

5 - Pregnancy/Life Self Nurturing


Most important are nutrients and their getting in and out where they are to be.

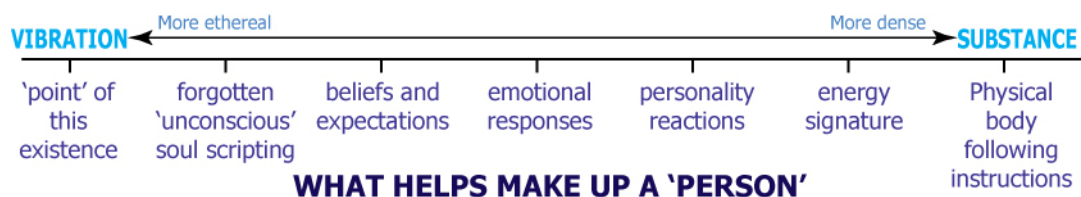
Circulation

So often people obsess about what they are eating - as though that is all there is to consider. Please widen your perception of life – what happens when it gets to your gut? What messes with perfect intentions? See more here in this online introductory course if you wish to know how to [help yourself in greater detail](#).

It is one thing to have the foods /fluid going in. It is quite another to have your food factory/gut/metabolism ‘on board’ with you. Look to all I have on my easybreasts [site \(CLICK\)](#). If you have happy breasts, the rest is assured as they are governed by all factors that go on to make babies. You will need these later. A great start to your being more aware of the mammalian roots - being a mum.

Flows

The Liver meridian/energy controls all circulation in your body. The Western model has divided the body into its physical bits. These bits are driven to work by energy. We are not all blood and bone. The work seen in my manual [‘What Dads Can Do’](#) was produced as I saw after decades of working with pregnancy and birthing that the basics had been missed. We are so more than 

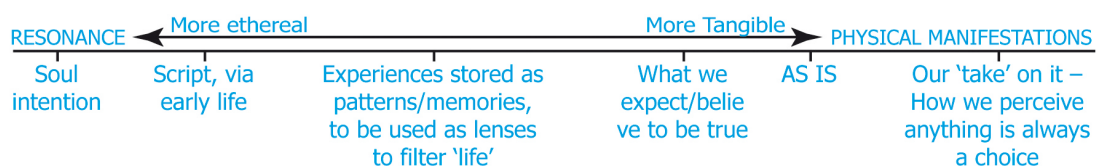


WARNING

‘Reality’ / authority – who /what we take as being how to be

If you ‘believe’ the medical take: not aware of a farming/gardening model – what is presented below MAY seem ‘odd’. BUT when there seems to be no rule book /map (if you run into trouble and nothing else seems to fit) – you will be grateful SOMEONE is speaking of biology. Not ideology. Or real life – ‘warts and all’.

AS SEEN THROUGH THE FILTERS OF THE ‘REALITY’ WE BELIEVE WE LIVE IN . . .



You can help yourself (and others) be calm and peaceful

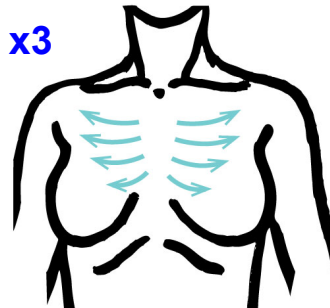
Initial Belly Care

Reminders:

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

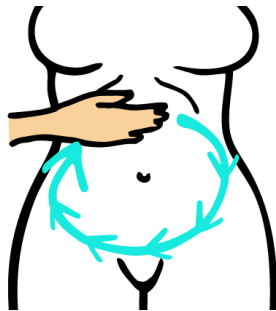
**Slow
Gentle**

x3



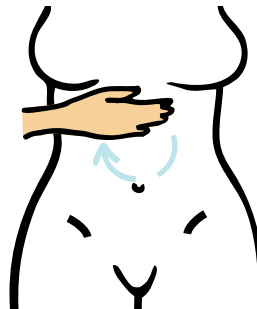
LHS First

Alternate
sides
3 sets



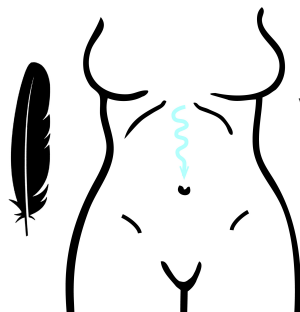
x9

Slowly
around
belly
perimeter



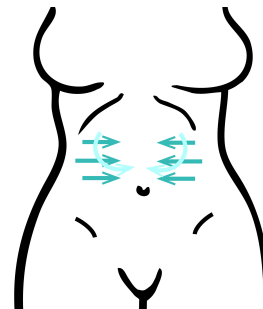
x9

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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