

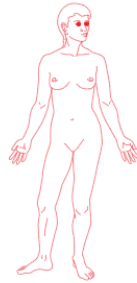
# How a well Body Works and How it breaks Down

## Spleen Yang Qi Integrity

### Transformation/digestion

Moving all from one state to another within your body.

Governs all digestive processing from production of saliva, moving food finally into Blood, Qi and body fluids, and out into urine and food residue eventually into feces



Healthy State

### Transportation/circulation

Moving all from one place to another  
Controls all fluids or lymphatic movement  
Circulates blood throughout the body

### Governs ascension of Qi

The pure aspect of every stage is moved upwards via Spleen Qi

### Controls Qi in the muscles and limbs

Allows for a sense of "being able to" (opposite of fatigue)

### Holding all in the right place

Blood in vessels, fluids in cells, babies to full term and organs and tissues where they should be.

**Governs optimal production & circulation of Qi.  
Holding all in place with righteous Qi**

© Heather Bruce 2016  
[www.heatherbrucehealing.com](http://www.heatherbrucehealing.com)

## 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

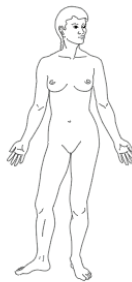
Prolapses, incontinence, ~ pelvic floor collapse, haemorrhoids.

### 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

### 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.

### 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, IUFG retardation, premature delivery, insufficient energy to activate or complete birthing.

