

How to get the best from our body and Food Factory: 'The belly'

Background info - Ideally (in health)



A diagram of our inner cauldron – this is where we receive and process food.

The coins are represent the [Jing](#) that which is stored from the precious use of inner resources as we store as inner capital/bank balance for later. This enables being a well person, making better babies/living well and longer as healthy happy people.

Here we see the role of the [Spleen \(pancreas\) energy](#) in the body.

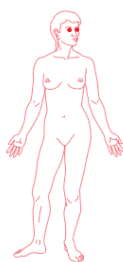
Spleen Yang Qi Integrity

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

Controls Qi in the muscles and limbs

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



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

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

For this, we need:

1 - [Yang Qi](#) sufficient for body needs – that is digestion, circulation, warming, protection and keeping all tissues, blood and organs in place. Food presented for processing is to be 'cooked.'

IF that fire is warm enough. It can be 'put out' by the [introduction of the cold](#) – often through the consumption of wrong food combinations - and/or cold in temperature and vibration (especially raw) foods. (The recent fashion of smoothies and iced water etc.

2 - Perfect circulation is the [Liver Qi](#) flowing, adjusting itself as needed.

What messes with the normal flows?

Anything that stops the body readjusting back to balance: homeostasis creates problems as the system is designed to constantly dynamically move from one state to another. This can look like all of one area, or bits of some then others, in constant change as the times of the day or year alter what is possible.

You may have only slight problems – or larger ones - on all or just one of these areas.

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
Mental & physical collapse, feelings of emptiness, sensations of losing control, incontinence, leakage of life force, life dripping away, actual incontinence.

Sexuality
Loss of feeling and functionality
Inability to feel or desire sexual intimacy and union



Bodily Decline

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/IUGR retardation, premature delivery, insufficient energy to activate or complete birthing.

Digestive capacity diminished
(Thus immune system disruptions)
Leaky gut, dysbiosis, belly noises.
Poor pH, excess mucous issues
Allergies, food intolerances, Candida, undigested food in stool parasites, slow exit time

Lymphatic system
Sluggish, cellulite, fluid, swellings creating accumulations of toxic wastes, clogging defensive systems - eventually causing cancer.

Musculo-Skeletal
Pain & dysfunction as Qi & Blood usually nourishing all tissues becomes congested, weakened, dammed up & shuts down

Menstruation
Blood may leak or gush: 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.

© Heather Bruce 2016
www.heatherbrucehealing.com

In ill health lowering of the operating temperature can lead to torpor. (This is a loss of ability to flow – in hibernating animals a state just before shutdown).

What upsets perfect functioning?

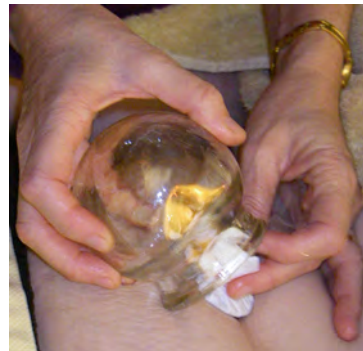
Tension
Temperature
Torpor
Trauma
Toxins

How to help yourself?

Return to balance.
Take out what is blocking the body from healing itself.

What can we do?

- 1 - Respect life force and flows. It does take time.
- 2 - Avoid all cold exposures (all elders in every culture were very aware and attempted to instill in their young - [cold is not your friend](#). (Old wives tales').
- 3 - Take out the stored cold.
- 4 - Do not add in more cold
- 5 - Warm as much as possible being exposed to the gut - essential in babies.
- 6 - Allow the body time to rest and to heal
- 7 - Expect healing as you allow the body to undo that which was not meant to be.



Please see online course
[Reset Your Metabolism](#).

[Self help](#) is covered extensively in the
[online courses](#)

'Reset Your Metabolism' covers removing what is presently blocking normal body functioning. Most problems stem from a lack of what nourishes flowing - and to much of what is not helpful staying within the body, stopping normal circulation to where it is needed. By impeding optimal life expression, physical or emotional distress can occur. From fibromyalgia to cancer - through allergies, low energy, pain - almost anything that may be experienced.

“Causes” of disease. (Acup 101)

Inner - emotional climates not flowing

Outer - the outside climates not being respected and protected against

Miscellaneous (at least 15 - only one of which is ‘germs’).

Categories of disease are different – eg Tibetan model

Karmic (consequences of past thoughts and actions)

Evil spirit possession

Immediate – attend to and be well again (catching a cold)

Life threatening – leg chopped off

Heather’s alternative energy model . .

(Although life is not linear – we have)

Soul script

Beliefs that run the inner programme of being ‘self’

Emotions chosen to express ‘self’

Qi is flowing or not

Lymph flows or clogs (dampness)

Ligaments get tangled/knotted

Adhesions/scars on all levels form

Physical structures get stuck

Qi and lymph flow are the key.



Actual photo of inner adhesions sticking the liver organ to the surrounding tissues.

Imagine this tangle all through the inner landscape. No wonder people feel stuck.

Let’s clear it
Inner Feng Shui!!!

**Our job?
To unweave the web**

Adhesion breaking (inner scars)

We will cover this once all else has happened. We need to loosen off the reasons the adhesions stay on board. Once their 'instructions' are gone, they are then so easy to undo! Scars and their legacy are so often ignored.

Why must we clear blockages?

Qi and lymph must flow.

This is under a 64 year old scar.

Performed as life saving when he was a year old. He has no idea what was done past something to correct his bowels. He has had no problems that he is aware of. He was amazed when I pointed out the incredible hard lumps that were under the surface – all the way down as far as I could palpate.



Maybe he had no issues as he has worked all of his life as a carpenter, using his body as designed – not sitting about to stagnate/congest/congeal.



What 'Spleen Qi deficient' can look like.

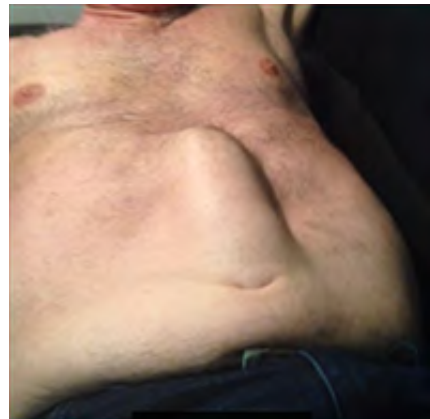
Diastasis Rectii (Abdominal separation)

Firstly we need to get a little more aware of the physical structures of the belly. A **white line** (Latin *linea alba*) is a fibrous structure that runs down the midline of the abdomen in all vertebrates. In humans this white line (linea alba) runs on the front of the body from under the sternum (xyphoid process) to the pubic bone. The linea alba is indeed white, being composed mostly of collagen connective tissue.

It is formed by the fusion of the aponeuroses (a sheet of strong flat pearly white fibrous connective tissue which takes the place of a tendon in sheet-like muscles having a wide area of attachment.). It separates the left and right rectus abdominus muscles. In muscular individuals its presence can be seen on the skin, forming the depression between the left and right halves of a 'six - pack'.

When the connective tissue is not strong enough to do its job, it gives way under pressure. Usually considered to be what happens in pregnancy when the woman is unaware of her differing body needs, it is also very prevalent in almost all who have a weakening in their digestive and general energy systems.

Very often found in men



It can get worse . . .

However when looking online this is a sample of what you will find.

'Diastasis recti is common in women who are over 35, deliver a high birth weight baby or have a multiple pregnancy. It's usually most noticeable right after delivery. It also occurs in middle aged and older men with abdominal obesity.'

There may be a bulge in the middle of the stomach. It might be noticeable only when the abdominal muscles are tense, such as during coughing.

Treatment includes physiotherapy. In rare cases, cosmetic surgery may be done to reduce the bulge'. (Heathers note: We can do so much better . . .).

Instead of being reactive – and ‘try to get rid of . . .’

If we go back in time, we can see why tissue integrity has broken down.

Spleen Yang Qi is to hold all in place. Cold wastes this.

All we are to do starts there.

Reminder

Look at the Qi disintegration a few pages up again.

When Yang Qi is weakened, tissues collapse.

We can rebuild this AFTER correcting the underlying problem.

Tinkering using muscle exercises may then be helpful.

Until then, as with most reactive medical adventures, ignoring what lay beneath may be an exercise in futility.

<https://diastasisrehab.com/what-is-diastasis-recti>

Usually seen – a bulge in the central line, when the person lifts their head. It is almost a tent-like shape. OR – a big gaping hole.

Prevention

No cold (no icing of the women’s body EVER.

NO sit- ups. EVER - always roll slightly to the side.

Esp when pregnant



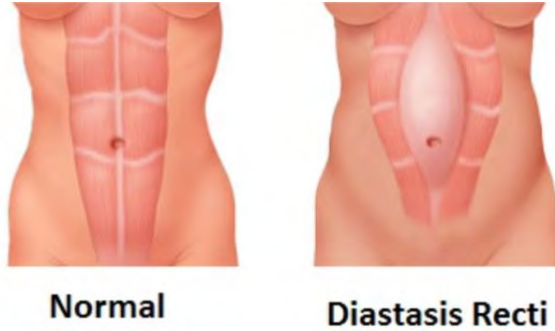
Prevention

1 - No addition of cold (no icing of the women’s body, no ‘enjoying cold drinks/ food straight out of the fridge EVER.

2 - When lying down on your back – to get up when pregnant – always roll slightly to the side.

3 – Follow all ‘old’ wives’ tales’ around temperature of food/life events (no likelihood of cold penetration)

4 - Look after your body – it is where you live.



(Mostly people speak of this after the fact - post birth)

It is NOT just a pregnancy injury: life happens

See more here

<https://mynaturalbabybirth.com/how-to-fix-diastasis-recti-so-you-look-like-youve-never-been-pregnant-part-1>
<https://www.npr.org/sections/health-shots/2017/08/07/541204499/flattening-the-mummy-tummy-with-1-exercise-10-minutes-a-day>

Often in children – especially if they are complaining of belly aches, restless legs and /or bedwetting. They may have a cooler belly to what would be expected.

Unusually seen This is in an 8 year old boy who has significant developmental and also digestive disorders.



How to find it?

You must be alert to the possibility.
All these years I have not been.

Start doing this with everyone.
Ask the person to lift up their head, whilst lying on their back.

You will either notice a bulge – or a huge chasm . . or a little one – there should be none as the X fibres of the abdominal muscles should hold their flat shape with the head up . .

What to do?

Understand that the body tries to correct itself.

Were it easy it would have already done so.

We need to undo what happened to start this process.
It will be obvious – when you ask the right questions.

What happened before this was evident?
Life was fine – then it was not.

Steps

1 - **Take out the stored cold** that is upsetting the Spleen Yang Qi Holding function. (As above) Reset the Yang Qi – through use of NO COLD and plenty of therapeutic warm foods.

2 - **Moxa** – AFTER taking out the cold. If you miss this step all else is a waste of time. The cold is stealing away the body resources.

The [sacral moxa fan](#), and of course moxa on salt on ginger in the navel in a tissue as seen in this course, are essential.

3 – **Belly self care** – as we are demonstrating. Calming the person so that their gut works well/better means that their quality Blood production may resume.

4 – **[Wearing belly binding](#)** immediately after birth as preventative (or at any time after).

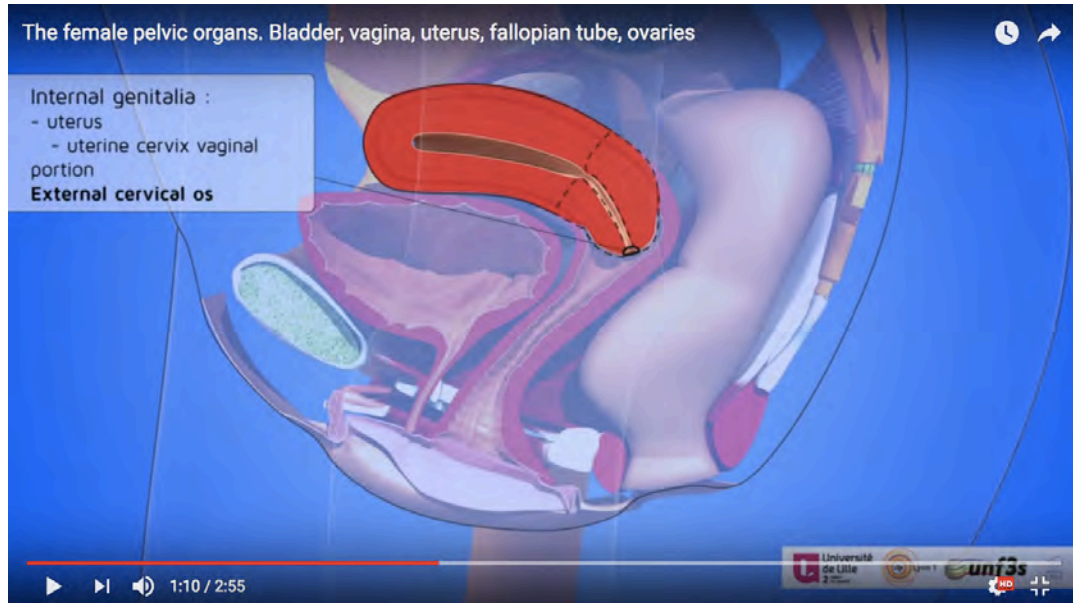
5 - ALWAYS looking after the core . .

(Those old wives tales . . avoid cold).

Then it may be possible to help the issues that concern the person – such as any medical labelled conditions – or the general sense of unwellness/things just not being right.

Uterus

MUST be in her right spot. When she is – the woman is – when not - she is not.



Note - if a woman is lying on her back, and there is a dip noticed – (if she is relatively slim) around CV 4 – you can now appreciate what has happened - the uterus is retroverted - tipped backwards - so there is no space holder.



In the middle of the space in the pelvis

Ligaments hold her exactly in the middle - unless there have been falls/incidents to cause misplacement.

Adhesions then may hold her awry.

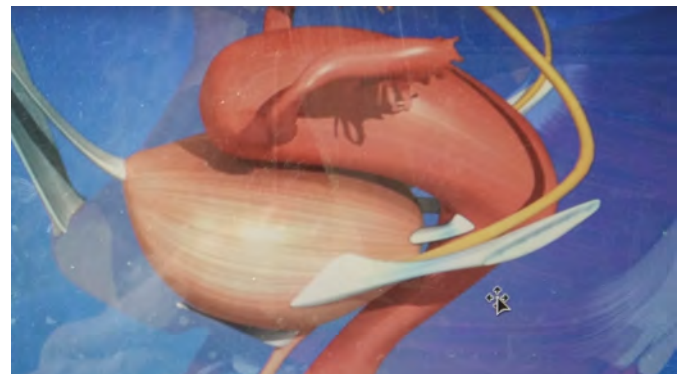
Optimally positioned uterus

On top of the bladder.

Not actually adhered to.

Ligaments are the 'cords' seen.

Vagina is at the bottom of the picture extending into the vagina.



General Order of business

- 1 - Get the Qi flowing (this is the easiest hand work – gentle - lymph)
- 2 - Improve the Blood flows and production
- 3 - See to the organ placement – after the ligaments – and the sacral alignment have readjusted themselves now that they have different instructions.

The rest follows.

We need to pull out what is blocking healing:

Shock – Heat hence blood flow impinged upon

Cold – covered elsewhere

Scars – will block normal Qi flow through all meridians and even more so -

Adhesions – inner (unseen yet binding all tissue and organs so there is diffuse and often unrelenting pain and discomfort/loss of fluidity.

NOTE:

I call this 'belly' work.

The overall Qi must be flowing

1 - ([Liver energy](#)). When it is not – it is called 'stress'.

2 - The [Yang Qi](#) can be liberated so there is more in circulation – take out the stored cold, add in the Yang Qi (Rescue the Yang with moxa after the cold removal).

[Reset Your Metabolism](#) – foundation course for all work to be done on anyone. Take out the cold and restore the Yang Qi.

This is an elder's wisdom given through the work of [Dr John F Shen](#). Heard seemingly only by me in the audience. I went back to clinic and played with this over the next 35+ years – and have honed it to an art form.

From here the rescue of the Yang Qi is needed – this is when the use of real moxa – and easily done when the small pyramid of very gross (moxa stick grade) punk is shaped and lit till the smoking finishes then added to a tissue with salt to insulate and popped on top of a slice of ginger as a base – and onto the navel. I do x 3.



Not just whack a cup on the navel and carry on with what you were doing.

This is the most effective and profound way to move the Qi I have discovered.