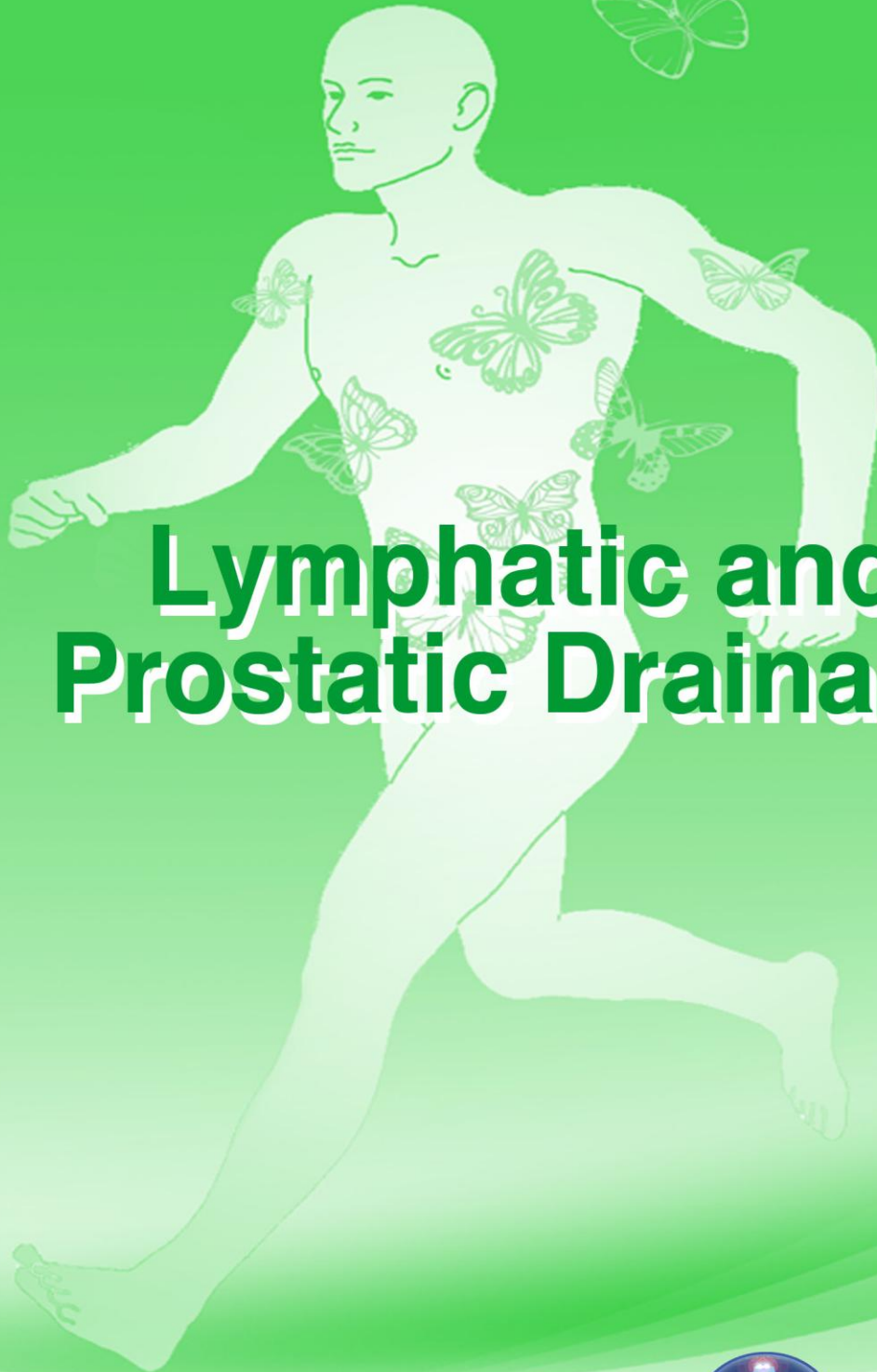


Releasing Your Natural Flows



Lymphatic and Prostatic Drainage



ISBN 978-1-92206



Heather Bruce

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DISCLAIMER

All information disclosed in this book and all related materials are provided for informational and educational purposes only. The opinions expressed in my books, videos, and websites reflect my personal experiences and ongoing research into functional conditions related to everyday health and wellbeing.

This book is not a substitute for the advice of a qualified medical professional. As the author and publisher, I do not assume and hereby disclaim any liability to any party for any loss, damage, disruption or any other cause.



As the reader, you must take full responsibility for your own health and wellness. Always seek the advice of a qualified healthcare provider with any questions regarding medical conditions, diagnosis or treatments. In case of an emergency, please contact your own trusted health care professional.

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ABOUT THE AUTHOR



SIMPLE – NATURAL - SOLUTIONS.

These three words epitomise Heather Bruce and her work in restoring health, wellness and vitality to everyday life.

Heather is a qualified acupuncturist, naturopath/ herbalist with well over 35 years experience in helping others to feel better.

Heather is also a mother of four and her daughter, now 28, was born severely brain injured and autistic. Heather has dedicated much of her time researching and discovering new and innovative treatments, interventions and approaches to help her daughter to live well, achieve and maintain a healthy life balance for herself, her children, her students and her clients.

Whilst acupuncture and Chinese medicine has been her main focus, over the years Heather has developed a unique blend of natural therapies, wise womanly traditional advice/ common sense. She has recently added the Mayan massage and Arvigo therapies to her healing range. The traditional cultures and how they set about improving life for all, are her passion.

Simple everyday choices and modern lifestyles are often contributing to life problems.

Heather has found that working to resolve the root cause of the problem rather than just trying to 'fix' the symptoms that present is more rewarding and longer lasting for all. There are many ways to enable healing and restore perfection for you – the key to achieving change is in changing what you are doing in your daily life.

This book, along with Heather's suite of educational and informational packages has been designed to help you, help yourself. Whether it is chronic pain, migraines, sciatica, reproductive difficulties, infertility, sexual dysfunction or an imminent birth, or just a desire to feel better in your body, Heather has a simple natural solution to help you on your journey towards healing.

Heather's passion is providing people with the means to help themselves and sincerely hopes that, through this collection of work, you will find simple natural solutions that will help you, help yourself to better health, wellness and vitality.

Feeling better is more important than the medical labels and any promises of what may be achieved with treatment.

Please note:

All work can be done equally on children or women's bodies.

(Minus the prostatic drainage as they have no need of this)

FOREWORD

After working on women for decades, especially when I started trying to change birthing perceptions and experiences, I discovered that using acupuncture theory together with strong massage elicited profound results.

Over 10 years ago, I developed a [DVD](#) series, and manual [‘What Dads Can Do’](#) – a practical guide to assisting women through late pregnancy and birthing. This is now available for instant download [here](#). During this research, I learnt that the work on the buttocks and mid back regions opened up and released all stress stored in the upper body, the sciatic and general pain conditions people were harbouring throughout the body. Were relieved. For everyone.

I have written this current eBook as a result, to allow you to enjoy all the astounding changes in your body, pain levels, sexuality and bonding with your loved one – if you do the homework.

This massage home play can also reduce your reliance on external assistance and paid therapies, as your friend, partner or loved one can provide you with some relief at home. **‘Releasing Your Natural Flows’** is equally valuable to both sexes therefore I have used illustrations of both men and women throughout this work.

In this series of e-books, this edition is most ‘therapeutic’ in nature and as such, it is important to study the whole collection before attempting to practice these techniques on someone else.

This work written about here is Part 3. In video format [seen here](#). (Second video on page). Part 1 is the [Stuck Liver Qi massage](#). This focuses on shifting the emotional component that then supports this work for men and women alike. Part 2 is the [moxa sacral fan](#) and the massage work found in [“Wake Up Your Legs – Liberate Your Butt”](#)

Essential to achieving results with this work, is to give appropriate time and attention to the preliminary work. Each element is significant to the end result and no ‘bit’ is should be glossed over. Having said this, doing *anything* is better than nothing, but the order I have presented elicits optimum results. Importantly, I have structured each technique to improve circulation throughout all of the body, and improved circulation alleviates pain.

This e-book provides a step-by-step guide to help someone who is suffering. If you have hands and good intentions you may as well use them!!! It may take a few attempts to digest and apply this information but please persevere as it is well worth the positive effects and relief from pain.

This is completely safe and effective. Try out these techniques on friends, family and loved ones who are complaining of aches and pains and I assure you, they will be pleasantly surprised!!

Enjoy the new found health, vitality and ability to change who and how you are yourself.

In summary, when there is blockage there is pain.

When there is flow, there is ease and life

1. NOTE ON NUTRITION

Put simply, most health issues are simply a lack of commonly needed nutrients. Regardless of how much 'fat' you can see on your body – you are probably in a state of malnutrition - too much food in, not enough good nutrition for your body work well. All things tasting [sweet convert to fat](#) in your body [perhaps start here](#). There is so much that you can do simple at home - by choosing different fuel.

Take magnesium for example. [Magnesium](#) is one of the most abundant minerals in the body and is essential to normal cell function and overall good health. It is needed for more than 300 biochemical reactions in the body. Magnesium helps maintain normal muscle and nerve function, keeps heart rhythm steady, supports a healthy immune system and keeps bones strong. It helps regulate blood sugar levels, normal blood pressure, and metabolises proteins, carbs and fat essential to producing and transporting energy. We used to get much higher levels of magnesium in our diets (richer soils, more natural foods etc.) and we need and use so much more magnesium as our exposure to toxicity (heavy metals, caffeine, alcohol, refined foods) is far greater in the modern world. Magnesium is lost to the body when consuming these.

When stressed, [Magnesium](#) (and [Vit C](#) and [Vit B](#)) is in great demand. When there is less than there should be within, all problems may arise. They may be inappropriately dealt with using drugs - pharmaceutical medications, continual structural alignments or other physical treatments when really the body is in desperate need of Magnesium.

Magnesium deficiency is characterised by pain, cramping or spasms. When adrenally exhausted, when unable to sustain life and have to rest and end up sleeping or not sleeping, grumpy and downright depressed – this is a sure sign of [magnesium deficiency](#).

Without sufficient magnesium you may well be looking for answers for these very common problems – when all that is needed is more of what keeps your body working - especially the digestive enzymes to break down what you eat. Simply put – we need to nourish our life. In addition to the circulation problems that lead you to this book, when magnesium depleted you may also have some of these – in differing levels of severity/complexity. (Need fat and Vit D).

- Exhaustion, Neurological wasting and debilities
- Aches and pains,
- Cramping and spasms,
- Clotting/circulation, DVT, anywhere issues (add frequent small amounts of Vit C/Vit E)
- PMT and mood disorders
- Stress related problems – including panic attacks,
- Heart rhythm and apparent cardiac issues,
- Sleeping disorders
- Diabetes – all types including gestational and pre eclampsia, Sugar cravings
- Asthma,
- Depression,
- Fibromyalgia,
- Constipation
- ADHD and neurological irritabilities
- Blood pressure
- Without [Vit D](#) you cannot access it. Without fat and heaps of unpasteurised butter/milk, or pate, or liver or fish oils, or fermented foods, you can't access dietary Vit D, hence essential minerals in your diet.

Often the iodine so essential for all of life and every cell in your body is missing as the other halides have bullied it out of your cells – this means there is often fluid where there should not be.

This causes all sorts of grief with women's bodies and wellbeing.

Cellulite/fluid may be seen – this is just another example of ['thyroid not happy'](#) – and you can assist. The free eBook [here](#) will show you how.

Briefly – paint liquid iodine on your torso – all cells in your body need it – especially the testicles. Often this simple daily exercise will be a boost to all life processes for you.

Taking your [BBT](#) will show you how off kilter you may be. Yes it is to be rectal. Only once a week to see how you are going will be fine.

This is crucial as so much of the lymphatic sluggishness starts here.

This is misdiagnosed or just ignored. Read more here [The Iodine Crisis](#).

The writer, as all do, asserts that iodine is taken internally, but in my own clinical work I have discovered a very safe and effective alternative – paint it on – please read the [free eBook](#) as it may revolutionise what you are doing with yourself.

2. UPPER LYMPHATIC DRAINAGE

Getting circulation correct 'upstream' is important as any flow released has to be able to move fully through the whole body. It is important to clear the upper body and its drainage channels before working on the legs.

Please refer to '[Wake Up Your Legs - Liberate Your Butt!!](#)' and first perform the [Stuck Liver Qi release work](#) found within. Once this back drainage work has been released at about the level of the diaphragm, the entire body will be freed up.

Once the [Stuck Liver Qi release work](#) has been performed, the front of the body is ready to be worked on – the upper lymphatic drainage followed by the lower lymphatic, leading onto the pelvic/prostatic area.

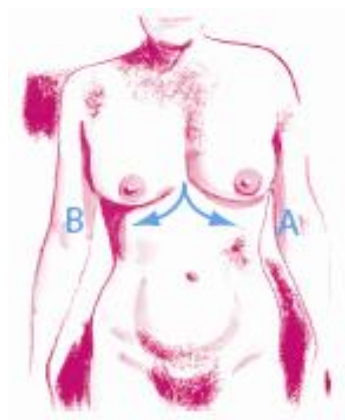
APOLOGY - I only have pictures of a woman for this work; though this is a men's manual

Step 1

Have the person comfortable, lying down and warm as they will be there a while.

With warm hands and very little oil, using the whole pad of the thumb, and relying on the other hand for pressure, start moving down from the centre of the area shown below under the ribs (A), slowly and initially very superficially, to begin freeing the diaphragm.

PERSON LYING DOWN

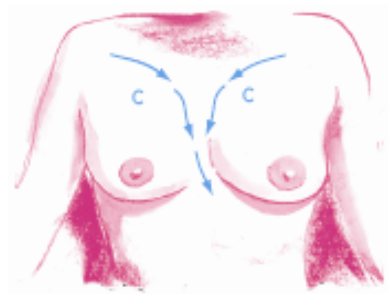


Stage 1

- 1) Under the ribs, with the PAD of the whole thumb, starting from the midline – with a little oil to smooth the surface – work under the diaphragm, slowly making your way under the ribs.
- 2) 'A' (Left Hand Side) first 3 times, then 'B' (Right HS) also 3 times.

It may help to have the knees drawn up and supported by a few pillows. This will ease the lower back and make the belly area an easier target. Especially so if your intended 'patient' has a back problem or is pregnant.

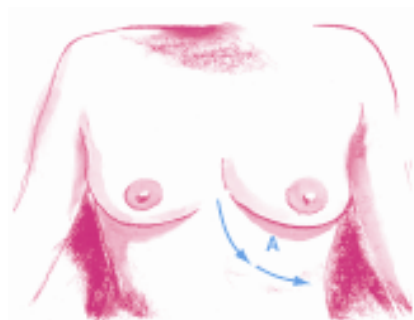
(This book is for prostate work but it is equally as useful for all women: and those pregnant with fluid/leg congestion problems. If pregnant I often use about six pillows under the knees, with a towel folded up and placed under her right hip to tip her body slightly off to the left, relieving any pressure off the heavy uterus and baby off her major arteries).



Stage 2

3) With the PADS of all your fingers, work DOWN the chest, (C) under the collarbone on both sides and then move along the path of the outside the breast area to the area under the left ribs.

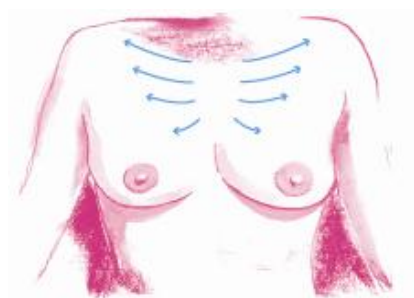
Stage 3



4) Repeat the initial move (A) – just on the left side.

Repeat at least 3 times or until you can't feel any more sludge or whatever moving under your fingers.

Stage 4



5) With the pads of all fingers – attend to one side at a time, starting at the midline, very deeply and very SLOWLY gouge outwards along the spaces between the ribs towards the arms.

It is to be very firm. If excruciating, start shallow and gradually go in deeper, not so as to leave bruising although it will often feel solid. This may take a while – be sure to do it slowly and thoroughly.

Eventually this should be very deep pressure.

Below are some photo illustrations of working under the diaphragm, firstly on the right hand side (Stage 1 “B”) and then on the left hand side Stage 3.

Here I am working towards myself – usually it is easier working away from yourself.

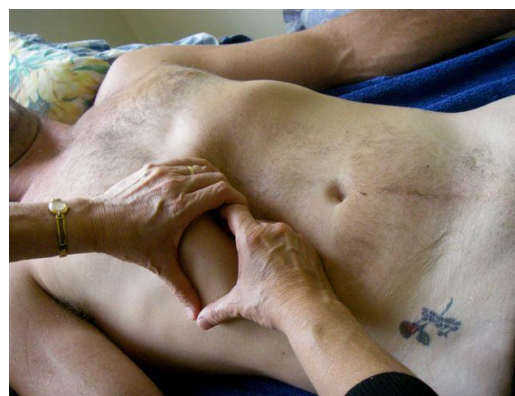
Use just a little oil – not very much. Begin with just a preliminary feel about, to see what you can do. There may be lumps – just go over them – do not try to make them move through – the body can do that however it wishes.

Movements are slow and steady – getting gradually deeper as you go. The number of times you do this may be many – and very gradually going deeper each time. Perform this at least three times on each side.

Working under the diaphragm on right hand side



Seen from a different angle



Make sure that the pressure you exert is coming from the other side to your leading (touching person) hand. Gently lean into the person also, using your weight rather than strength, as this way your hands and fingers will not be compromised.

You may go over the same area many times if it is warranted and feels good to them.

Gradually go deeper, again in a slow and steady fashion. This becomes almost like a meditation for the massager. It is a slow and steady process gradually getting under the 'rubbish' that has been stored away.

It is unlikely any pain will be as severe the next time you do this as the body clears itself and stays clear when given the opportunity to.

This technique will be more comfortable if you have done the Stuck Liver Qi massage from the ['Wake Up Your Legs'](#) eBook and the [moxa on the sacrum work](#) first.



You can see that working quite deeply is very possible.

Start gently and superficially and as you progress, get gradually deeper – always slow and steady.

Working under the diaphragm on the left hand side



WHY DO UPPER DRAINAGE?

Most people have digestive/breathing /mucous/head unclear issues - even if they don't yet know about them. It could be from sitting hunched over a computer all day/hiding breasts slouching/ behind the caving in of the chest /covering up the sensitive areas through, again, hunching over or trying to shorten the height one may feel. All of these positional blockages create real congestion in a body that is designed to be in a state of free and constant movement.

You don't know what you're body is storing until you try this release technique.

You may have no idea how this may feel, or help. See this as preventative medicine – as is cleaning out the corners when vacuuming a house. It is helpful to have everything in the best condition possible allowing much more room in your body.

This work is invaluable when suffering from:

- Mucous in chest
- Head congestion
- Sinus infections, ear problems
- Any eye issues
- Brain fog
- Feeling as though can't take a deep breath, asthma
- Digestive problems – reflux, acid, hernia, heartburn, general discomfort
- Gut or bowel irregularities
- Carpal tunnel or fluid in arms/hands/any hand problems
- Sensations of stuffiness in chest
- Post cardiac surgery
- Stress and tension affecting all aspects of the body.
- When very pregnant with any of the above/or when lactating or experiencing mastitis congestion

Afterwards people usually feel taller and looser.

Clearing the upper lymphatic area also relieves a lot of pressure on the digestion and the circulation, supporting a free flowing Liver Qi.

You will be aware of how important this is from reading the [‘Wake Up Your Legs - Liberate Your Butt!!’ eBook](#).

3. ABDOMINAL SELF MASSAGE

Our entire being depends on the health of our abdominal organs and an abundant supply and subsequent circulation of [Qi](#) and [Blood](#). Moving the physical obstructions will allow the work you are doing on your Stuck Liver Qi to really make changes within.

To assist this, you could spend five minutes every morning, whilst still in bed, lovingly massaging your inner organs/energy engine. (Lie on your back with a pillow under your knees). This can be done every morning – with just some massage oil besides the bed – possibly after emptying your bladder.

Please ensure you have warm hands to start with.

You will notice we are repeating Step 1 in the diagram on the next page.

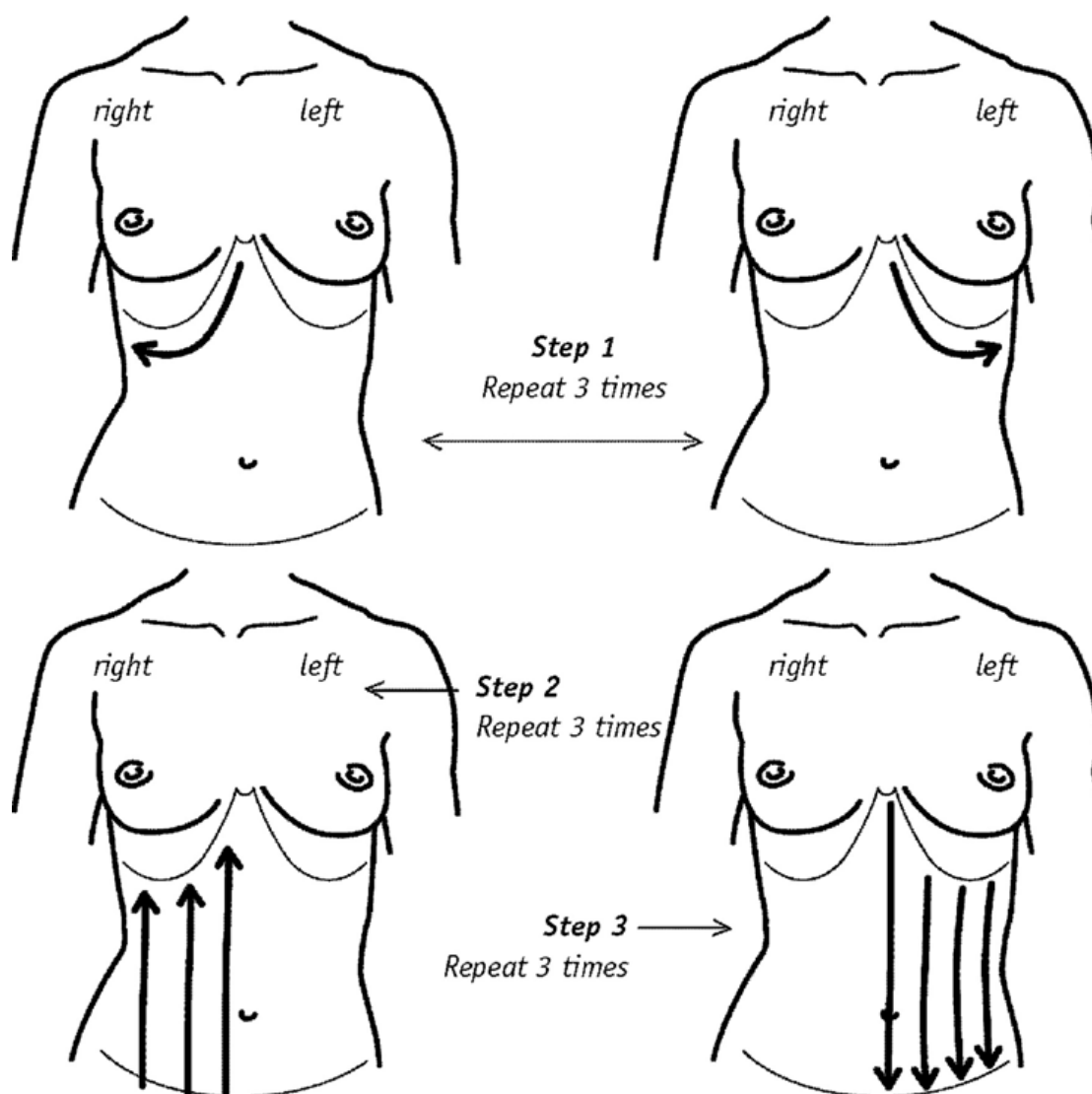
STEP ONE

- Lie on your back, with your knees drawn up.
- Feet slightly apart, the knees will fall into each other, without effort.
- Press the flats of the fingers of both hands under the bottom of the right ribs.
- Begin pressing as you breathe out.
- Continue to press, and exhale to the count of six.
- Whilst breathing in, move the fingers down, and over to the sides of the rib cage, breathe out, and press again.
- Do this three times, until you end up pressing under the floating ribs at the sides.
- Return to the body's mid line beneath the ribs, and repeat this process under the ribs on the left side, starting with light pressure, then with each stroke becoming firmer.
- There may be pain, resistance, or tension in this region. Over time, this will ease, as you help your body heal itself.

STEP TWO

- Position your hands on your lower right abdomen, next to the pubic bone. With each out-breath, press down for a count of six. With each in-breath, move up the abdomen until finally under the ribs again.
- Make three passes up the right side, travelling upwards in ever closer lines to the centre, following the course of the ascending colon.

ABDOMINAL SELF MASSAGE



STEP THREE

- Beginning at the solar plexus, press down the mid line, until you reach the pubic bone. As before, make three other lines down the left side of the abdomen, following the course of the descending colon.
- Repeat this process, one wave from right to left, three times in total, each time exerting slightly more pressure.
- Return now to any places where you felt pain or discomfort. As you exhale, exert pressure on the periphery of such spots, gently moving whatever is under your fingers, in a general circular movement, clockwise towards the bottom left abdominal quadrant.

Practicing this daily will gradually reduce the intensity and existence of these sore/hardened areas. Typically, it may take four weeks of daily routine to be free of any reactive spots.

When you might consider doing this

When you want your organs to work better!

This especially is so for all circulatory, weight or digestive problems.

Diverticulitis – all bowel issues and of course all lymphedema, leg circulation problems and fluid and swellings and aches anywhere in the abdominal region.

Male sexual function and fertility is tied into great digestive and circulatory function – this helps it all to restore normal. Definitely as a preventative, and to correct the build up leading to a prostate issue including cancer - see a chapter further on.

Just as with women and all gynecological problems – it is the normal circulation and production of Qi and Blood that allows normal, easy urogenital function. Conversely – when the system is not working well – nothing is as designed/what you had before. Here you have the tools to change this. It is often just congestion that is causing the buildup of tension and aching in the lower abdomen.

Gradually as the days go on, you will notice the lumps and other resistances that have been there dissipate. Gradually there will be less lumps and bumps within and you will notice a new resilience in the belly cavity. This may well also come with easier bowel movements, and a sense of great wellness.

When added to the other massage techniques within these works, you may find a lot of apparently degenerative and supposedly hopeless body conditions that may have plagued you gradually returning to normal.

Be gentle with yourself and with patience, the most apparently difficult conditions may be relieved – just by working with yourself.

You will be adding years of healthy life for yourself.

4. LOWER LYMPHATIC DRAINAGE

Often in men this is an area of old trauma. Many men have been hit at some stage of their lives in the testicular area. Many have been circumcised. Whilst this may sound like silly speculation, the body holds a cellular memory. This trauma was usually done in the past without any pain reliever, (as babies were seen somehow as not vulnerable/sensitive and would forget it anyway) but it leaves indelible scarring and hence blockages on many levels to normal [Qi](#) (energy) and [Blood flow](#). To [restore yourself](#) - visit or [foreskin restoration](#)

In men, with any circulation problem there is likely to be a component of lessening prostatic flow and local congestion. **With aging**, many find the flow of urine and sexual capacity reducing. This massage will help with both tendencies and does no harm. This is strongly indicated if **fertility enhancement** is needed.

Especially if prior **hernia or varicoscele operations** have happened. Often **reduced or altered flow to the testicles** is easily remedied through working on the pelvic area as seen below. Surprising to some, sometimes **old back injuries** may be so stuck that they cause flowon effects, and will only ever be partially healed until this pelvic component is relieved.

This is an indication to find a [Mayan massage](#) and Arvgo therapist as this offers a total body healing package. Whether significant congestion in the lower abdominal area happens through lack of movement – no exercise or decent full breathing - or having had trauma there - normal Qi and Blood flow through the lower regions can be restored, helping leg circulation problems and back/sciatic pains. Also of concern – the amount of prostate surgeries and cancers.

To get the total flow of all lymph and blood back to the general circulation, it is most useful that all the work in the [‘Wake Up Your Legs - Liberate Your Butt!’](#) book has been done. Please do not skimp here. This makes it a two person operation. The lower pelvic work may be painful initially. Start shallow and move deeper. As the moves are repeated, it quickly less painful.

To do this prostatic work it is advisable to do the moxa points outlined in the [‘Wake Up Your Legs’](#) eBook and also perform the [moxa on the sacrum work](#) first. If you can’t access moxa, please go ahead anyway. Moxa is found at most Chinese supermarkets, or from a friendly acupuncturist – as they usually use it. It makes the massage far more effective and less painful, but you can still make huge changes without it.

It may also be appropriate to have on hand some flower or vibrational ‘shock’ remedy. Many people have had sexual trauma and they may have blocked it out. For men, who knows

what is going to come up as the circumcision issue is not mentioned anywhere – and we do have cellular and subconscious memories.

It is entirely possible that what you are now working on has been well hidden. This means that the work here is life changing for some. Many men report feeling so much lighter, connected for the first time, not now feeling 'odd' – not that they knew it was possible to not feel as they had all their lives - so this is a great gift.

I suggest that all men over 35 have this done regularly – as it is a treatment in itself and also preventative for the prostate congestion leading onto cancers.

CANCER/PAST CANCERS

[Vit C](#) as is essential for all of us. A little often as we cannot make it and need it for liver detoxing and for any stress – we need more when under any load. Should the person have, or have had cancer here, it may serve to also be on some preparation for [clearing/detoxing](#).

[Liquid activated zeolites](#) – as they will clear all residue for why the cancer appeared and also the preparations that were used to 'kill' it. Using a [Glutathione accelerator](#) – also – not one or the other – will also amazingly improve life. Getting all the heavy metals and incidental poisons we all carry in our tissues out of us will only make us more resilient. ([Perhaps contact me](#) to find out more).

Starting to play for life/keeps is why you are looking at the massage – and helping clear toxins in other levels is a great assistance here. Far preferable than just doing the massage alone.

At the very least drinking two cups of red clover tea (simmered not just steeped) and take some homeopathic silica. Ideally use a whole mix of interventions - at all different levels. 'Hoping for the best' does not usually work for car maintenance - why should it with your body?

Perhaps also see what I have out in the [Cancer Solutions](#) part of this site – an exhaustive research project for self help and empowerment.

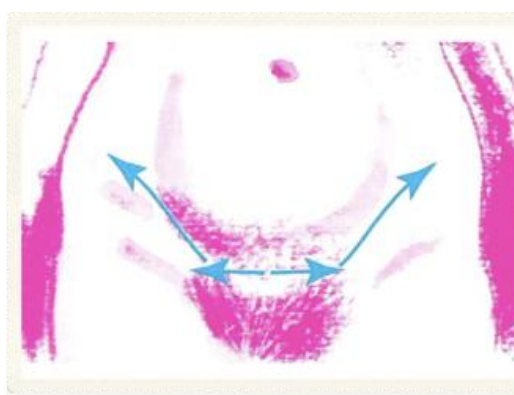
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The following version of prostatic drainage has been used very successfully when the prostatic 'rebores' operations have failed to resolve the flow issues. It is also great for prevention.

POSITIONING

For some, it is necessary to have the feet actually on the flat surface that they are laying upon, and hence the knees drawn right up. This allows the tension in the gut to not get in the way of the work to be done.

1 - LOWER PELVIC DRAINAGE



Best done after the [moxa sacral fan](#).

This preliminary work hastens the movement of everything all through the body. The principle of lower pelvic drainage is to move the lymph from above the pubic bone and out towards the sides of the hips at waist level.

You may then use light and firm massage above the knee region sweeping your hands up over the femoral artery/inguinal region to the hip /waist area.

This is a very necessary addition for anyone who has any **leg congestion/circulation /clotting or other vascular problem in the lower limb**. Most problems are easily removed – just using the idea that any massage away from the limbs and back to the heart will help.

Pain happens when there is congestion – move it/free yourself!!!

LOWER BODY FLUID/PAINFUL PUBIC SYMPHYSIS

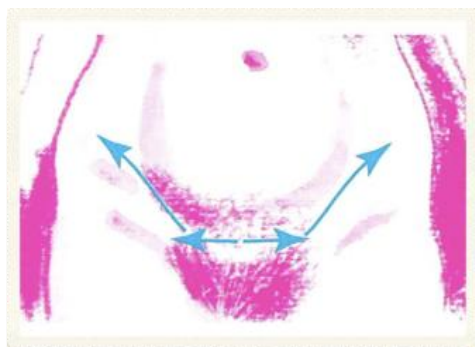
If there is a tendency to retain fluid or have a sore pubic symphysis (top of pubic bone) here is what to do. Lie the person on their back and with their legs bent, have the soles on the floor/ couch/flat surface they are lying on.

With the moxa stick lit, hover about a centimetre away from the skin over the midpoint on the pubic bone – being aware of the need to not set the hair alight!!

Gradually allow the area to warm up to the point of being uncomfortably hot.

They will tell you when it is getting hot. Then move away and come back over the point again for about 5 peaks of heat.

After this, a light version of the lower lymphatic drainage below, starting shallow, and working gradually deeper. Always be gentle as often decades of crud is to be moved on.



Start at the midline and move across initially shallowly and gradually get deeper. When this is completed on one side, do the other.

Then starting at the area where the bottom arrow head is, gradually make your way UP the inguinal groove – and gradually work deeper as you go.

2-LOWER LYMPHATIC DRAINAGE

The speed and depth of your movements is entirely dependent on the person's condition, and comfort.

CLEARING THE INGUINAL REGION

Starting in the area at the corner where the lower arrow head is, move up along the inguinal (hip) groove, with the flats of the thumb /fingers. I use my top hand to give the pressure, the bottom one is the directional agent.

This is a SLOW and deep gouge. You start shallow and gradually deepen the effects with each move.

WARNING!

Go easy to start with.

The first time it is often excruciating.

It is also possible that you may find lumps and bumps – which you don't move along, just work over these and let the body deal with them.

The second movement – across the pubic bone is often very painful. **Ensure that the person has emptied their bladder, as deep pressure will be exerted.**

See how I am using two hands – the top one for strength/the pressure.

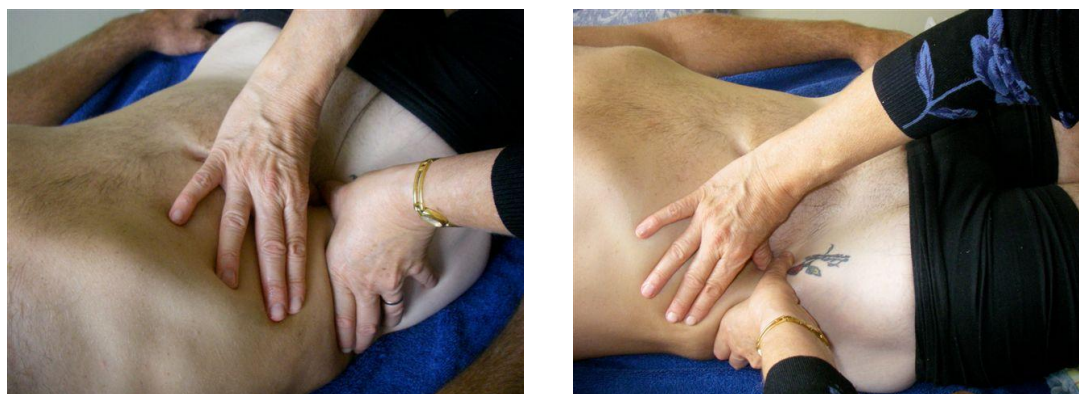


You may need to start shallower and work down to going deeper later.

Slow and methodical is best – without trying to gouge any ‘tubes’ or whatever out of the way.

If they have had an operation sometime in the past, it is vital to get the meridian flow restored.

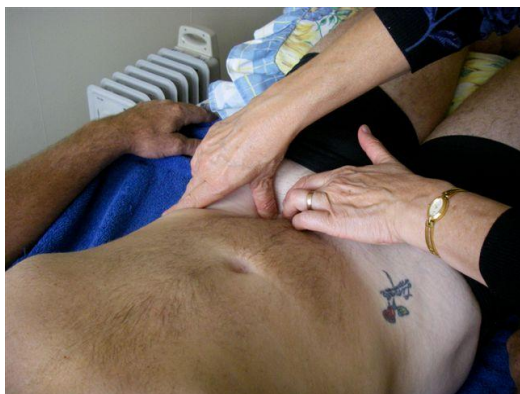
At least they can return to the blueprint they started with. If the person has had an internal operation – the inner meridians and tissues – at least help dissolve the adhesions. Using a tiny bit of [organic castor oil](#) can really assist here. Sme internally (Rectal) will also remove inflammation and restore normal.



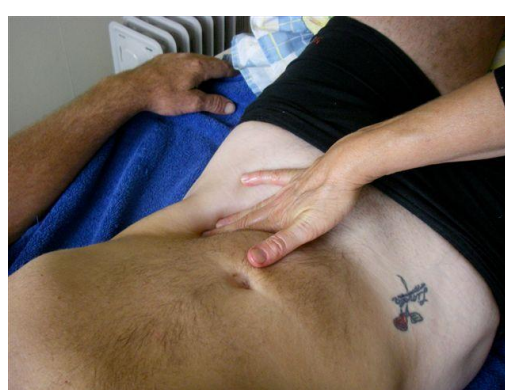
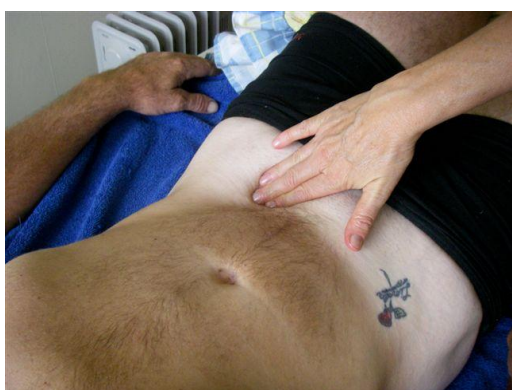
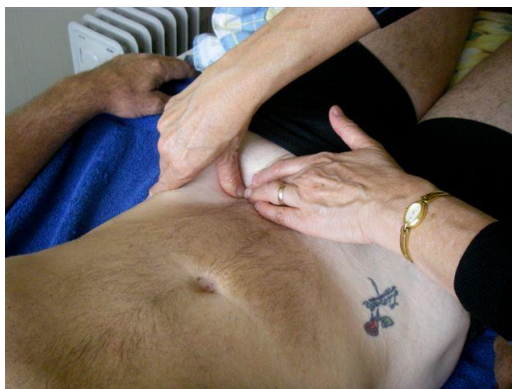
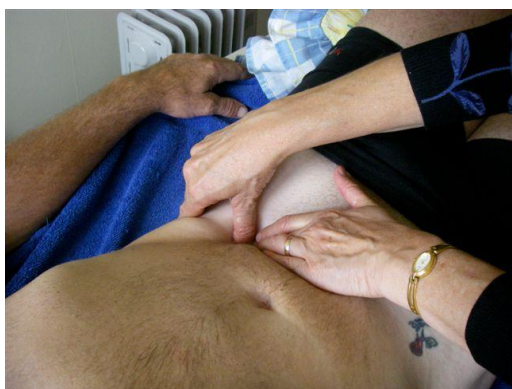
Please make sure that you check that the depth you are working on is fine – not comfortable, but should not be excruciatingly painful.

Start shallow.

You can go gradually deeper as the session progresses.

FROM A DIFFERENT ANGLE TO SEE WHAT IS BEING DONE

It is very important to clip your nails extremely short as great pressure is being placed on these points of contact. Please also ensure that as well as having warm hands, you use PLENTY of oil or similar to go easily over all the pubic hair.



This may also be done one handed when you get a feel for it. Whilst all of this was just setting the actual prostate drainage massage to go, it may still have been very painful. It will get far less sore as the sessions progress.

That there is pain there means there was congestion – it should just feel like deep pressure - no pain attached. You may find yourself naturally working less deeply towards the hip region.

Please also [watch here](#) a few times - it is best to use the moxa and remember that this is step 3 – the [Stuck Liver Qi release work](#) first, then the moxa and the butt massage - so then all will be loosened for the centre piece – the lower lymph/[prostate work](#).

THE NEED FOR LOWER LYMPHATIC/PELVIC DRAINAGE IN WOMEN

This portion is also very applicable to most women – who have significant congestion in their pelvises at all ages. Congestion in the pelvic region leads to most **period issues**. Using this massage can help relieve them.

Anyone having had a **previous C section scar or any abdominal surgery** will benefit.

It will **benefit pleasurable sensual experiences** and is even great as setting up foreplay.

This may also make women a lot more comfortable generally.

It may 'fix' the **leg/lower body congestion/swelling in late pregnancy** or when there has been pubic separation – to allow the flow of Qi through the area. Using moxa on the edge of the pubic bone mobilises the congestion that was creating the pain/blockage.

If there is any **menstrual, digestive or circulatory problem**, this is a great way to help the body heal itself. I suggest reading the eBook – [Cold is Not Your Friend](#) – as this gives a comprehensive understanding of what '[Yang](#)' Qi does (similar to the function of the thyroid).

FOR ANYONE

If you doubt your metabolism is working well, don't listen to the blood tests – assume you have a sluggish thyroid and get someone to help unclog you.

If you are trying to lose weight, gain yourself back after that last operation or whatever – then this is the work for you.

If you have blocked vascularities – undo them!!

What is created in the body, it can uncreate.

If you have had cancer it is good to remember that cancer is nothing more than the lymphatic system falling down on the job. Enhance your health and get your wellness back!!!

5. MOVING BACK TO THE CHEST

We often forget about our chest. It is often the missing bit when suffering with severe neck /upper back pain. It may surprise many that the amount of space within the chest and thus the amount of oxygen allowed in can be improved. Also that when suffering from carpal tunnel and all hand circulation problems, often just massaging here restores the normal fingers – no swelling or funny colors - just normal circulation – and so simply!!!

The ribs are attached to the spine and the sternum (breastbone). This may be especially so if the person has any form of chest pain/breathing difficulty.



We also have a tendency to forget that the [heart centre](#) /chakra shuts down in most of us to live the lives we do.

Very few can live our lives in compassionate contemplation. This means we become very reactive if we do not SOMETIMES shut our feelings off.

This process is often the key reason the physical is all blocked up and giving the pain and dysfunction messages – we need to open up and FEEL again.

I have seen instant results with neck and shoulder issues when the front is worked on. It often surprises me just how much difference opening the chest does make.

1. All structural work is more effective with this done.
2. It is amazing with carpal tunnel and all forearm problems.
3. It is great with all sinus infections and mucous in the chest.
4. Breastfeeding issues /breast lumps may also resolve.

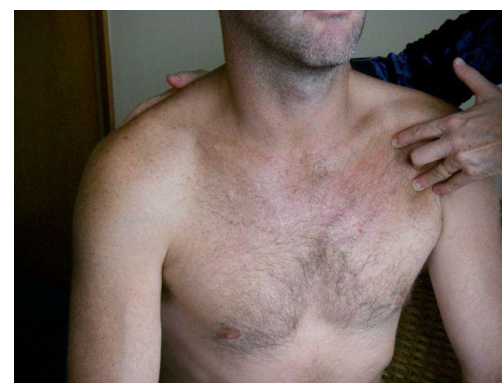
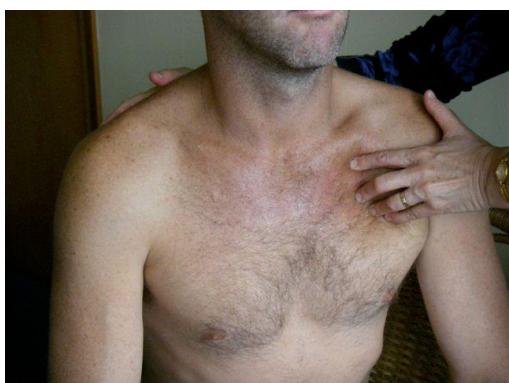
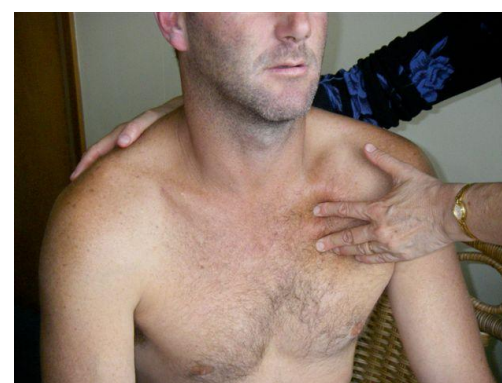
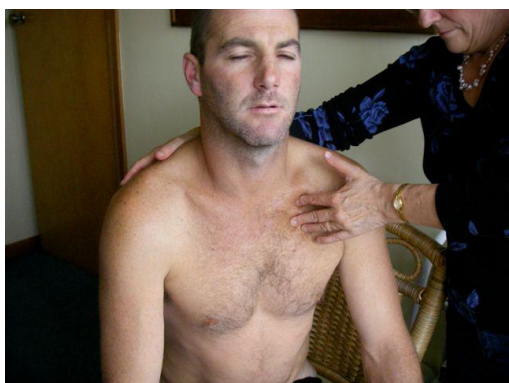
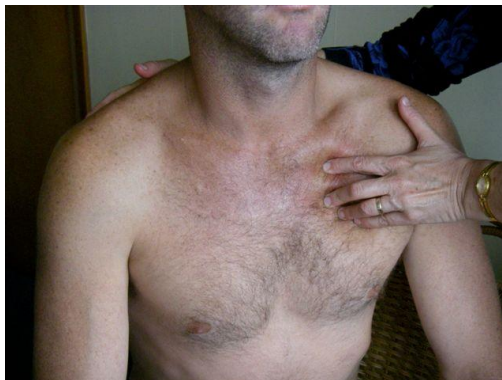
It is especially helpful if an operation has happened in the hope of releasing what was possibly just lymphatic congestion. It can be done at any stage, even if the lymphatic tissue has been removed due to cancer.

This work is then best used in conjunction with a [detoxifying agent](#).

Have the person sitting up, bracing them with your other hand so they are not pushed forwards with the force of your movements on their chest

It is always good to get the person to move around in between each portion of this work, particularly if you have someone who is congested from a lot of pain and stagnation. Use VERY firm and steady pressure, going deeper with each sweep.

Please start with the [Stuck Liver Qi massage](#)

1-OPENING THE FRONT

SLOWLY is the key.
Go deeper as you increase the movement frequency.
Hold the person steady as they may lurch forwards – this is very solid, deep **gouging**

I can't emphasise the need for **slowness** here.

Start at a very superficial layer.

Get them to concentrate on their breathing.

Often helps if you are resting some of your body vertheirs, as the extra human touch desensitises to the pain that is being felt. (Cuddle whilst gouging)

Gradually go in deeply with each successive move.

2- THE OTHER SIDE...



Each side can be very different, so please start lightly/shallowly on each, and get deeper as each sweep is accomplished.

Ensure you have enough oil on your fingers to not pull out the chest hairs as you go.



This is gouging – just make sure - it is SLOW.



Getting the person to move about and then keep going may free up a lot more – especially if some deep breathing/sighing is also accomplished.



3-FINISHING OFF

After you have finished off each portion of the massage, it may be useful to flick your hands to release what you have moved from the person's body. It may sound odd – but the energy does get trapped. The difference is obvious to the recipient of your care.

Do some sweeps with the flat surfaces of all of your hands from the top and the centre to the bottom and the sides – move all that has been freed and released right away to be liberated.

Shake it off your hands once it has been collected off the superficial layers of the body.

Doing this feels so much clearer.

ALSO...

Be sure both are warm whilst doing this.

Both drink a large glass of tepid/non-chilled water.

At least sip it over the time of this massage.

Water is great to allow the clearing in both people – there is usually as a lot will be let go that has been stored a while - a lot of Stuck Qi that has been moved on.

(WHY NOT COLD WATER?)

Cold causes the Qi to become sluggish/congestion to block up circulation.

Here we are trying encourage movement.

Please read ['Cold Is Not Your Friend'](#)



This can be achieved quite smoothly and quickly – it is just very superficial with intent to remove all that is not needed.



This is **very fast** with a **barely there** touch – the pictures do not give it justice - a **quick, light sweep** down and out.



RESULTS

His absolutely beaming face, all the way through – each time he was asked to move about there was far less pain. WHAT A DIFFERENCE!!!!

He has noticed that when he gets cold (which is an occupational hazard and happens whenever he goes fishing) his entire back plays up. He now knows to soak in a hot bath with three cups of Epsom salts, which alleviates most of it.

Using moxa and massage makes all the difference. These maintenance moves can easily be incorporated in an intimate relationship.

WORKING WITH PREGNANT WOMEN

When applying this technique to women, I have noticed very pregnant women in clinic are astounded that their knuckles return instantly to normal – **the carpal tunnel** fluids and restriction often instantly departs. This is very safe and effective and anyone can do it - just follow the general idea of the instructions.

Debilitating **pubic symphysis pain** is moderated and **fluid and swelling** of late pregnancy dissipates. All **bowel and digestive disruptions** can be reduced by allowing “normal” to begin to flow!!

This is very easy, very effective and completely safe. You will feel AMAZING afterwards – as the therapist as so much relief and comfort follows – and as the ‘patient’ as FINALLY there is lightness and freedom in your body.

What Else May Help?

There are many more tips ..

Besides painting on of Iodine which is pivotal . . .

Ebook also [here](#). Note – most say take oral drops

I have found it to be more useful and instantly through topical application. My [free eBook here](#).

1. [Magnesium](#) is the start. [Bathing in it](#). Taking it orally or [transdermally](#), boosting your magnesium levels WILL help. [Magnesium deficiency](#) is all over the body. You cannot

use magnesium, or fat soluble vitamins without [Vit D](#) and dietary fat – we can't live without it.

2. [Avoiding cold](#) – as it is not your friend in any form – especially not when you want better circulation (hence freedom from pain).
3. Chinese herbs may help to get the [Stuck Blood](#) moving . That is all pain of specific origin, this may be cardiac, awful veins, clots, issues anywhere are all remediable with Chinese medicine and sensible supplementation, especially magneisum and its co factors as above, plus [vitamin C](#) (little does, often) and E – preferably with Selenium in it (a great antioxidant).
4. [Glutathione](#) using the accelerator will instantly make your body feel so much younger!!!
5. [Anion pads](#) – in your shoes, on your back or in your pants (if prostate dripping or other embarrassing discharge issues - they work to normalise and cost almost nothing.)
6. Avoid all non nutritive ingestibles and opt for veggies and super nutrition. For more information, visit: [Nourishing Traditions](#) also [80 minutes - traditional wisdoms in foods](#)
7. Drink pure non chilled [water](#) – and lots of it.
8. Exercise – get out and about and move your body.
9. More touching/loving and intimacy – encourage the cockles of your heart to sing.
10. Give of yourself more, love more and laugh more.

To find out more on how you can transform your life and those close to you, go to

Apps [found here](#) and besides investigating what is linked to these – on the site and all through the web, also investigate what else is to be found here

www.simple-natural-solutions.com

Happy living in your newly free body!!