



# **SIMPLE DETOXING SOLUTIONS**

**HEATHER BRUCE**

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## Disclaimer

All information in this book is tempered by the author's life experience and clinical practice.

It is not intended to address the specific health concerns of individuals.

Because all humans live with the same blueprint, the information in this book is relevant to everyone. It will assist you to make life-affirming decisions about your health and wellbeing.

If you wish to make health and lifestyle changes based on this information, the author recommends you do so under guidance from a local trusted natural health care professional.



It is not intended that you substitute the information contained within for appropriate medical advice. Helpful hints and self responsibility must be tempered with common sense and a respect for the highest good of all the participants.



## ABOUT THE AUTHOR

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Heather Bruce has spent many decades working with anyone who wants 'more' when faced with apparently 'hopeless' health challenges. Especially anyone who wants to take responsibility back for their own healing.

When she graduated from acupuncture training in 1978, Heather realised it was more important to teach people about how they were disturbing their own balance — and thus contributing to their own problems — rather than trying to 'fix' things 'for' them.

As Heather began her acupuncture training with a six-week-old baby in tow, her baby was a counterpoint to what she was being taught – male perspectives from a male culture overlaid with the perceptions of modern male medical 'authorities'. She discovered almost no reference in her original acupuncture training to maternal care, for example, to birthing women or to the new mother. Where were the women's or the elder's wisdoms?

She began writing and presenting her own training materials to teach her colleagues and help make up for this deficit. In Brisbane, Australia, she co-designed, co-wrote and taught an undergraduate acupuncture course, while also writing and delivering postgraduate seminars.

Heather is the mother of four adult children, born 1977 – 94. She is well placed to comment on the changes birthing and maternity expectations in the modern culture she has lived the experience of being mum in a changing world. Over recent decades, she has witnessed the tsunami of interventions that have disempowered women and disconnected them from their innate mothering wisdom. She has also seen just how unnatural life has become and how the modern age is reinventing all aspects of being human.

The third of Heather's children was a seriously brain-injured baby who was also autistic. Heather spent the first eight years of Kathryn's life turning over every stone to help her daughter live well and achieve functionality. Kathryn inspired Heather to strive for more for all – especially those who feel that they are in a hopeless bind. If you wish to know more on this, [www.my-mothers-heart.com](http://www.my-mothers-heart.com)

As a multi modality transformative energy body worker, being also naturopath, Western and Chinese herbalist, a Reichi/Sekhem channel, a [Maya/Arvigo © therapist](#), a Mercier trained worker, and a senior acupuncture consultant, Heather combines many approaches and responses to all health conditions. She has spent many decades working with anyone who wants 'more' when faced with apparently 'hopeless' health challenges.

Her Pregnancy, Women's Health (Periods) and Fertility Apps can be used as navigation tools so you can access the insights that may make a massive difference to your life. They have been placed on this site <http://heathersays.com/apps/>

From Heather's first-hand experience of the suffering life can inflict when things seem not to be going our way, Heather has discovered many short cuts to good health.

These can be found in other writings at [www.heatherbruce.com.au](http://www.heatherbruce.com.au) (meditation and cancer support), fertility and pregnancy support at [www.easybabies.com.au](http://www.easybabies.com.au) ,nutritional and traditional self help guides are on [www.simple-natural-solutions.com](http://www.simple-natural-solutions.com)

'Detoxing' is one in a series of eBooks Heather has written to share her experience with traditional women-held values and knowledge.

Enjoy your own personal road to health and vitality!



Love Your Body Better

Self help courses are found [here](#)



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## FOREWORD

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In this practical document, you will find answers sourced across many modalities. It combines and translates the many decades of my personal clinical natural healing practices and acupuncture experiences into a usable form for anyone to access and safely use for their own path back to wellness.

You may have this eBook within a package – they all contain effective, useful and safe information that works. You will find a very different approach – you are in charge of returning your body naturally as it is designed, back by itself to wellness. Looking from a perspective of allowing the blueprint/template to unfold, anything is possible – so go to it!!!

Please note, as with everything in life, the degree of motivation you have for change will be reflected in your results. Signing up for a marathon, getting the right gear in and starting at the beginning means training – not appear for the race with no preparation – so too with a lot of projects (like making babies) people think will take a week or a month or two. Perhaps remember how long it took to get yourself in your present tangle.

An appreciation of natural, not forcing processes, may mean that you also choose to take products I suggest in here to allow the shedding of what has made its way into your body due to the modern and global toxic bath we have in the air, water and soils from past human follies.

Ay the very least, start by finding yourself a glass of pure, not chilled water and begin your journey – and top this up several times through the reading – as water is the cure for so many ills! Flushes out the heat from emotional and environmental as well as the inflammatory effects of the ever-present sweet addictive taste that has loaded us all with more than we need to move through.

### Origin of Information

What I have written represents a lifetime of healing experience - both on myself and family and a considerable patient base - accumulated during many decades of intensive professional practice. My work as a dual-trained practitioner – in both naturopathy and acupuncture produces an interesting blend of theory and advice that is not normally available. You may need a paradigm shift. What does this mean?

Perhaps you may need to become less rigid in your thinking. Possibly suspend judgments when you see what appears outlandish to you. We all need sometimes to expand what we believe is reality – as this can be a cage/prison of beliefs. The world has infinite experiences of difference awaiting all of us who are open.

I do not repeat work from other texts. At times, you may wish to read further.

A great place to start would be two substantial works: [\*Nourishing Traditions - the Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats\*](#) by Sally Fallon and Mary Eni, and [\*Healing Through Whole Foods - Asian Traditions and Modern Nutrition\*](#) by Paul Pitchford.

### *If you want to lose weight...*

The metabolism is the place to start. Perhaps look at what I did to undo the mess I found my own body in – and through no fault of our own – we have been clearing houses for our own mother’s ‘junk’ as it unloads itself into us whilst we are being made. I have called this process ‘fetal mining’.

Jon Gabriel’s [\*The Gabriel Method\*](#) shows how he lost 220 lbs. by changing the way he thought. Please remember that his is a man’s body. Women and their need for so much more Iodine, places them in a perilous state, when trying to replicate how men do anything. It is a great guide though. After trying every way that DOESN’T keep weight off, or make anyone feel well or good about himself or herself, he discovered that by altering the programmes he ran within himself, anything was possible.

He uses a very different approach that is totally complementary to my material.

I strongly recommend you buy his book and incorporate his personal learnings with my time - proven clinical approach.

**If you wish to become more responsible** for your own personal global footprint, there are many books. One stunning one is [\*Animal, Vegetable, Miracle- A Year of Food Life\*](#) by Barbara Kingsolver, Stephen Hall and Camille Kingsolver. It tells the tale of one family’s decision to cut food miles, to grow their own and to eat locally.

Choosing to live more consciously may totally change your life!

Happy reading.

## *Love Your Body Better*

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## 1. MY PERSONAL STORY

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### THINKING WE ARE DOING THE 'RIGHT THING'

I was twenty years old, when I arrived in Australia to visit my paternal grandmother. I met the man who was to become my first husband, and did not return to live in New Zealand. The new man was living in the hills, eating and behaving unconventionally, a 'hippy' type if you like, and I adopted this lifestyle myself.

Through this, I encountered a great number of very different perspectives, particularly about food. He was following a book called [\*Survival into the Twenty First Century\*](#) by Viktoras Kulvinkas. In this, the author advances ideas about raw food and wheatgrass. My husband also was trying to follow a macrobiotics programme as promoted by George Ohsawa and, to practise the Iyengar method of yoga.

As a result, he was considerably underweight but also very strong. He was motivated by his wish to escape a lifetime of chronic severe asthma.

Almost without thinking, I followed suit. This transformed the girl from kiwi-land, who had until then lived on milk, cheese and meat!!! My body, being very young and resilient, completely changed. All excess (of which there had been very little to start with anyway) dropped off. I noticed a disappearance of all body odours, and my menstrual blood became very clean and fresh. I felt invigorated and very clear.

We ate only what we grew in the garden plus brown rice and I felt fantastic!! Leeches, which were very common in that area, would not touch us. I imagine this had something to do with the raw garlic we chewed, as he believed this would strengthen our digestive system. It definitely made us unattractive to pests!!! Visitors were always besieged by the leeches, so I suspect there is something in a cleansed-blood body that does not attract this attention.

When I became pregnant though, I began to crave animal protein. I was possibly craving fat. Sometimes I 'gave in'. I suspect my awareness of protein combining, as per Frances Moore Lappe ([\*Diet for a Small Planet\*](#)), helped me. Salad vegetables and brown rice are deficient in this, and I would not recommend this as a healthy way to start a baby.

By the time I was ready to breastfeed, I was in deep trouble. My diet was maybe 20 oranges from the fridge daily, a 44 pound bag of carrots, juiced, between us a week, and a tray of mangoes — again from the fridge. It meant, as you will see later in this book, I completely wrecked my digestive fire (Spleen Yang). (See [more](#) on my site). I couldn't digest protein without the help of ox-bile extract tablets — not a great thing for a vegan macrobiotic to be consuming!!!!

This experience sparked a lifetime interest in both [low metabolism/thyroid activity](#), a disorder I'm sure I created by mismanaging myself in those early, misdirected years. I also told myself I would write a book to help those inclined to follow the next 'bright idea' — as my mistake did such damage (albeit with the best of intentions), to my own life and my then fetus/newborn.

When my new baby was six weeks old, I started an acupuncture course and then my naturopathic training. Western herbal studies followed, then Bach and other vibrational flower essence study. Along the way, I picked up a wide spectrum of energy healing techniques. I was like a sponge, absorbing anything that might help my asthmatic husband and baby son. I was focused on being the most conscious informed mum I could be.

Once I began to learn, I realised that what lay at the core of these two modalities (acupuncture and naturopathy), was as polar opposites. Everything I had done in good faith to help myself following naturopathic precepts had actually damaged my body. At the time, a grape juice 'fast' had been popular, supposedly for solving all problems (especially cancer), This bathed the body continually with sweet, cold and raw energy. This was totally contrary to the notions of good health from the Chinese medical and macrobiotic standpoints. What to do? Surely both could not be right?

I felt such a strong desire to help those who were treading the same path to ruin, obsessed or self-righteous about what they ate, judgmental – constantly decreeing what was 'bad' and what was not — all leading to a state of unwellness with a stubborn determination to remain 'stuck' in a situation that was not helping them.

### **VITAL QUESTION — WHAT IS HEALTH?**

Eventually I started teaching others how to become better acupuncturists. I found that I needed a working definition of health — and this time out in the hills where I was living behind Mullumbimby (hippy haven back then) was my initial training ground. I saw many young people who had opted out and who were really ill, especially with tropical ulcers — a bacterial infection that eats away the flesh. Some were determinedly eating only what they grew.

Describing it as 'organic' would have been a joke. It may have been their intention, and they personally may not have added any extras to Mother Nature, BUT the area was a heavily farmed banana and dairy region, where aerial spraying was prevalent and water was laden with toxic crop chemicals.

### WHAT DID I LEARN FROM THIS?

Moderation in all things. What I had grown up with, contrary to my adolescent ideals, was actually a great template for balance in living. It had stood the test of multiple generations and, whilst it may have needed tweaking a little, was proven to be able to sustain life.

### HOW DID I LEARN THIS?

By wrecking myself, and having to rescue first my body, then my patients and finally my children, I learnt even more through teaching healers for over thirty five years. Teaching those who seek my help as patients is also a great way to reinforce my belief (each and every day) that we just need to follow life and nature. Everything else follows naturally.

### The major issues

It is often through the oral wisdom and traditions that we have been parented hence have our living tapes. It may be that listening more to the wisdom of the elderly, and possibly even following what they do will enhance your state of being more than following the latest research findings – as the latest fashions in thinking have rarely stood up to real scrutiny.

**Chinese medicine** is about homeostasis - all-round balance. East Asian medical traditions have been around in written form for centuries. They are backed by long venerated, multiple family traditions.

There is no need for 'studies' to prove their worth. Their time-tested ways are common and were well known well before the germ theory of the orthodox Western medical version of 'health care' started up about 160 years ago.

Most reading this may think of the **naturopathic** approaches. These may be of use. So too may be those of the [Maya traditions](#) – where the body itself is directly and gently worked – to allow the placement of the organs, thus their flow of Qi, nerve and blood and lymph supply to normalise, allowing the optimal functioning of the entire body. Internal organs need to be able to move freely and be in the right position – [see more here](#).

You may think I mean 'do a cleanse' — maybe instead look to your life – and take another glass of water on board.

**Rebuilding strength and vigour** in some very weakened bodies, is more vital than detoxifying. In my early years, fasting — as in nothing but water (Bernard Jensen and his bowel/colonic notions), was the way to go.

It is still valid but should be done under supervision from someone who has both the experience and wisdom to apply to your specific needs, rather than what a book or protocol suggests.

I say this because I constructed my own cleansing fast a few years ago and found that sticking to a set 'textbook' programme — without listening to the individual — is a dangerous thing. Recently I lost 7 kg 7 weeks. . [See more here.](#)

All the stars aligned - it was not intentional - I was at the end of a change of consciousness – and stepped up - PLUS I did many things - not to lose weight so much - that was an unintended bonus – but to hasten the loss of the heavy metals that had led to my ill health creeping up with me.

### **SUMMARY**

**The body heals itself when given the opportunity. We got to here through our forebears being the 'winners' against life trails and traumas. We are the results of their understandings.**



Love Your Body Better

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## 2. TOXICITY

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Most chronic health problems are due to toxicity – there is residue where it was not designed to be. On many levels we choose to ignore messages – inconvenience, apparent other priorities – all then leading to a less than perfect vehicle for living in.

Looking to the most obvious - do we get enough restful SLEEP?

Not just hours in bed shut eye – but the hours before midnight when it will do the most good? Restful where we are not clogged with a large meal that the physical body needs to process, rather than restore and revitalise us, as we are quiet? We may ask ourselves -

- Are we feeling safe in our beds, our lives, and are happy in all that we do?
- Do we have a reason to fill the day productively so that we feel as though we are making a contribution, and that the world is a better/richer place for our being in it?
- Does our heart overflow with joy and merriment from the relationships we have in our sphere?
- Do we feel included, validated and enriched through being in the lives of those around us?
- Do we thus have a sense of purpose and of preciousness, where we are special being here?
- Are we remembering that we are mammals and as primal beings, grooming and sensuality are needed to make us feel whole?
- Are we getting sufficient touching?
- Do we give/get eight hugs a day at least?

Whilst these may seem odd to include in a book on detoxing, what your body does is determined largely by how you feel. Although the orthodox medical model seems to assume we can be cut up into bits – these do not make up the whole.

A holistic look at your entire life is in order. Not just the pimples, the headaches, the poor sperm result, the impending worsening of a disease that has been discovered - you are the product of the life you have lived to date - the life you can change right now.

If your usual state of being is to be depressed, distressed and/or disconnected, it may be unreasonable to expect that your body bits can do the best they are designed to – as their driver (you) - the central computer (your spirit) is not in peak condition.

We all know this – we can all see the difference in others and ourselves when we are happy/at peace with the world and our lives/in 'love'/in acceptance and living in a state of grace.

Medically orientated studies are not altruistic.

They are also not based on what all used to just know and do on automatic.

Mothers and gardeners and farmers all tended their charges - and all thrived – or died.

We are the survivors. ‘Research’ is always going to lag behind what we all just know.

Someone has to think of the research topic and someone else has to have a vested interest sufficiently to fund it. Hence a lot of obvious research will never happen as there is either no apparent connection in the eyes of those who are trained to see the being as a mechanical object, or from those whose product may be seen to be of assistance.

## **A – Physical Life Residue**

This is the build up of rubbish within us on many levels. This is evident in refuse/residue sitting in the organs and over spilling into the tissues. It may be obvious through body odour. It may be visible through skin eruptions and rashes. It may clog up the organs and appear as ‘bad’ smelling discharges. It may even sit around in the organs slowing their important work, meaning that all function is gradually impaired. Arthritis/auto immune diseases of all kinds - regardless of their medical labels – and cancers, all await – all just the end result of a body not able to do its own house cleaning. DRINK MORE WATER! **At least 1 litre before breakfast – not sculled down and never chilled. At least 3 litres daily will attend to almost any problem – including cancer – flushing away debris is the water’s job. If you only drink when thirsty – this is too little and too late!**

Sensible, old-fashioned nutrition and familial happiness tends to keep the body and thus the life in balance. The opposite is also true. Health is not something that can be bought – but earned. Poor living shows up eventually as ‘health’ problems.

When a person is not having at least a daily bowel movement, they can expect to have trouble. ‘Left overs’/wastes from the digestive process are supposed to be eliminated.

Frequently. At least daily. How to change?

## **B – Environmental Toxins**

Physically, regardless of your personal choices, we are increasingly being contaminated with what was never intended to leave the earth’s crust. Industry, agriculture – all with no respect for stewardship, and whilst not holding this space for our great grand children - allow supposedly good ideas to take hold, to make money for someone, and to leave their mark on most of us. Perhaps read about this [here](#) or [here](#). What to do? Take charge. Talk with me about [the detox drops](#) – as this formulation alone - I have felt and seen work wonders.



## C – Etheric Toxins

We are surrounded by thoughts and energy discharges – for past and present beings. This is not usually spoken about in our science-based culture. Most traditional cultures were well aware of ‘spirits’, and had rituals to ease the influence they may have upon all. The leylines and the various grids of the planet are also often disturbed. All these things may disturb us – and only the sensitives may feel disordered. Perhaps find someone who is trained to work their own brand of healing magic on this.

## D – Ripples of Past Incidents, Shocks and Trauma

We often are emotionally/psychically shut down. PTSD - the [‘half in and ‘half out’ moderated panic may stay forever](#), working its outrage upon your energy fields forever. This may have begun at your shocked birth – you can see the blue line across a baby’s bridge of nose – or a red mark traveling up their forehead. About a third of modern newborns seem to have this. No one seems to notice – or worry. Except that their parents of these children tend to be very unsettled /frankly terrified and will not sleep alone, or be put down. More [on this here](#).

If you are troubled by [constant unrelenting anxiety](#) – perhaps besides thinking of taking much more magnesium topically and more fat and sunshine – to allow the ingredients for hormones and life to be there.

After reading all of this you may feel . . .

### ‘STRESS’ – LACK OF ESSENTIAL NUTRIENTS

A lot of what/how we feel is due to nutritional deficiencies. Most of ill health is directly related to what we have done to the once perfect blueprint and beginnings we started from. The ‘stress’ responses you may be medicating against may well be like the red lights on the car’s dashboard. By popping pills/taking substances and by suffocating feelings in alcohol/ cigarettes/food to turn them off, you really may be setting in motion other larger disasters. Lack of the basics – [iodine](#), [Vit D](#) and [magnesium](#) seem to be at the core of all issues I see in clinic. [Magnesium articles here](#) may assist you on personal path to wellness.

The inability of the body to work well may be due to lack of essential nutrients. It may start with irritability, tension in muscles and possibly headaches and more crankiness. It might be muscle twitches, jerkiness, spasms, cramps, jumpy legs and mood changes and sleeping disturbances. This blatant [Magnesium deficiency](#) is currently being medicated with antidepressants, muscle relaxants and sleeping medications – with no thought to all the crucial biochemical processes that are depleted, and hence stressing the body. Less

magnesium is then available as all the self-medicating and the prescription drugs fail to address the central issue - fewer nutrients mean a body in crisis.

Taking chemicals in, rather than beginning with super nutrition starts other pathways of bodily distress. The liver and other organs have to attempt to remove what should not be there. This can get to ridiculous levels as even more chemicals that were never supposed to be in your body – more drugs are prescribed to help counteract the side effects of the ones that were prescribed to assist what was actually a life and nutritional mismatch. Maybe getting your gut working well so the [Human Microbiome](#) can support you is the best thing to do. Your [Vit B 12](#) levels may then be in sufficient levels to support your neurological and emotional competence.

What to do? Start researching – read more. There are doctors and researchers who are producing very useful information – Dr [Igor Tabrizian](#) has many easily read books, CDs and other media products, Dr Mark Sircus ([www.winningcancer.com](http://www.winningcancer.com)) has a great site and often sends out very important health information. This are just a touch of what you may tap into and with the internet being as it is, there are many blogs and naysayers – so beware and look after what is apparent - there seems to be a lot invested in you staying ill. Usually the simple home remedies and ways are ignored in favour of a new drug, or modern new idea. Bodies operated perfectly in times past minus contaminants. Survival of the fittest ensured this.

Get yourself, and your life back to the basics that got you to here – courtesy of your older relations and their inner knowings, passed down through their stories/oral traditions.

## **E - Emotional Residue**

Detoxing is not just about the physical – the beliefs running you may also need a tweak or two. This is covered more in the eBook [‘Getting Out of Your Own Way’](#).

Often we just keep going even though something may have really upset us or that we are just so exhausted and for whatever reason we do not stop and look after what we really need to do. Now the lessened state, the body still attempts to keep it together and possibly your MAKING it means that it is now running compromised.

Where is time for you? This is crucial as the lack of good food, regenerative rest, and relating and touching may leave you vulnerable. None of us are designed to be in our lives alone.

Please take another glass of water, and take the time out to breathe deeply.

Do read on – answers are coming up later. . .



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### 3. DETOXING

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A lot has been said recently about this - with many different products that supposedly shortcut this process for you. Some of the older methods – especially going to bed before 9pm and sleeping well, following the morning routine are well worth the effort.

Given more fresh water, cleaner air to breathe, more exercise outside and a better posture will allow a lot of the stress of how you have been living to fade away naturally – with no extra effort.

### QUESTIONS FOR YOURSELF

To really help yourself, especially when multiple states of toxicity seem to coexist – please ask yourself. What comes up?? When you read my words – you may feel a sense of panic, ‘Am I expert enough to take charge of myself?’ and ‘Do I trust myself with my health?’ The answer is: Of course you are. You do this all the time. Who made the eating and other personal choices for you? You did.

*You may ask yourself – “Is it safe?” “Would my doctor recommend this?”*

*You have to work out what you want for yourself.*

Ask yourself - **is anyone making money out of this?** If not, this could be why it is not offered as an option these days. Doctors and medical specialists are not trained in the use of common sense and the return of what is needed to enhance health. Life promoting or life-affirming self help is not profitable or likely to ensure return business. Hence you are here.

All natural methods do appear slower. They are less ‘marketable’ and sometimes even messy and painful. But they also allow the body to use its own wisdom. Naturopaths are less likely these days to suggest enemas. Yet these remain a great way to move through what is stuck. Sitz baths – sitting in a half filled tub – also seem to have disappeared.

So too does the Epsom salts bath – a great way to relieve all spasms/tension on all levels, as Magnesium deficiency can lead to depression, pain and general tension. [Castor oil packs](#) were another mainstay of older naturopathic practice, and the method prior to IVF technology that I used successfully to unblock many women’s Fallopian tubes - allowing easy conception and maternity to follow.

[Maya abdominal massage](#) and the allied [Arvigo therapy](#) is another simple, time honoured, respectful and gentle way to undo what may have festered within for decades.

At least [see here](#) as to what you can do to help yourself.

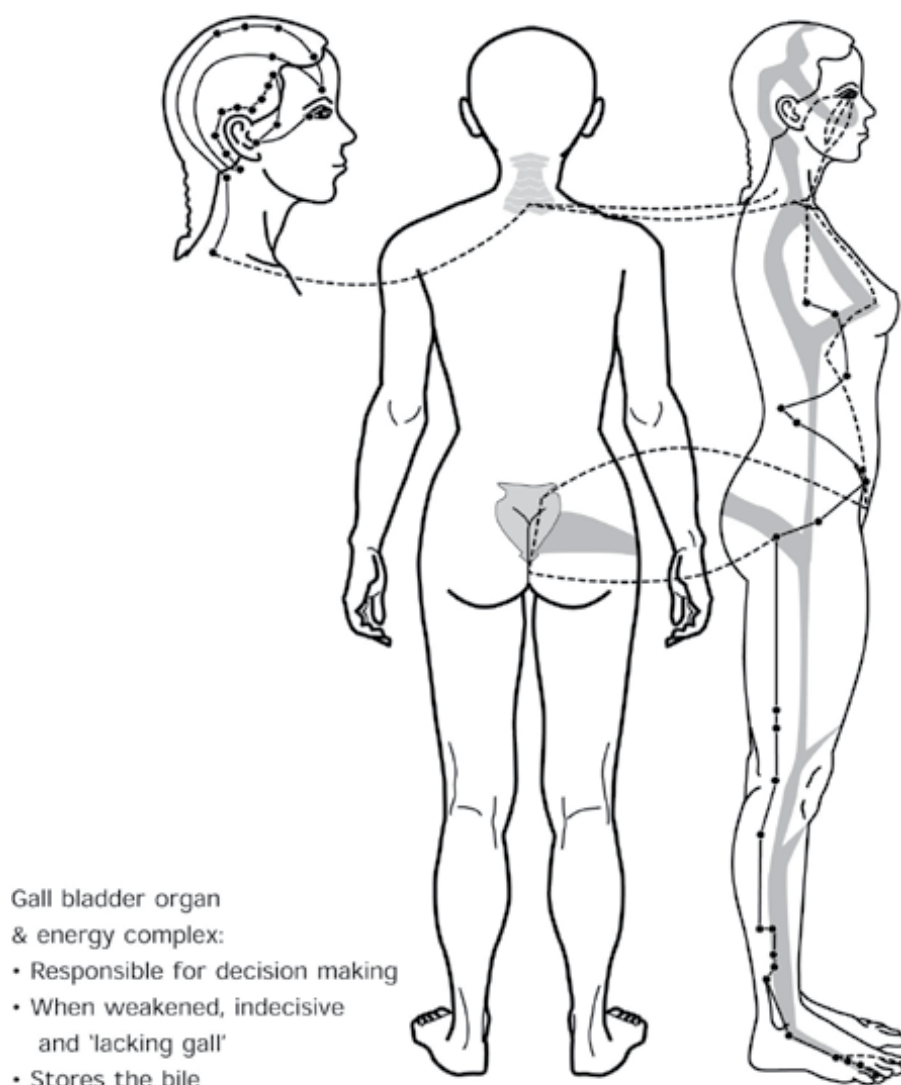
## 4. THE GALL BLADDER CLEANSE

Having a well functioning liver and bowel enables you to feel more alive.

Ridding yourself of a life's worth in accumulated toxins, stored in the liver and gall bladder, will allow these organs, and the rest of your body to work as designed. A gall bladder cleanse is a major adjunct to any attempt to improve health and improve metabolism, thus assist in any 'weight loss' programme. If you have had your gall bladder organ removed: still do this cleanse – it works just the same ..

### GALL BLADDER

Gall Bladder Muscle and Main Meridians run on both sides equally



Look where the meridian (line of energy) travels – all types of structural problems in addition to digestive issues are there for you to straighten out. A lot of the personal rigidity and lack of

grace that you may feel physically may just be a matter of removing much of the emotionally charged residue that you have stored within.

## DOING THE GALL BLADDER CLEANSE

### WHAT YOU WILL NEED ON HAND:

Epsom salts	4 tablespoons
Olive oil (cold pressed and pure)	1/2 cup
Fresh grapefruit (pink)	2 small (enough to squeeze 3/4 cup)
Black walnut tincture	10 drops

(To help inactivate any bacteria that comes out with the stones)

I get all doing this to take Chinese herbs I have made up for a month before to get the stones that are there, softened up. This means also a vibrational emotional residue clearance is a great idea as we are clearing all the old resentments, bitterness, grievances and whatever else that you have been storing away - now is the time for release. Anything else you can do as a liberation – possibly throw out all you do not wear/need at the same time – in your outer life is a great move.

### PREPARATION

Stones and residue happen as there is not enough bio-available magnesium to keep all the calcium and rubbish in balance. More on what wrecks your magnesium balance is found [here](#). Use [castor oil packs](#) over your liver and abdomen if you can - nightly – to help release all and start the detoxing. This is also anti-inflammatory. The Chinese herbs or some other assistance from a naturopath will soften the stones, making their passage easier through the bile duct. Increase your normal water intake.

**I also advise people to go to a health food shop for a product designed to cleanse the colon, and use it at least a week before and after the gall bladder cleanse, as the colon is key to expelling what has been liberated.**

The main part of the cleanse can be done over a weekend, or when you can rest. Do this preferably when the moon phase is either waning or full, as this would be working WITH



rather than against normal body flows. Similarly, do not attempt this just before, after or during a period and not at all during pregnancy or breast-feeding.

When you are ready, either fast all morning, or eat extremely lightly, with plain steamed vegetables and rice. Later, you will not actually feel like eating, as you have given your body an opportunity to clean itself out, and eating seems too much trouble.

After 2 pm, do not eat or drink anything except warmed water.

Cover your liver and body in general with topical magnesium – if you can handle it – some can't. Please use so much on your skin – at least 20 x daily will sort out almost anything.

Of course drinking all the water I suggest, and as often as possible is a major part of detoxing - every time you think you feel hungry – drink more water. The heat and the concentration of toxins are more important than taking tablets and supplements – clear out FIRST what is clogging up your works. This is the issue – too much [heavy metal toxicity](#) on board. Their presence stops the absorption. It may also be helpful to use [castor oil packs](#) the day of the cleanse. This is not to be taken internally.

## DOING THE CLEANSE

### Evening 6 pm:

Mix the 4 Tbsp. of Epsom salts in 3 cups of warm water and keep in a jar. This makes 4 servings of 3/4 cup each (185 ml). Drink the first portion now. You may take a few sips of water to get rid of the taste, or perhaps drink it through a straw, to bypass the taste buds. You can also mix a little Vitamin C powder in water to drink afterwards (2 mouthfuls) to get rid of the taste. It tastes awful but keep going – the results are well worth it!!!

### 8.00 pm:

Drink the second serving. You will not feel hungry. Get ready for bed. Timing is crucial. After the next mixture, you have to go immediately to bed.

### 9.30 pm:

If you have not had a bowel movement, you may take a water enema if very keen.

### 9.45 pm:

Squeeze the grapefruit. You will need 3/4 cup of juice. Remove the pulp. Pour the juice and 1/2 cup of olive oil into a jar. Add the black walnut tincture, if available – it is not imperative. Close the jar tightly, and shake hard about 20 times until watery.

### 10.00 pm:

The drinking of this can be delayed for 10 minutes, if bowel movements are still happening. Stand next to your bed (do not sit). Drink the concoction in one go, or sip through a straw.

Do not take more than 5 minutes.

## **LIE DOWN IMMEDIATELY**

If you do not, you may not be able to release the stones. The sooner you lie down, the more stones will exit. Turn the lights off and lie on your right side, with your knees drawn up to your chest.

Focus your attention on your liver, visualising the mixture moving the stones out of the numerous bile ducts in your liver. You may feel the stones releasing. There will be no pain, as the magnesium that you are using topically and the Epsom salts have opened the bile ducts.

## **KEEP PERFECTLY STILL.**

Turn off the lights and lie flat on your back with 1-2 pillows propping you up. Your head should be higher than the abdomen. Send soothing thoughts to your body - in gratitude that it is able to clear what it has stored for later - now is it!!!



If at any time during the night you feel the need to go to the toilet, do so. Use a torch to see if you have passed any stones. They will be either green or tan coloured, and floating in the water. The results you can expect during the morning and, perhaps, afternoon hours after the cleanse, you will have a number of watery bowel movements. These initially consist of gallstones mixed with food residue, and then just stones mixed with water.

You may feel nauseous during the night, but this will pass. Expect the unexpected.

One woman who did this under my supervision passed at least 90: some 50 cent piece size!!

## **THE FOLLOWING MORNING**

### **6.00/6.30**

Drink the third cup of Epsom salts mix. If nauseous, wait till this passes.

**8.00 am**

Drink your 4th cup of Epsom salts. Rest. (Many bowel movements may still be happening).

**10.00 am**

You may drink something non chilled, not sweet and easy to digest – never dairy!

**1/2 HOUR LATER**

Eat something vegetable – not sweet – and light

**1 HOUR LATER**

You may start very light eating.

**ON THE ENERGY/EMOTIONAL LEVEL . . .**

. . .the stones represent the deeply held resentment, bitterness, unforgiveness and non-acceptance of any aspect of your life. Ultimately, to rid yourself physically of these toxic vibrations, you need a change of attitude at a heartfelt, soul level. It may be an idea to set aside time to take up journaling or at least take vibrational or homeopathic emotional clearing remedies.

**WHAT TO PHYSICALLY EXPECT**

You may have passed a number of bowel movements in the form of diahorrea, consisting of gallstones first mixed with food residue, then with water. Look for gallstones floating in the toilet. You may see mainly green ones of varying shapes and sizes. Some pea coloured and shaped, and others as big as 2 or 3 cm across.

There may be hundreds coming out at once. Also watch for tan coloured and white ones. Some of the larger tan ones may sink, as they are calcified, and carry heavy toxic substances, and little cholesterol. All the green ones aren't yet calcified.

You may also find a layer of white or tan coloured scum or foam floating in the toilet. The foam consists of millions of tiny white, sharp edged cholesterol crystals, which can easily rupture small bile ducts. This is why you use the [topical magnesium oil](#) on your liver area for about a month before this cleanse as calcium builds up when there is little magnesium to balance it out.

It is most likely that some of the stones will get caught in the colon. If they remain there, they can cause irritation, headaches and abdominal discomfort. It is vitally important you clear these through colonic irrigation.

To rid yourself of your chronic health problems totally, it may be necessary to repeat this cleanse up to six times, leaving at least two and possibly three weeks between cleanses. You will need to lose an awful lot of stored rubbish before the liver and gall bladder organs

are clean enough to rid you of allergies, bursitis, fatigue, upper back pains and headaches permanently.

The cleanse may rid you of toxic wastes for a couple of days but then the stones from behind will move forward and you may see a return of the original symptoms. This signal it is time for a repeat.

As long as there are still a few small stones moving from some of the thousands of small bile ducts towards the hundreds of larger bile ducts, they may combine to form larger stones and produce previously experienced symptoms. These symptoms can be a backache, headache, earache, digestive trouble, bloating, irritability, anger, etc., although these may be less severe than they were before.

If a new cleanse no longer produces any stones, which usually happens after 6-8 cleanses (in severe cases it may take more than 10-12), your liver will be considered to be in excellent condition. Still, it is recommended to repeat the liver cleanse every six months. Each cleanse will give a further boost to the liver and take care of any toxins that may have accumulated in the meanwhile.

**Note:** Never cleanse when you are suffering an acute illness, even if it is just a simple cold. If you suffer from a chronic illness, however, cleansing your liver may be the best thing you can do for yourself.

Happy Flushing!

**Never undergo this process if you are feeling ill, having a period, are pregnant, or feel as though a migraine is threatening. If in doubt, please seek the advice of a natural therapeutic practitioner. This information is not given to be in any way a substitute for medical treatment.**

## What If I Don't Have a Gall Bladder Anymore?

I often get people to do this cleanse in this situation. All this stuff is simply stored in the liver, and, for the same reasons, you want to move it on and out.

### CASTOR OIL PACK

For this, you need to buy about a litre of castor oil from the chemist. Heat some of the castor oil indirectly - in a bowl, inside a pot of heating water on the stove works well - to just a bit hotter than warm. Have a small towel or absorbent cloth, ready – of a size that fits the whole of the belly, from the diaphragm, covering the whole of the abdominal area, down to the pubic bone. This is also extremely helpful in clearing blocked Fallopian tubes. More information is found on [the links here](#).

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## 5. OTHER METHODS OF DETOXING

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### MAYA MASSAGE AND ALLIED CASTOR OIL PACKS AND VAGINAL AND ANAL STEAMS

Time honoured ways to help yourself – from many cultures.

### **FOOT PATCHES**

Patches seem to be very effective. I suggest using these AS WELL AS the gall bladder cleanse and associated colon cleanses and gut recolonisation.

### **MORNING ROUTINE**

A morning routine is very important as a gentle and gradual clean out, hand in hand with earlier bedtimes, yoga and walking – at least some of which should be done up hills, to really stretch the body to work well.

### **EATING MORE ETHICALLY**

This may be a surprise, but the journey behind ‘organic’ produce you buy may invalidate the claims. Where was it grown exactly? Where did it stop off before it arrived at my house? The answers may also surprise you. Check out books such as [Not on the Label](#), and [The Omnivores’ Dilemma](#).

If you really want to study what else is going on in the food chain, please start researching – hormonal disruption will get you started. A book which is easy to read is [Vegetable, Animal, Miracle](#) by Barbara Kingsolver, Steven Hopp and Camille Kingsolver, hopefully it will get you interested enough to start making large changes to your life.

One way you can help yourself and the planet is to follow Sir Paul McCartney’s plea and become more vegetarian. Furthermore, being mostly vegan would allow the weight, and degenerative diseases no fertile ‘soil’ within which to germinate.

Research online for the [GAPS diet](#) – see how autoimmune and degenerative diseases tend to accumulate around what is seen to be ‘normal’ modern food choices. Commit to change yourself rather than living in fear and spending all your money on expensive and invasive testing. This is very obvious through reading [Deadly Harvest](#) written by Geoff Bond, a nutritional anthropologist.

Just quitting all barbequed and cured meats and their by-products would help you enormously. What has the animal who gave you the substance you are eating been eating itself? Did it even have a life? What contaminants from its life are now amalgamating into



you and your life – and possibly the baby you wish to make /feed with your fat cells swimming in chemicals that were used in its manufacture/processing?

No one wants to ‘go there’.

Looking to milk in its raw state . . . preferably A2 and organically and biodynamic ally grown would vastly improve your being – or perhaps instead – go no dairy at all.



Love Your Body Better

## 6. SUGGESTED MORNING ROUTINE

The Chinese Clock diagram shows the times when the different organ systems experience their energy surges. By working WITH what is happening in response to the pineal gland and the sun naturally you can massively assist any life process. This helps explain why shift workers are always struggling and behind in health matters.



Allowing our bodies to awaken naturally, giving all systems a chance to switch on and clear out, will greatly enhance our state of well-living. Being mindful of the rising of Yang Qi with the dawn, the optimal time to awaken and arise is also with the sun.

This, of course, is difficult if we choose to follow a path of willful disregard for the natural cycle, staying active into the regenerative phase of night. Sleeping by 9pm would make a huge difference to all metabolic problems, and almost guarantee a healthy body, as long as a very small meal was consumed, not a late and/or large one.

You can see that morning is both the time of peak Yang/metabolic /digestive vigour, and also when the stomach and spleen/pancreas energy is at its peak. Before this, is the Colon time. Getting up and having a good evacuation/clean out is what nature intended.

Eating a small, nutritious and easily digested meal early in the evening allows the sleep cycle to regenerate inner energy, hence **Jing** storage, thus assisting continued good health.

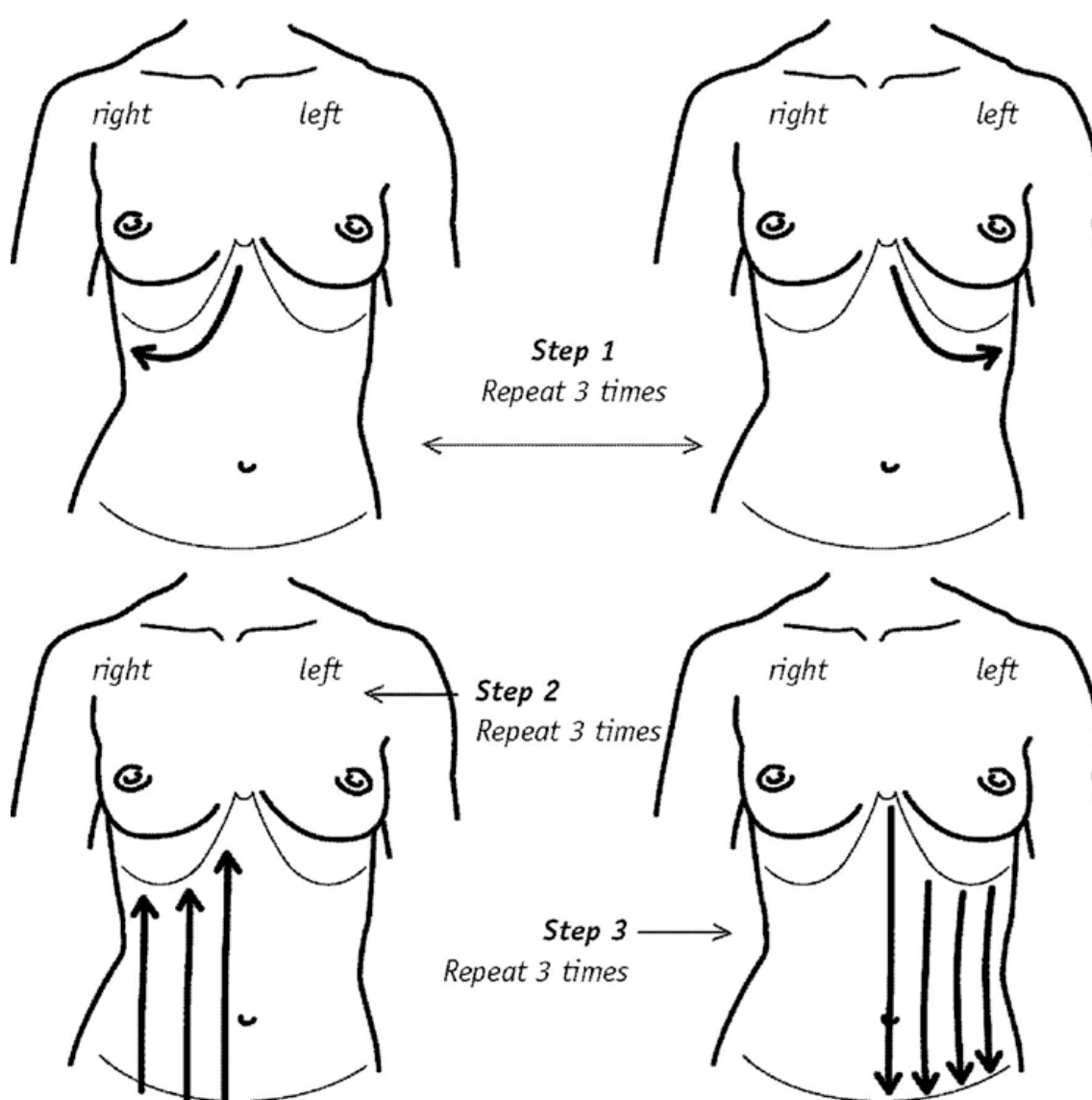
To look the suggested morning routine on the following page over and perhaps laugh at the absurdity of it in your life is to exactly point out to you the issues you face in returning your system to optimal functioning. Follow how to heal and your body will do a spectacular job. Self care massage, and why found [here](#).

## WHAT YOU MIGHT DO TO ASSIST YOURSELF ON AWAKENING

**1 - Stretch luxuriously; allow your consciousness to fully return here.**

**2 - Whilst lying in bed, perform abdominal self-massage to help heal the inner organs, ensuring they can properly support you. This time invested daily, will create a supple and healthy abdomen that will reward you with regular, easy bowel movements, a healthy appetite and much more abundant energy.**

### ABDOMINAL SELF MASSAGE



Our entire being depends on an abundant supply and subsequent circulation of [Qi](#) and [Blood](#). To assist this, spend five minutes every morning, whilst still in bed, lovingly massaging your inner food factory.

**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 more firm.
- 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.

**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. Moving the physical obstructions will allow the work you are doing on your [Stuck Liver Qi](#) to really make changes within.

**3 - Drink half a glass of warm water with half a lemon squeezed into it, to**

**help the liver to wake up, and thus activate the colon.**

**4 - Use a dry skin brush to assist the skin in its elimination of toxins from the inside out, and to awaken the senses.**

## **DRY SKIN BRUSH**

Your skin is a living vital organ, with many vital functions. From the acupuncture framework it is seen as an extension of the lung energy. When our [Lung Qi](#) is healthy, our skin is soft, supple and lustrous. The Lung Qi is also in charge of the defensive energy ([Wei Qi](#)).

This Wei Qi, governed by the Lung Qi, controls the normal opening and closing of skin pores, in response to body and external temperature changes. Ensuring the health of the skin layer thus assists our protective ([Wei Qi](#)).

Approximately one third of all body impurities are excreted through the skin.

Daily, almost half a kilo of waste products is discharged this way. Taking a spa, creating sweating and brushing your skin will all assist in ridding yourself of toxins.

An inexpensive, natural plant fibre mitt or skin brush (often found with a long wooden handle) works best. Try to avoid nylon or synthetic bristles, which are too sharp and damage the skin. This feels utterly amazing – and is very easy to do, especially whilst reading the morning paper or some such first thing.

## **How?**

Starting with the soles of your feet, brush vigorously, using circular motions and gradually work up the body, massaging all of it with the bristles. On the more sensitive areas of the face, inner thighs, abdomen and breasts, apply less pressure. Brush until your skin feels warm and glowing, which usually takes five to ten minutes. Finish with a shower to wash away all dead skin particles.

## **Benefits of Regular Dry Skin Brushing**

- Removes the dead layers of skin and other impurities, keeping the pores open.
- Stimulates and increases blood circulation and all underlying tissues.
- Revitalises and increases the skin's eliminative capacity.
- Has a powerful rejuvenating influence on the nervous system by stimulating the skin's nerve endings.
- Contributes to healthier muscle tone and better fat distribution (especially good for cellulite).

- Rejuvenates the complexion and strongly enhances the circulation of the Wei Qi to and on the surface of the body.

**5 - Do ten 'Salutes to the Sun', (see pages following) remembering to slowly breathe in on the stretching up and expanding movements.**

**6 - Go for an enjoyable walk or perform another exercise - preferably outside.**

**7 - Do a guided meditation, lasting twenty to thirty minutes.**

## STRESS REDUCTION

Unresolved emotional issues are the most common cause of all health problems. We load ourselves up with unsaid, undone and unforgiven energy charges, carrying them about as extra energy appendages, eventually feeling their presence clogging up our life flow.

We call it 'stress' and, when it hangs around long enough, eventually label it 'depression.'

The first thing you could choose to do is let go of all that is weighing you down.

Letting go of the balance sheet that keeps meticulous score of all the slights, hurts and broken promises and dreams is a good start. To do this, you may start to live unconditionally. That is, act as you wish others would. Be the first one to smile, hug, back down graciously or drop your mask, and be the real you.

**As a consequence of even reading this, you may observe an aspect of self-deception to stay where you are. It may be useful for you to explore what it means to carry the old belief systems that hold you in this spot where you feel so uncomfortable.**

Making the necessary changes and adjustments to the way of life that is triggering reactive emotional behaviours as though they were landmines and someone just tripped one off.

These sites/'no go' areas are what often run us whilst we are unconscious of them, in our lives. It is thus important to learn to consciously and deliberately relax. Allowing/giving yourself the first bit of the day might take a bit of practice.

Daily, programmed deep relaxation can be the single most important factor in allowing the body to heal itself at all ages. One of the most likely spin-offs may be your awakened ability to factor in yourself/your real needs – not what you HAVE to do in the day. This alone will reduce significantly the amount of [Stuck Liver Qi](#) (depression = life impotence, rage and helplessness - all self-targeted).

A daily routine will feel refreshing. There will be a marked, progressive and cumulative benefit, with regular deep relaxation practice. It needs to be a non-negotiable part of every day – as vitally important as eating and sleeping. It is a gift from you to you.

Each day's deep relaxation should last at least twenty consecutive minutes.

More than thirty minutes may give no further health gains for that session. A morning and an evening spent inner processing may greatly benefit all elements of your life. As with your computer, a defragmentation session will allow a lot less head clutter. You will become calmer, finding yourself more organised, seeming to fly through what used to bog you down.

To argue you don't have enough time available is to miss the point that in spending quality 'down time', you are facilitating peak efficiency on the 'up time' phase.

Deep relaxation should result in complete physical relaxation, in addition to mental respite. Your whole body, inside and out, will become relaxed, pliable, soft, and at ease. Use a guided mediation CD, such as my [Reunion – Healing Breath](#). Following the prompts, allows an orderly relaxation of the tension trapped in your structure.

Centering your attention in the lower abdomen, focus your breathing there. As you do, previously trapped energy and emotions may surface. Using something like this will allow you to revisit, reframe and release your past hurts and their energy attachments/inner landmines.

Factoring in self-healing as a daily practice, will improve the quality of your experience of living. You will become more present, less involved in being 'right' and more likely to find fun and laughter as an outlet. The physical markers of wellbeing will also improve, digestion, elimination and appetite will normalise, and sleep, mood and energy will return to a happy equilibrium.

In acupuncture terms, the tension we accumulate impedes the circulation of Qi (energy) and Blood, and leads to conditions of both heat and stagnation in the body. In choosing to release our own inner trapped energy (tension) we release all aspects of ourselves from bondage.



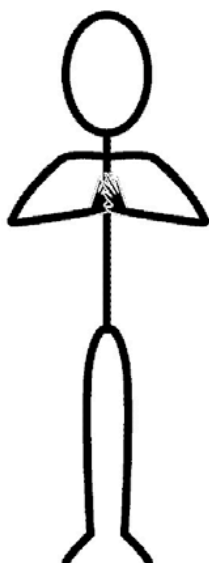
**8 - Have a shower followed by a good body moisturizer, and a good cooked protein breakfast.**

**As they tell us on aeroplanes - look after yourself/put your own mask on FIRST.**



Love Your Body Better

## YOGA - SALUTE TO THE SUN

**Step 1**

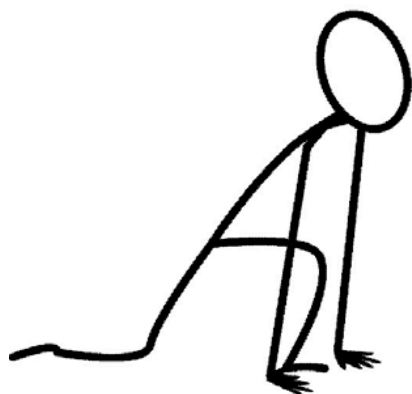
Stand upright with your knees and feet together. Place your palms together and hold them against your chest, with your fingers pointing upwards.

**Step 2**

As you **inhale**, raise your hands above your head and bend gently backwards, Your palms should be facing upward and your head reaching back.

**Step 3**

**Exhale** and lean forward without bending your knees. With practice you will be able to touch the floor with your finger-tips or even rest your palms on the floor.

**Step 4**

**Inhale** bending your knees and putting your palms flat on the floor. Push your left leg back and rest the knee on the floor. Look up and push your hips forward.

**Step 5**

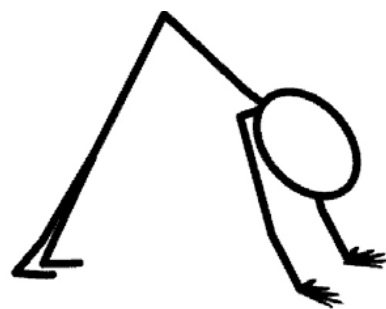
**Holding your breath**, put your right leg back, next to the left. Use your arms to keep your body raised, with your palms still flat on the floor.

**Step 6**

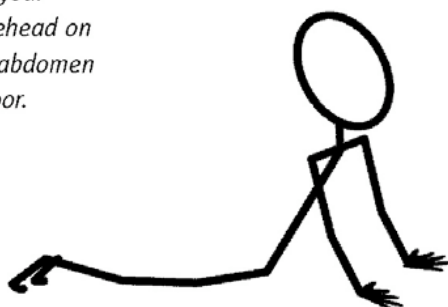
**Exhale** and move your body backwards, keeping your hands in the same position until your buttocks rest on your heels and your forehead on the floor.

**Step 7**

**Breathing in and out**, come forwards taking your weight on your hands. Rest your knees, chest and forehead on the floor. Keep your abdomen and pelvis off the floor.

**Step 9**

**Exhale** and push up your buttocks keeping your hands and feet flat on the floor. Straighten your legs and your back so that your body forms a triangle with the floor.

**Step 8**

**Inhale** fully and straighten your arms. Stretch your head up as far as you comfortably can, arching your back.

**Step 10**

**Breathing in and out**, bend your knees, resting your buttocks on your heels and your forehead on the floor.

**Step 11**

**Exhale**, bringing your left knee up between your hands and stretching forwards and upwards. Keep your palms flat on the floor.

**Step 12**

**Exhale**, bringing your right foot up to your left. Straighten your legs and bend from your waist. Then breathe in and stand erect. Now you can stop or repeat the salute once or several times if you like. In successive salutes, alternate the leg you take back in step 4 and forwards in step 11.

## Eating

One obvious issue is to choose clean, fresh and appropriate intake. This is tricky as we now are no longer in charge of what we are eating, as we no longer grow it ourselves. What looks seductively fine in the shop may be a very poor relation to what we would have eaten even a few decades ago. Agriculture has become agribusiness. Taste and nutrient load is not the driver – profit and quantity is. This is obvious to any who either grow their own food or frequent organic growers' markets.

### WHAT DO YOU DO?

1. At least try to only eat from 'scratch' – that is start with the ingredients rather than have someone else construct the meal and buy it 'readymade' – this way the flavour enhancers, and other chemicals to attract it to you and to ensure you buy again.
2. Prepare more, and save it for later so you are not spending so much time in the kitchen. The freezer, the fridge and the use of cooking facilities at your place of work are all possible outlets for you to reduce the amount you spend and the quantity of extras that make it into your mouth through 'convenience', rather than forwards planning.
3. Start the day with a good cooked breakfast. This is the way to ensure you last at least till morning tea break – when hopefully you have packed something portable and fresh and nutritious from home. Reducing the impulse food buying by shopping to a list and after eating is always a great move.
4. Being relaxed and not pushed for time is the best way to have a smooth transition between great food choices and the best use made of what you eat. This 'stress' test is missed often when thinking of eating – are you eating with others who you are at peace with and happy to be sharing your life? If not, the digestive processes are muddled by alarm and by tension – and we do not process anything well when in a panic.

Our bodies are always trying to help us.

Often the warnings we get we ignore as they are inconvenient.

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## APPENDIX 1: GLOSSARY

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**Acupoints** – areas on the skin surface where the meridian Qi can be influenced  
– Usually with fine stainless steel needles, but sometimes with pressure or the application of herbal heat (moxa).

**Blood** - Blood is classified as being Yin energy within the body as it functions to nourish, cool and lubricate. Blood energy nourishes all aspects of all physical, mental and emotional well being. The quality of our Blood energy is seen in the lustre of the skin, the shine, strength and colour of our hair, the easy transition throughout the month as our levels of Blood and energy change with the menstrual cycle, and our ability to sleep well and stay well balanced throughout our life changes.

**Cosmic Qi** (or 'Da Qi') - that which surrounds us. Not the gaseous particles, but the more resonant aspects of what we are breathing. Also called prana in the Indian traditions.

**Heat in the Liver** – usually from emotional suppression. This is the cause – and the result - of 'Stuck Liver Qi'. It is made worse with self-medication to suppress self and feelings further - evidenced by the epidemic of violence by drunk/drugged people. The inner heat causes 'sick heat' above when left to fester. It starts in early life when we are not given ways to express 'bad' feelings. This unattended fury gets volcanic and starts destroying inner workings well before it vents as emotional outbursts.

**Inner Heat** can also occur as a result of fevers unattended, of yin/fluid loss (think of excessive diarrhoea /haemorrhage/general blood loss) – and of not drinking sufficient pure water, especially when using heating substances (smoking is a great example). Not resting and looking after diet is another way to wear self out before time. (Heat consumes Yin and Jing).

**Jing** - Jing is what we inherit from our parents. This is an energy concept, which incorporates the DNA coding. Jing is our essential building block. It is the foundation of our Kidney energy, which in turn is the root of our Yin and Yang Qi (energy). Our Jing could be considered our life capital. It allows us to be here in a body, enjoying our senses. In our very early years its potential is realised in the second phase of life (birth to 10 years), to be gradually enhanced until we reach a plateau. This plateau is based on our 7 and 8-year cycles as women and men respectively. It is dependent on our life experiences, and whether we live off our interest or squander our capital before we reach our potential lifespan.

**Kidney Jing** – the underlying substrate/blueprint that allows us to be here in form - can be likened to DNA and genetic inheritance. It gives us our 'oomph' to be here and our

constitutional vigour (or otherwise). The rough equivalent is the quality of the eggs and sperm when attempting conception.

**Kidney Yang** – the energy that runs the Kidney complex – thus the source of life for the entire organism. The strength of the Yang is our inheritance and as such is vulnerable when very young/or pregnant. Heat, rest, stability, good hydration and regularity all help dramatically to allow the body to heal itself.

Quality of Kidney Yang grants us sexual feeling/inclination and abilities – also sexual potency and vigour in men and their sperm.

**Kidney Qi** – what holds the urine in place and allows us to sleep through the night. When it is weakening, we have urinary continence issues.

**Liver** – as used here refers to the entire sphere of influence that the Liver Qi has in the body. This ranges from the spiritual visionary aspects of self through to the ability to evacuate easily and the mechanical functions of the liver organ.

**Liver Energy** – that which flows freely to energise and maintain all life functions in health. Without Liver Qi flowing, all aspects of self stop-up, slow down, start clogging, resulting eventually in many types of obstructive (painful) and degenerative (accelerated aging) conditions. It is mostly affected by the inner inability to express and is worse with being 'nice', and sedentary.

**Meridian Qi** – the energy that runs the body effectively, found in fine pathways all through the surface and within the entire physical structure. It is fed through the finer processes involved in digestion and breathing, and can be influenced at the acupuncture points. (Acupoints).

**Qi** -pronounced "chee", loosely translates as 'energy'. The body has many different types and uses of /for Qi. Our personal Qi circulates within and around us. We live by virtue of our ability to manufacture more Qi, to allow us to maintain our equilibrium in the face of change (homeostatic balance), and to repair and reproduce ourselves. Qi is divided into two different, though complementary aspects – we call them by their Chinese names - Yin and Yang.

**Shen** - a Chinese concept that covers the essence of self in a spiritual sense.

Our Shen governs who we are and how we express ourselves. A well nourished Shen allows us to present a consistent personality to the outside world. It governs our clarity of speech, our brightness of eye, our coherence of thought, and our ability to live in mental and emotional tranquility. A strong and well-nourished Shen allows us to sleep well, hence

replenish ourselves on all levels. It gives us the ability to think clearly, respond appropriately, and to perceive and react reasonably. This is all governed by the amount and quality of our Blood energy, as it is our strength of Blood energy that nourishes our Shen.

**Sick heat** – an overall depletion of the yin in the body, giving rise to accelerated aging and degeneration. Can be evidenced by the warm/hot feet at night that need to be out of the covers/hair loss/irritability and early aging. Also creates degenerative, autoimmune and wasting conditions. These may start slowly and take years to get going, but their beginnings are there if you know what to look for and are reversible when identified early.

**Spleen/Pancreas** – when speaking of the Spleen here, both organ functions are really implied. The acupuncture energy version of digestion/assimilation is through the action of Yang with the Spleen Qi. Both are weakened through inadequate attention to regularity, stability and moderation in all matters.

**Spleen Qi** – the energy of the Spleen complex that keeps the body structurally intact. It is compromised through weakening any Yang energy in the body, especially from under-eating, invasion of cold, and by not looking after self. It thus holds all tissues/blood and organs/babies in place in the body.

**Spleen Yang** – Provides the oomph necessary to power and sustain us independently once separate from our mothers. Originates from the Kidney Yang and, as such, is totally dependent on self-care and good inheritance from parents.

**Stomach energy** – that which we need to process all stomach contents in a downward direction. When it is weakened, we feel nauseous, as it is not up to the task of cleanly moving all through it. Vomiting happens when the stomach qi rebels and sends the contents upwards.

**Stomach fire** – unhealthy extra heat that occurs when we are disordered – from emotional over-balances from the Liver Qi, moving sideways to attack self, or from the ingestion of too much concentrated food sources. These include chemical/salty/sweet/cafeinated/alcoholic/unnatural drinks and substances including medications that wreck the fine inner balances.

**Stuck Liver Qi** – what happens when we are hiding or constraining who we are. This leads into all aspects of digestive, reproductive, circulatory and emotional distress. Loosely we could call it stress – that which drives our angst/PMT and fuels our inability to flow as designed.

**Wei Qi** - the most active component of the above. It circulates in the outer reaches of our energy and physical bodies, forming a protective barrier. When we are awake, it travels



externally keeping our pores on the ready and us safe from predators (immune system). It retreats inside, to be replenished, during sleep.

**Yang** – the other component of the duality we call ‘life’ in this reality/plane /dimension. Yin and yang are always relative to each other, and cannot be used without the other as context – just as we only know ‘day’ through having experienced ‘night’.

**Yang Qi** - that which allows us to move, metabolise, circulate and be active.

**Yin** – a Chinese term referring to the relative density/structure /solidity of whatever aspect of life is under discussion. Sometimes loosely thought of as being female/feminine, it embraces this, but is far more inclusive – of anything that is more dark as opposed to light, solid as opposed to ethereal,

**Yin Qi** is a general category of nourishing energy. This is found with the actual Blood, and circulates within all the meridians, Blood vessels and denser structures. It regenerates and enhances our being; we can work and be here, and it allows us to have a strong foundation.



Love Your Body Better

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## APPENDIX 2: FURTHER READING

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For more information see [www.simple-natural-solutions.com.au](http://www.simple-natural-solutions.com.au)

[Helping Yourself series](#) This series takes you through why we eat and how to get the best start to healing – fuel yourself differently. Why it is to your advantage to follow what the blueprint. Appropriate to any age, especially when troubled by energy issues.

Also in this series is [Getting Out of Your Own Way](#) an explanation of why things stress us and how we can freely flow. This is about the programmes that tend to run us that we are stuck with, and within. All of these need changing, for us to escape from always having the same sorts of problems arising. It covers such issues as IBS and reflux, depression and menstrual issues, and how to avoid/or get off anti depressants and sleeping pills, and start really feeling yourself again. These issues are covered in more depth in [Woman Tides](#)

[Menstrual Rescue](#) and [Living In It](#) are for those who want to heal their being a woman.

[Period App](#) – a navigation tool for the net covering any, and every thing experienced as a woman - all stages of life. From pre teenage years through to the eventual ceasing of periods, back into a zestful free woman stage.

### FERTILITY AND PREGNANCY SERIES

[Fertility App](#) – an inclusive look at all natural ways to improve your health thus fertility and thus enhance the quality if the baby you are to make. Emphasis on the couple and the man’s journey – her path to easy fertility/healthy pregnancy is more found on the [Period App](#).

[Helping Mother Nature – a Fertility Guide](#) covers the pre-conceptual care and information required whether at the beginning of getting pregnant - or to problem-solve after years of trying, possibly as a step with or before IVF.

[Pregnancy App](#) – completes the series – a navigation tool to allow world wide access to simple solutions to almost all pregnancy and birthing, and baby/post natal events – all from the natural world of helping yourself, and how to give more life to all of your family – simple, natural solutions.

[What Dads Can Do](#) is a manual and accompanying DVD in hard copy (pub. 2005). The book is printed in very good quality art paper, in three colours and section sown (very sturdy), so it can be used as a reference for generations to come. It comes complete with the DVD Massage – What Dads Can Do. The manual will also soon be available in eBook format, as it is a very heavy tome (.75Kg) and costly to ship. Now also [instantly downloadable](#).

[Birthing – What Dads Can Do](#) DVD is a workshop explanation of why pain happens, and how to minimise its likelihood well before labour. It is a complete birth preparation, alternative childbirth education tool, easily followed by the most unprepared couple awaiting their baby.



[Courses instantly downloadable](#) so you can – at home – and effectively – feel heaps better immediately – all the moves are so simple – and undo stuckness. On so many levels ...

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