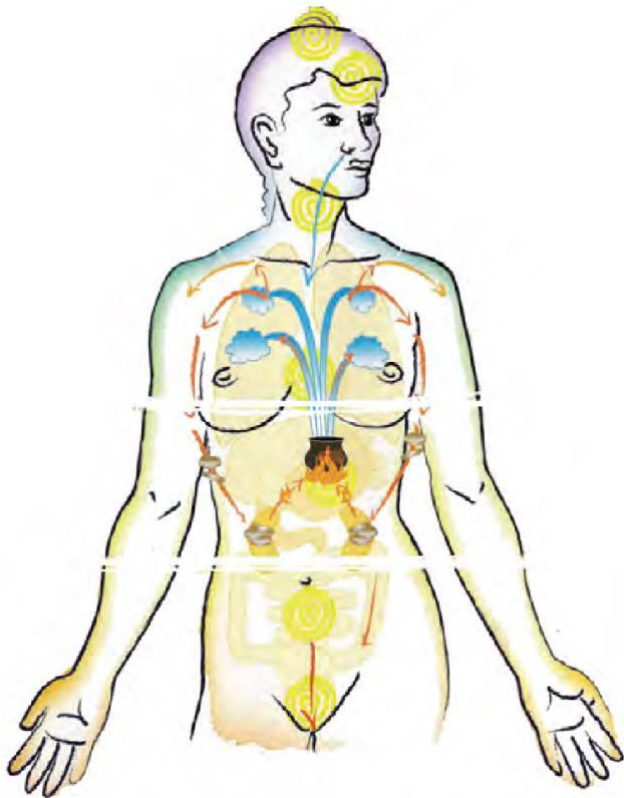


Morning Sickness/PNV/Hyperemesis 3

The **blue** & **red** arrows are energy vectors.
The **yellow** spirals are chakras or centres of energy.

The coins at waist level are your inner wealth (Jing).



This is a diagrammatic representation of the energy flows needed to run a body well.

The key factors are:

1 Cooking pot is tended well so it can transform & transport, as your 'food factory' must.

2 Sufficient fluids to run all fluids - be they blood, lymph or other messengers required to cool, nourish & moisten - regenerating you & nurturing your precious cargo (baby).

3 Your Liver Qi freely flowing, running all aspects of every component of your body smoothly unresolved life residue & your emotional responses show up as stress/tension. In pregnancy everything is felt more keenly: the gut reflecting this.

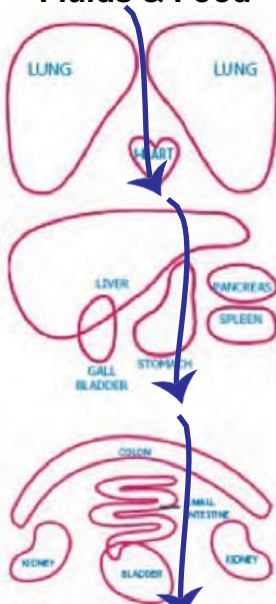
4 The different tastes that nourish the different organ systems (energy model) become vastly important here. Please ban everything even vaguely sweet from entering your mouth. Salt (coloured) is your new saviour!

5 Using nutrients that absorb via the skin is the easiest solution. Two of these: **iodine & magnesium**, a micro and a macro nutrient will make an incredible difference to your gut function, how you feel and the outcome of your pregnancy. These must be used topically.

6 Soothe your body with 'round & rounds' & warmth

7 Rest, rest, rest. please listen.
Your body is giving you messages.

Fluids & Food



The direction of Stomach Qi must be downwards. If anything causes this to weaken, you will feel nausea.

If Stomach Qi rebels, you will vomit.

Pregnancy is a totally different body state, and things mum may previously done (gotten away with), may not be acceptable now to her busy body.

No digestive problem can be 'fixed' without stopping what has created it.

Pee & Poo

Yang Qi - metabolism, circulation, protective function, keeping you warm, holding everything in place - is weakened through the invasion of cold. Over time small increments of cold add up & may result in one or more of the above functions becoming sufficiently distressed for you to have this sort of problem.

You may have a cool-to-touch belly, bottom, thighs, you may need to stay warm, BUT you crave cool or iced drinks as you also can have toxic heat within your digestive system.

Where from? Ingestion of concentrated, processed unnatural ingredients, any sweet taste, caffeine, alcohol, lack of pure water & an excess of emotional suppression, maybe even rage - being too 'nice'.

