

Energy:

**Changes for a
Better Life**

Heather Bruce

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INTRODUCTION

There are so many ways a body wears itself down – trying to keep all working well.

Whether it is 'being hormonal' or 'stressed' – there are ways that all may find themselves in a mess. Going off to a medical specialist who looks as though with a telescope with one section of your life/disease/life process - as though your life/ body disease /life process/ is divided up into bits – may not be as useful as addressing all of the problems where they start. In the energy that runs the physical.

Here we are looking at the energy model that allows the structure to be - energy runs the physical body at every turn. The orthodox medical model you are used to is a very small part of what we need to investigate if we want to make changes, or understand the role of health and illness.

'No energy' is usually – it is stuck and needs liberating.

(Although being [iodine](#) depleted and having [bromide dominance](#) will also give all these symptoms – and is usually running in parallel now. This is affecting every aspect of all of our lives.

Where to start?

Look to my '[Iodine – ingredient for life](#)' eBook.

If you or someone you know has had, or is going through a breast cancer life – please send them this. Besides lacking in Vit D and magnesium, iodine depletion is a major cause of cancer – and allowing the [bromides from modern life free entry](#) into your body has put every cell at risk

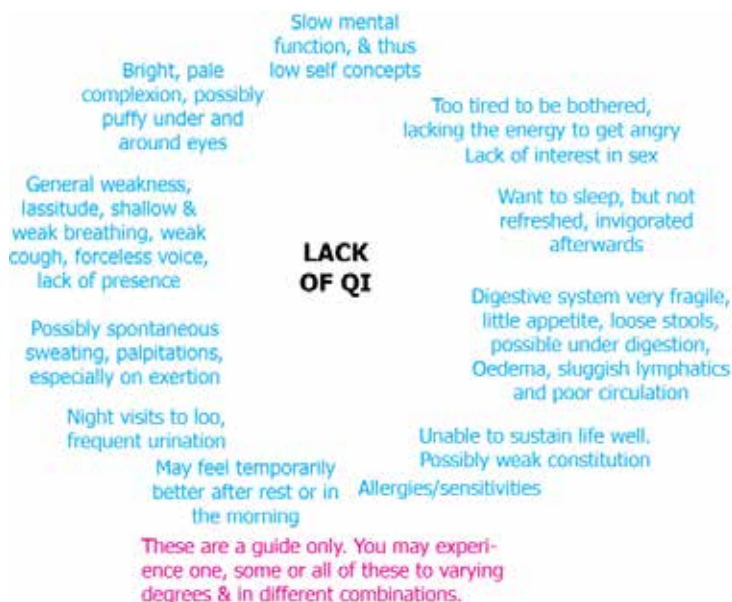
Learn more: [Simple Natural Solutions - Bromide](#).

ENERGY AND ITS FORMS IN ILLNESS

A lot of people think that they “need” more energy. Usually they don’t – it’s just that what they do have is stuck and/or and/congested and/ thus not circulating well. The diagrams below connect different parts of the body that medical specialists may view as unrelated. You know that all of you flows into all other parts of your body. There is no one area that can be seen in isolation. ‘Lacking energy’ is usually it is not moving.

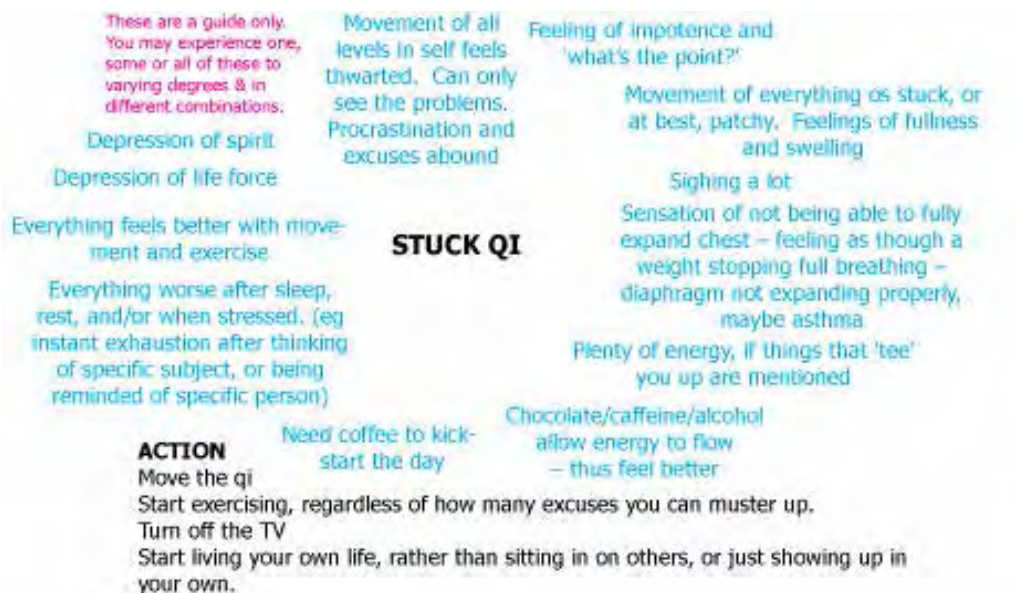
Lack of Qi (Qi Xu)

Lack of Qi is common in those who are very ill and/or close to death.



Stuck Qi

Stuck Qi is more likely and happens when we are thwarted and upset.



Women all over the world suffer Stuck Qi, as they “don’t have a minute to themselves” and “everyone wants more” than they ought to give. It is often very difficult for women to say “no” gracefully, thus they wear themselves out – literally.

We wear ourselves out – unless we have learnt to look after ourselves FIRST so we then can choose to look after others. (Put your own mask on first as they say on aeroplanes)

When there is a lack of Qi, physiologically the mitochondria may need help to activate what energy is available. Usually there is a simple, natural solution – better food and life resources to have all wokring as designed.

[Magnesium](#) is an ingredient of [Glutathione](#), which is naturally made when a body is well and full of Jing and nutrients. [Magnesium](#) is needed in 325 enzymatic reactions and without it energy will flag.

Stuck Liver Qi S T U C K

We all know how this feels - we are called 'emotional'. We are then told that we are being 'emotional' Yes we are - we feel and we hold it in. We feel 'pissed off' and constrained/annoyed/hopeless and in a word - are stuck. All parts of our being start also becoming stuck. From here - we may sometimes find relief with the drinking of coffee/alcohol, eating chocolate - as all these temporarily move the Qi.

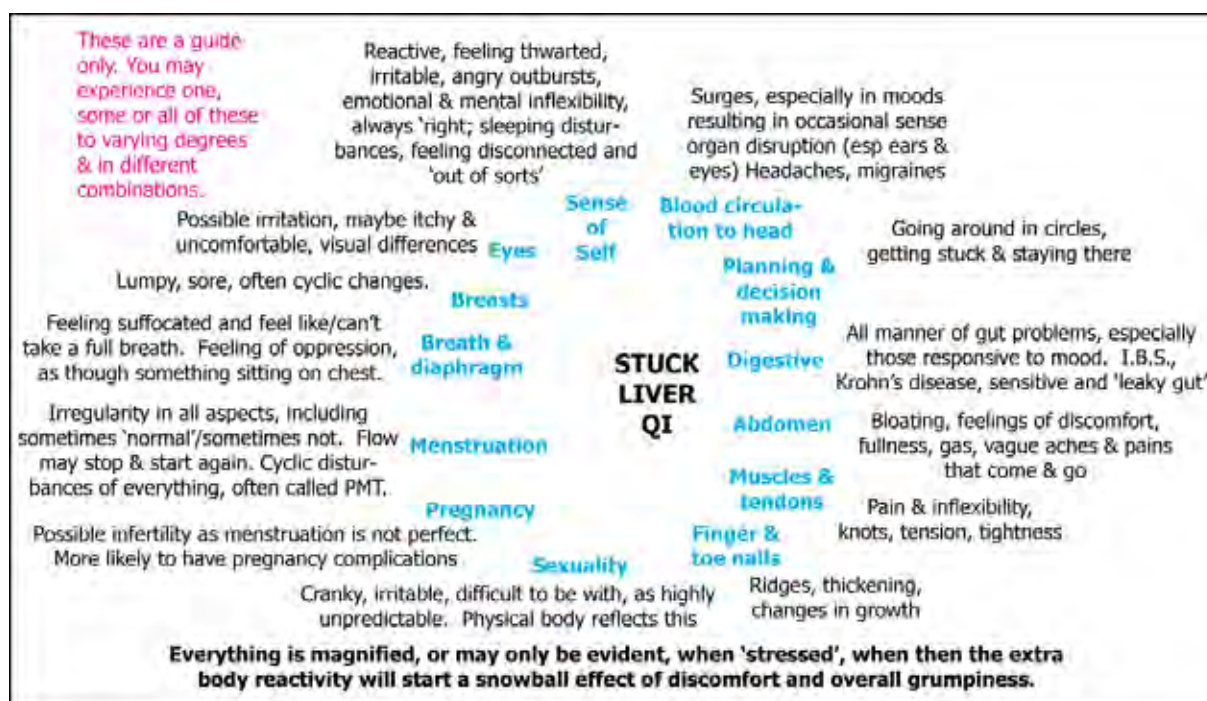
Movement of all sorts is way better. Some can only feel like 'themselves' after a lot of exercise - running is one addiction that often is hard to break.

Getting things done is also an antedote - acting (not procrastinating) - not sitting about thinking about what needs doing.

Get a plan and do some of it - daily.

Cross items off as you go - so you can see what is being achieved.

Otherwise we say that we are 'stressed'. Orthodox medicine knows that some things are worse when people are under pressure - or 'stress'. All work better without it.



Blood energy

Please note that I am speaking from an energy model – not what is leaking when you cut yourself that is the physical liquid blood. To show the difference – Blood here spoken of as an energy is capitalised. .

Great Blood energy is what we *should* have in abundance, irrespective of age. It is pivotal to keeping us sane, happy and healthy. In our reproductive years, great Blood energy is what enables us to reproduce easily and nourish our young well.



BUT – if we are “fed up”, irked, irritated, stuck in a cycle of [Stuck Liver Qi](#). (the page back), the result is commonly labelled “[hormonal](#)”. In reality, this cycle is a symptom of being at war with ourselves – yes, really. Making it worse.

Call it ‘hormonal’ is adding more annoyance into the picture as then it is not us (when it really is) and thus not able to be adjusted - unless someone else starts throwing artificial – for sale – at your local pharmacy - ‘hormones’ into the mix. Slippery slope of disaster then - as this process of being adjusted hormonally can go on all your life as a woman. But, all the while, hormones are just the messengers alerting you to what is happening and thus are a warning when off balance – if they are left in a mess, what you are ignoring fixing gets more difficult to undo.

If not drinking enough water, all is made more difficult.

If you tend to reach for chocolate and sugar and whatever other self-medicating substances are your poison of choice, more heat is generated and a fire (cycle) is fuelled. Heat is generated from emotional angst stored, and the cycle gets even more interesting. A lot of inner heat is generated – more so in men, and women who are pregnant – and is often found in tandem with a massive [magnesium deficiency](#).

From there we meet the juncture of life-endangering problems – and the trigger is usually emotional. We can over self medicate – eating and drinking what turns to sugar – as it calms us, and is so highly addictive – and creates heat. This heat in turn causes inflammation, and destruction due to lack of hydration (yin) and resources.

Heat in body HEAT

Inner Heat can escalate. Essentially – you feel hot, or at least warm. The body is red, the discharges are coloured, often smelly and all feels better with application of cold.

The heat drives the blood from the vessels, usually observed as heavy periods and/or periods that are too close together or bleeding that goes on for too long.

If cigarettes and alcohol have been involved, the result is accelerated ageing. Your feet may give you clues, (needing to put them outside the bedclothes at night).

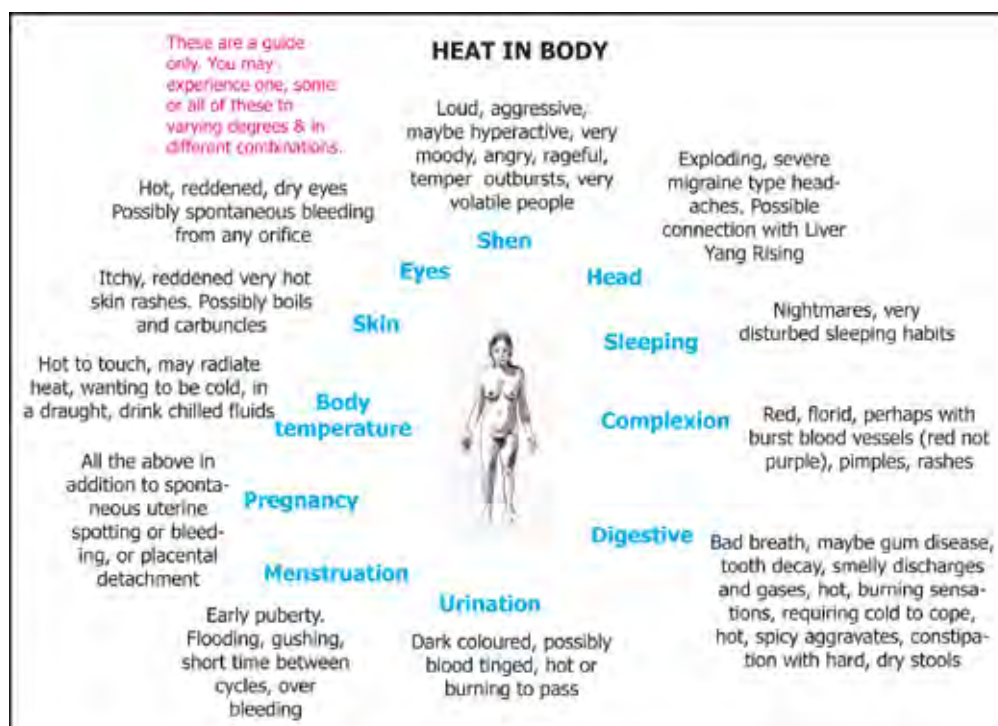
Or, you may find yourself with a disease that requires increasing doses of painkillers, as your body becomes too painful to live in. Autoimmune diseases may strike you down.

Emotionally you could be labelled “neurotic”.

Heat dries you out (see Blood then Yin depleted next page) and gradually you will suffer more of the various upsets seen in the diagram below. It may take decades for these symptoms to appear but you can observe the progressions.

A lifetime of starving yourself with diets or having a digestive system that is not happy, an inability to sleep well or a slow leaking cycle where more blood is lost monthly than is able to be replicated, a great gush or haemorrhage – all may trigger more serious issues.

Sleep is vital, as it provides us with nourishing energy. If we are not sleeping, our body is not able to replenish itself. This results in a struggle to “keep going”. Skin, emotional and autoimmune problems may appear.



No fun – and all leading to where people think you are ‘too hard’.

Also where you are on an edge - easily in crisis. Continually.


Deficient Blood energy (Blood Xu)

This does not mean that there is less blood volume – but the quality of what there is there may be less than optimal. It may also mean less quantity – and this is easily remedied through better hydration, nutrition and rest. You can easily see that being a woman is no fun without having sufficient ‘oil’ to keep machine ticking over.

When you are in this zone, everything is harder.

DEFICIENT BLOOD (ENERGY)
Not necessarily anemia, but includes this

These are a guide only. You may experience one, some or all of these to varying degrees & in different combinations.

<p>Blurred vision, dry eyes, spots in front of visual field, visual disturbances. Dizziness/vertigo/soft noises in ears</p> <p>Dull, reddened skin, mild itching, skin sensitivity and irritation, rashes, dry and wrinkling skin.</p> <p>Insufficient quality and/or amount</p> <p>Late cycle &/or short flow. Scant amount, light red or brown in colour, possible cessation of periods</p>	<p>Easily disturbed, frightened, anxious, nerviness, neurotic, palpitations, general mental and emotional instability</p> <p>Shen</p> <p>Eyes</p> <p>Skin</p> <p>Lactation</p> <p>Menstruation, Reproduction</p>		<p>Dream disturbed sleep, insomnia, light sleeping, restless, awakens and can't return to sleep, awake between 1 – 3 am</p> <p>Light-headedness, fainting, dizziness, vertigo.</p> <p>Colour fading, premature greying, hair losing health, strength, shine, growing slower and shorter. In severe cases, dried out and straw like appearance</p> <p>Pale, dull, unhealthy looking</p> <p>Muscle spasms, tremors, tics, cramps, tightness, numbness, tingling. Maybe thinness or emaciated</p> <p>Dry, flaky nails, poor, slow growth</p>
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HOW TO BECOME BLOOD DEFICIENT

Worry (digestion, circulation and respiration all reduced quality).
 Malnutrition – dieting history, anorexia or bulimic past.
 Digestive problems of any description, lessening the quality and amount of nutrients available.
 Loss of actual blood – especially a history of flooding, or very long heavy bleeding from any source. Can be a once only birthing haemorrhage.
 Stuck Qi creating Stuck Blood, so less in circulation than there should be.
 Heat from any source, drying out the yin and Blood energy.

Blood in Asian medicine is classified as being “Yin” in the body. Heat depletes Yin easily – dries Yin out – this means we are then aging faster than necessary.

We all need to pay attention to the Yin and Jing deficiencies, if we have been having babies, or trying to make babies and/or overdoing life generally. We can see from the information above, that having a Blood depletion then stretches us thinly for all emotion and a mental rewards.

Also, not being able to sleep well, or rest – due to a lack of good Blood and Yin Qi means that as we do not replenish at night (as we can't as we are Blood deficient) we get further and further behind, being unwell, unmotivated, lost and ‘losing our marbles’ even.

What to do? Go back to what your great grandparents would do. Live simpler.

Yin Deficiency (Yin Xu)

We can then become aspects of [Yin deficient](#)

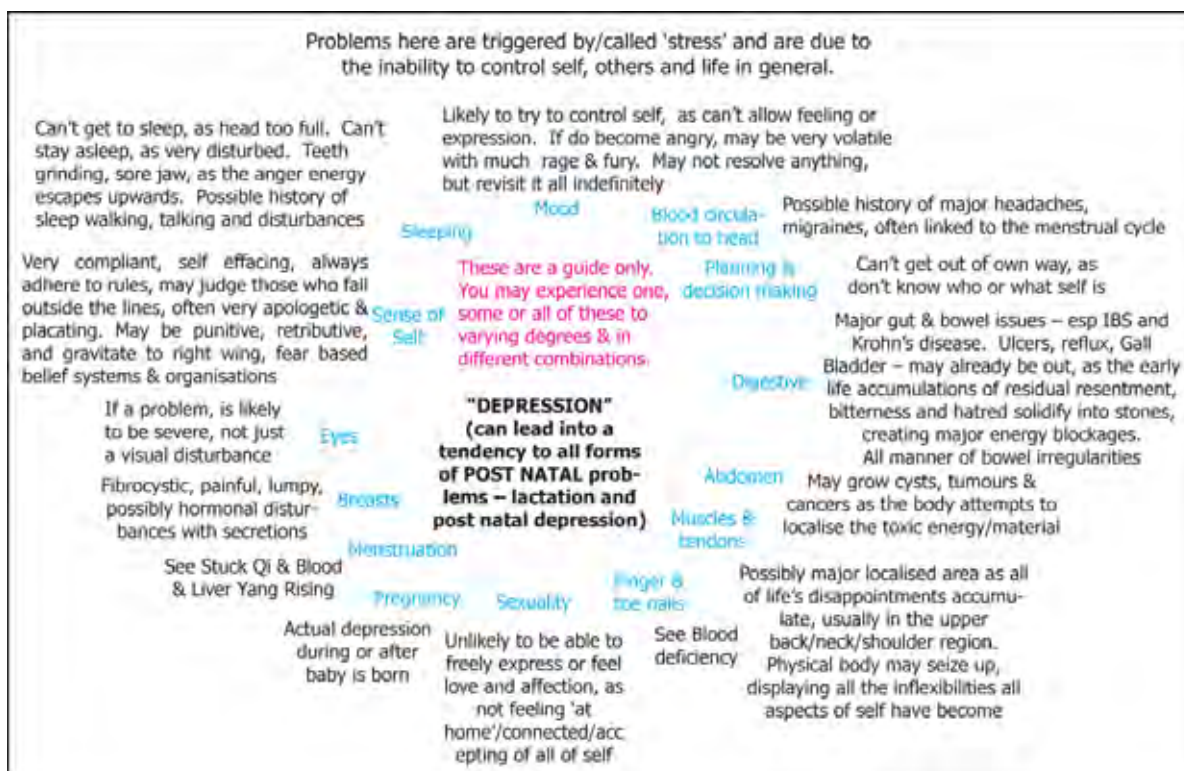
We may not have all this at once – any of these will tend to oscillate - worsen and improve, but gradually with age or when not looking after yourself better, this will hit a slide all then call ‘aging’. Relax -it is reversible – with effort.

Aging is simply not looking after your [Jing](#) – and to a point you can undo the damage – with consciousness and great quality ingredients.



This eventually leads to labels such as “menopausal” and “neurotic” and “losing it”. All these paths lead to “not happy”. We may feel dried up and spat out!!

From here we are labelled as having “depression”, neuroses, palpitations, panic attacks and every kind of drama. The reality is we are *Blood* deficient – (And lacking in a lot of raw ingredients to keep us stable) not medication-of-the-day deficient!



Explanation

Often decades can pass before the problem reveals itself physically, perhaps as migraines, autoimmune problems and eventually cancer.

Wherever there is pain, there are indications of magnesium depletion – and often [Vit D deficiency](#) – and of course all this leads to; even if it was not caused by – [Stuck Liver Qi](#). This in turn, will eventually lead to [Stuck Liver Blood](#).

Liver Fire Rising LIVER FIRE RISING

Eventually the body explodes – think volcanoes!! Much illness = much inner distress.

You can get here from “festering”, “putting on a happy face” and invariably, not sleeping as a consequence. For some, being exposed to angry, violent and abusive people was (and maybe still is) a daily reality.

Maybe from very early childhood – so your ways of dealing with the world may need updating – as no longer are you as helpless as you were then. This is all driven and made so much worse by heat. Can happen through the choices you make in every stage of the day – please review [inner heat](#) again.

Great word pictures here!! This is when the stages below a come together



These are signs we need to move, to go get our life, rather than sitting and staring at screens all day. Nutritious diets and clean water are essential. So, too, is exposure to sunlight, exercise and great rest. By now, you may need help to undo yourself - at least to reliably sleep so you can replenish your Yin and Blood energy.

How to?

- 1) - A clue is to **drink a lot more pure**, though unchilled water - all day but especially in the morning - perhaps with half a lemon squeezed into a glass of warm water to start the day. This assists the physical organ liver to work better.
- 2) - **Move – get active** – several times a day – drop everything and go for a brisk walk, pick up a skipping rope, run up the stairs – get your circulation going.
- 3) - **Avoid all foods/liquids that turn to sugar in your body** – all that have anything chemical (numbers) in them and all that is not a straight ingredient

Yang Deficiency (Yang Xu) (Equivalent to low thyroid/body function)

At the beginning we started with Stuck Qi and I led you down one track of Stuck Liver Qi. We all go through all stages of this flow chart – next we have the other branch - [Yang Deficient](#) (Xu).

This can all can happen concurrently – you do not have to wonder if you are more than another - all can happen at the same time – and depending on the day, the amount of sleep/food/angst you have been exposed to – and the weather – you, and what you are feeling can vary dramatically.

This Yang deficiency, which is equally brought about by lack of sleep, lack of decent food and lack of self-care, is also the process that happens when we eat/drink or are otherwise exposed to too much cold.

[Cold is not your friend.](#)

This is a large source of your lack of oomph!! Easy to do – wear yourself out temporarily – or in one hit by having a major accident or incident where you can't recover well and fully. Often it also shows up as a lack of Iodine – and here we then see all that passes for many of the medical conditions that you may be currently trying to fix.

Whilst it all falls under the umbrella of low thyroid function, having a blood test to then be told that you are 'on the low side of normal' – means that you won't die/this is not urgent enough – it is just about your quality of life (which matters to you – but thyroid medication is not as lucrative as all the spinoffs from your metabolism not being normal. You may not be feeling as though you are living.

Please look to what I have written [here](#) and [here](#). This is so normal for most women – as the exposure to heavy metals then messes – often prior to puberty – with the way that the entire menstrual cycle can run – and thus who essentially you are forever.

What to do?

Get rid of what is [not supposed to be](#) in your body – and avoid more exposure.

[Iodine](#) painted on the body for starters. This is easily improved – please find my [Iodine Solutions eBook](#).

It is also what happens when dieting goes too far and the body starts conserving itself and putting nutrition into storage.

Also read [Yang deficiency](#).

The acupuncture terms [damp](#) and [phlegm](#) explain then what happens to you next. Best you read the eBook [Cold is not your friend](#).

In there is a simple easily understood explanation as to you to how the interrelationship between what you have done to yourself fan what is now happening to you is revealed.

Often myriad apparently unconnected problems are all tied back to imbalances that gradually sneak up on you. Find out how you can alter what is sitting in/messing with your energy fields. In a nutshell – get rid of all cold exposure, add move more, and consult with someone who understands that all parts of your story are interrelated.

If you want to explore this more – I have a list of websites that are full of links that I have found very useful on my researching journey.

Developed over the past 15 years, www.heatherbruce.com.au

I also have [three Apps for iPhone and Androids](#) that allow you to solve problems yourself. Written as a 'glove-box manual' as in a car, these give you the problem, the why t happens and the solution. All these have a section on 'Raw material' – as we all have to eat and then absorb the nutrients.

- [Periods](#) - anything to do with a woman's body – regardless of her age.
- [Fertility](#) – How to enhance what is supposed to be easy – two making babies
- [Pregnancy](#) not just all the through the pregnancy, but also birthing and infants and everything you may wish to know about breastfeeding.

These all link back to my comprehensive site www.HeatherSays.com They are there as a navigation tool for anyone who wonders what they may do to help themselves.

Over the years I have been adding to my now ten websites – hence the apps to allow ease of discovery. The research is there - easily found and leading you into different places to inspire and educate yourself.

<http://simple-natural-solutions.com/>

The food and raw ingredients site - what goes in your mouth fuels your life - all that is needed often to revolutionise how you feel – hence I have this here – so I can find what I have researched - and you can too!

Eg - What does Vit D deficiency look like? I have a page here where I studied this in depth <http://simple-natural-solutions.com/essential-vitamins/vit-d/> also here

<http://www.naturalcuresnotmedicine.com/eight-common-diseases-linked-to-vitamin-d-deficiency/>

<http://simple-natural-detox.com/>

How to safely and effectively remove what is blocking the nutrition and functioning of a body in the modern world. There is a great page on [hormones](#) and what is needed to live – and what is messing with all of us here – and [what you can do about it](#) – easily, safely and immediately.

<http://easybabies.com.au/>

Making better babies, having a bonded birth, consciously, simply, gently. Leading into a happy family; easily breastfeeding mum who is happy and healthy

<http://heathersays.com/>

The inspirational navigation site and glossary to the terms acupuncturists use how to help yourself, self care and the entire pregnancy extra banner – how to make better babies again – and how to help yourself - through getting the apps ..

<http://www.heatherbruce.com.au/>

My original site – now is a cancer and meditation guide. Great tools to take charge of yourself and where you are heading.

<http://acupunctureplus.com.au/>

The Australian clinic site, including recent clinic newsletters containing helpful tips.

www.acupunctureplus.co.nz

NZ clinic site.

<http://safe-intimate-care.com/>

Not just for bleeding and drip catching but the negative ions are useful/ incredible for anyone's wellbeing

<http://my-mothers-heart.com/>

A personal account of the journey (Kathryn, my much loved and very 'different' daughter) is now 28. With my daughter's descent into total life breakdown – a personal account of the journey and what it meant to all of us (esp those who now seek my attention for their own life challenges.)

No stone unturned.

<http://fingertip-rescues.com/>

Not compete – but a start, esp for midwives - but really anyone who wants to know what to do when an emergency (asthma/stopped breathing etc) happens - as we all carry our fingers with us.

There is another site for re training acupuncturists – bringing simple, practical and profoundly successful information to the profession – if you are an acupuncturist and want to know more, please contact me on heather@heatherbruce.com.au

Any questions - please contact me on the above email – and I will endeavour to assist.

See more of how to help yourself through looking at the [Apps](#) and sites. These will direct you to the next best step for you as a thinking person to help yourself.