life** bequeathed and added in whilst we were being made through the maternal shedding – especially from the breast milk. Her fat cells let them loose to clean out her body – and the bub (we) get them.

4 – Stuck Blood

When flows can't – we eventually become stuck - as do the body fluids. The slowness in circulation lets you know as warnings of stabbing pains. Purple veins /broken blood vessels may indicate that this is starting. A past of fibroids 'endometriosis' and fixed pains of stabbing location at any time in the cycle alert you to this. Forcing nature to add in new life on top of this broken baby factory is likely to give many trials.

WHAT TO DO?

A 'clotting' tendency/problems may be fixed with attention the nutrients needed for best life. As always - these do NOT include the medical drugs as anti coagulants – but actually attending to the reasons behind the likely disasters that may arise - BEFORE conception. Having a labeled medical condition is only the beginning - fix it! This is not the scope of practice of those who did the labeling.

As with all of these fixable issues - please see a **natural** health care professional.

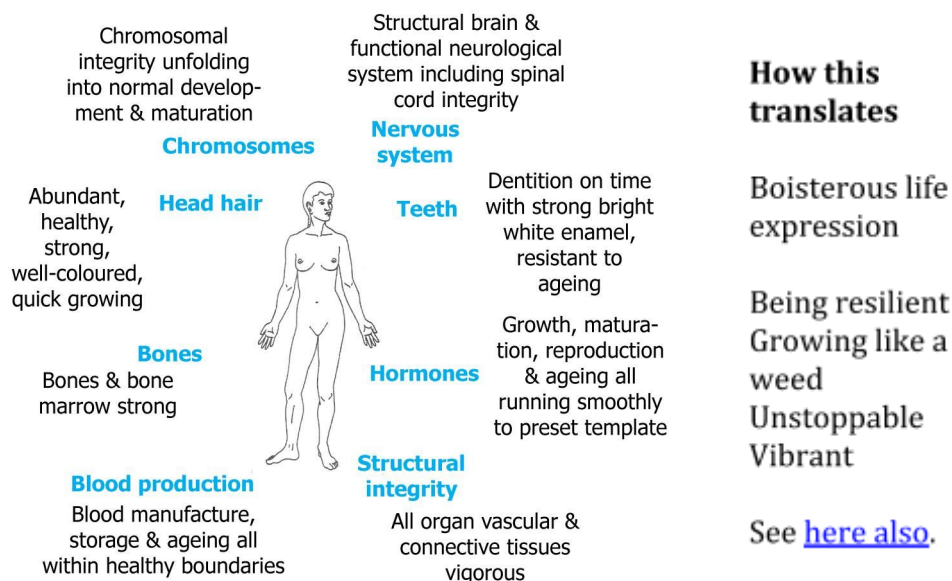
Check points:

1 - Cold – Yang Qi to hold baby in is missing

- a) - Feel with your palms – if you have warm hands. If you feel the cold a lot – and are always cold in hands and feet – this is you (maybe as well as all others on this page). Feel your belly – is it cool to touch?
- b) - Use inside of your arm if you hands feel chilly (they may be also)
- c) - Is your bum cool to touch? Your pubic area?
- d) - Also will have likely a low BBT – and no doubt have been told that your thyroid slow – but ‘OK’. Here is when this all falls on its head – you need to be within a very small healthy range – or you are not – and the feeling ‘off’ nausea /low energy/not glowing in pregnancy – and not holding well baby – is your lot.

2 – Jing not sufficient

You are here. You were made. Regardless of what ‘genetic’ issues you may have been told that you have – these may be overcome with quality living and intentional planning that involve not medical but healthy life changes. Expressions of your life force – all are aware of this in faring circles in livestock.



3 – Heat in Blood

Here we have often a lifetime of obvious indications – starting possibly with emotional aspects called ‘being hormonal’. This is really a combination of unavailable maybe/not abundant ingredients with emotional disruption in early life hard life circumstances and the self medication - that allows you to stay ‘sane’. These very substances and life choices usually make this and life lived well so much more unlikely. [See more here](#) and [here](#).

4 – Stuck Blood Please [see more here](#)

As a complication of all of the above: it is time to get all blood flows and lymph flowing again. This takes priority as this accounts for so much baby loss.