



WHAT DADS CAN DO

A MANUAL FOR
PARTNERS OF
PREGNANT WOMEN

HEATHER BRUCE

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Heather Bruce

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NOTE TO THE READER

This book can equally be used for those attempting pregnancy - until "Conscious Conception" & "Well Woman's Baby" are published. Everything said about Blood/Yin and Jing are equally true for men, except the obvious physiological differences we have.

I have used the words "Mum" and "Dad" throughout, whether you have the babe in arms already, or even if you are still trying to GET pregnant - the text is written clearly FOR Dad, to assist his lover, and co parent - Mum.

I have chosen to be inclusive as possible in relation to baby - who appears sometimes as "s/he" and sometimes as "him/her". Please bear with my stumbles with the language.

DISCLAIMER

All information in this book is tempered by the opinion of the author.

If you wish to make health and lifestyle change I recommend you do so under professional care.

I will not be held responsible for any loss or damage of any nature occasioned or suffered by any person acting or refraining from acting as a result of reliance on the material contained therein.

Second and third opinions are often necessary.

ACKNOWLEDGEMENTS

I would like to thank those (**my children**) who chose me to come through, as without you, this woman who was so adamant she would be sterilised and never experience any of this, would not have begun her journey into healing - **her own** - out of the inner disconnection and inability to truly love that comes from being separated so completely in her own birth trauma that often accompanies the best of medical intentions; that of **those who over the decades sought out her professional assistance**; whose belief that she could help; sparked in her the need to know more; to find links where none were obvious, and to always quest beyond; those of **her students** who sat before her and who became inspired to go out and weave their own magic in the world; those of **the men** who in their own ways did the very best they could to assist her in completeness, and those of **the people** who lives have been touched by all those ripple effects that link us in common threads together carrying the Light onwards.

This light shone through **Ina May Gaskin**, whose ability to tell women's stories, through her wise woman's eyes allowing a whole generation of us to wake up.

It directed **Dr Richard van Buren** and **Dr John Shen** into the individually brilliant, though very different styles of truly listening, being present and taking their brand of energy medicine from personal observation out of dogma into the real world, with heart and spirit.

Thankyou to **Dr Frederick Le boyer**, whose "Birth Without Violence" started for many the respectful journey back to nature, and to **Dr Michel Odent**, for having the heart, sensitivity and insight to explore the obvious, and get it out there.

And finally, thankyou **Duncan McDonald**, whose loving support and selfless presence grounded me sufficiently to birth this from me out into the beyond.

DISCLAIMERS

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 in this eventful period of their lives.

ONE DAD SPEAKS -

“To actively and consciously engage in the pre–natal life of a human being is to understand why in some indigenous cultures a baby is considered to be nine months old at birth. A man who helps prepare his partner’s body for labour – through the vigorous massaging of the buttocks and lower back, the stretching of the perineum and various other daily rituals – shifts from being a passive breadwinner to a person who is instrumental in ensuring the health of mother and baby at every step of the journey. This is a quantum leap from the traditional role which is literally to plant the seed and walk away.

The experience of physically engaging with a woman to facilitate positive developments on the road to a successful labour is a multi-layered one, but perhaps the single most important factor for a man is the physical proximity to the baby. When a man sits or kneels in front of his partner to massage and stretch her perineum, he need only incline his head a few inches to be able to talk to his baby. The importance of this cannot be overstated. The human voice is an important tool.

I have spoken and sung to both my children through their pregnancies, and it is emotionally overwhelming to realise how intimately they know my voice. From the moment of birth, it has been used as a way to soothe, cajole, humour and confirm. Conversely, at birth I also felt as though I had known them intimately for nine months. This genuine sense of recognition and love goes well beyond the regular sense of wonderment a father might have when seeing his children for the first time.

And what of the woman’s body? When a man engages in all the above-mentioned daily rituals which prepare her for labour, he develops a profound sense of the magnitude of things. Perspective changes radically and pregnancy becomes a journey in every sense of the word, rather than nine months spent on other matters. It is the daily ritual that counts – whether it is the pummelling of the buttocks, stretching the perineum, or applying heat with the moxa stick – these are the moments that bind three people emotionally and spiritually and create the framework for all the good things to come”. - Adriano

INTRODUCTION

Training acupuncturists through more than two decades, assisting as a home and hospital birth attendant, and birthing my own children spanning three decades, I have witnessed within the birthing and associated women's health environment, a descent into medicalised panic over the safety and wisdom of nature, and of the process of being a woman.

This laying open of women's business into the realms of science, logic and sanitised 21st Century Western medical thinking can be now seen to have created problems for all concerned.

The mortality rates for babies and their mothers MAY have declined, but the state they go home in is often far more shocked and damaged from this "safe" birthing experience than is good for anyone.

Post traumatic stress syndrome really sums up the reality for many.

Whether this is women's business or not, it is men's business to have to stand aside, watching their wives, and their lives, individually and as a couple, unravel. It is everyone's business that we now have extremely high rates of medical interventions, depressed mothers, mastitis rates unheard of in earlier years and shocked, traumatised babies, often growing into being very difficult, disconnected and often very self destructive young adults.

I have seen the Dads standing back, not sure how they can assist, either during birth or afterwards.

Using an energy model steeped in ancient Chinese acupuncture, and the common sense observations of the wise women who preceded us, I intend, in writing this manual, to begin the pendulum swing back towards a middle ground of active choice through knowledge and self awareness.

Reconnecting with ourselves, each other and our life processes, we may then begin to trust our own insights and our own innate ability to create our own life stories.

HOW TO USE THIS MANUAL

The concepts contained within have been part of the thousands of years old healing traditions of another culture. The use of areas on the body to influence other areas away from these places may seem unusual, yet we expect to turn a switch on at the wall, and a light in the middle of the room to light up – had we been transported from anywhere in the world 300 years ago back to the present, we would have not understood this. We may have even considered it to be blasphemy and a fearful event, as we would see ourselves as challenging “God’s” sovereignty – going against nature, interfering with the natural order of things.

As humans, we are adaptable and do tend to embrace the changes technology has given us. I suggest that although the concept of ‘interfering’ directly yourself with your life and bodies and their outcomes may seem strange, remember you do expect doctors, dentists, chiropractors, physiotherapists, acupuncturists and other body mechanics to be able to do so. There is nothing mystical or dangerous about altering the course of the energy of a body veering slowly out of kilter.

I am suggesting that you can become able to recognise when a swerve out of health has begun, and not wait for the medical equivalent of a vehicular roadside rescue team to be called out. Acting as responsible car owners by observing changes, and regularly maintaining connection with touching, open communication and loving respectful sharing of your lives will ensure that all of your life, not just this transition into parenthood, is in joyful constant unfolding.

I have written this in two completely different styles. The action part is like a ‘how to fix it’ manual. The beginning was added when it became evident to me that this model is so different from anything you would have encountered, that if you wanted to know more - where would you go? **It is not necessary to read any of the closely written textbook-like style - the key instructions are found supported by pictures in the manual section. There is a DVD that has been produced to help you with the specific massage techniques and point locating.**

Throughout this manual you will see linear representations of aspects of who we are. The more solid/‘real’ version is found on the right side, the more ethereal/vibrational on the left. What you can change is usually in the middle section, between what set the ‘problem’ rolling, and ‘the problem’ that you see needing resolution.

Initially, it may be useful to start it at the beginning and read this as a book to explore the differentness of

viewing yourself as responsible and capable of creating your own life stories,

life as more than the end results/actions and

pregnancy as a natural life occurrence, rather than a fearful, potentially chaotic event.

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SEEING OURSELVES AS MORE THAN PHYSICAL

Our Western culture, styles of thinking and 'science' are all based on the tangible - the physical Universe as we perceive it through our upbringing within it. Thus most writing around topics of pregnancy, birthing and parenting focuses only on those solid manifestations of the physical plane - the trimester 'take' on pregnancy is a good example.

Yet our lives go through stages when the most primitive, primal and mammalian instincts surface and we live dictated to NOT by our heads but our bodies. This is especially so in pregnancy; when we discover ourselves being less rational and more driven by emotions. If we try to ignore the essence of our beings, and attempt to live our lives through the more rational 'civilised' medical model, we find it doesn't fit well, and we may eventually become aware that we have missed something.

We, as humans, are much more than the sum of our anatomical parts. By embracing a more global approach to 'life', we could observe ourselves experiencing BEING on a continuum, where the physical is but one aspect of who/what we are. We could see ourselves as beings of light encased in a mammalian wrapper, wired into our physical structure, yet being aware and able to feel beyond this to more ethereal connections.

This book attempts to allow the reader to see past the physical to where we as energy unit sparked by pure consciousness, are co-creators of every aspect of what our mental constructs have labelled to be 'reality'. As we are not just a collection of tissues, organs and vascular systems, I have left all of that information out of this manual - it is freely available everywhere else.

I am attempting to encourage free thinking and questioning, that may allow you a more wholistic approach to the very natural state of birthing and bringing forward your own innate wisdom. If some concepts at first appear vague, waffley or odd, please refrain from judgement - you are possibly entering territory uncharted in your own life - that of being self aware and self responsible; of looking inside, of becoming intuitive and of exploring what lies between you and your partner.

Often we hope things will go away/get better by themselves/resolve without us having to say anything. I am suggesting that rather than putting off/up in your life until things require outside 'professional' assistance, you could choose to take charge of yourselves, and thus what happens.

Please remember that just as health is not something that can be found in a bottle, paying others to attend to the physical side effects of your own reluctance to be 'real' and totally present, may not give a sustainable or expected outcome. Some things will appear difficult, or scary as you push up against your own patterns, prejudices and beliefs. But you know it is not comfortable to stay stuck either.

We can all observe that we have become overly educated at the expense of what was naturally available to us. We are thus not intuitively connected to ourselves and others. We all expect what we personally have been programmed to see as 'normal' is 'right'. As an example, in some cultures, mothers do not use nappies, as they know when baby will void and hold the infant away from themselves.

This may seem far-fetched to us, but had we been born into

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these cultures, the system we ourselves use would appear remarkably wasteful, primitive and disconnected. Both we, and they (who may use no external resources to soak up babies' messes), believe what we separately are doing is 'right' and what the other is doing is 'wrong' and uncivilised.

We are all constrained by the beliefs held within our language and culture. In times past, women were the carriers of the healing arts, as they were the ones who birthed and who sat supporting friends and relations. The observations of those generations passed were venerated, as they contained within them the tribe's pearls of wisdom.

However, hearing some of them now, the denigrating phrase 'old wives tales' may spring up - yet it is very possible that in jumping forwards several decades hence, what we now believe to be 'reality' (scientifically sanctioned) may equally be thought of as being just superstitious, unsubstantiated (from a more wholistic, less physically dominated model) nonsense.

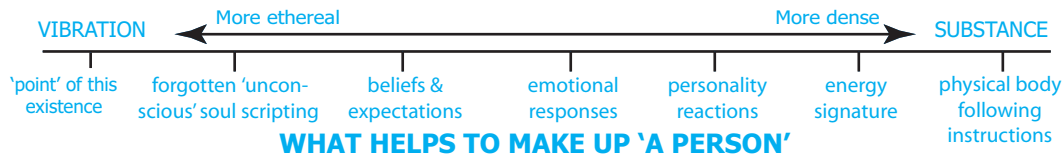
So, if we also begin to shift into an observer mode in our own lives, watching rather than just reacting unconsciously as we go through our day, we may notice that in other areas of our being we have also been conditioned into habitual responses; without actually questioning whether or not these now work for us, or if we ever really felt comfortable with them.

If we stop and reflect on what motivates us, we may begin to realise that a lot of our decisions are founded in fear – what we imagine/assume/believe will happen if we do/don't do something. Then we may see how this subplot gets involved, and, **whether we are conscious of it or not, it plays out in all decisions we think we freely make, as 'informed' choices.**

Stopping to look at the real programmes, blueprints and templates that drive 'our lives' may provide us with more insight and peace. By attending to our feelings - especially the stuff that is dragged up unbidden when someone mentions a 'touchy' subject we could explore what meaning we ascribe to these things, thus liberating ourselves (see page 6).

When hearing that you have a manual to help you negotiate pregnancy, birthing and your active responsibility in your life, many relations and friends; and even your spouse, may choose to respond with fear - that you may be harming your child and yourselves by not following what 'the doctor' says or what everyone else is automatically doing.

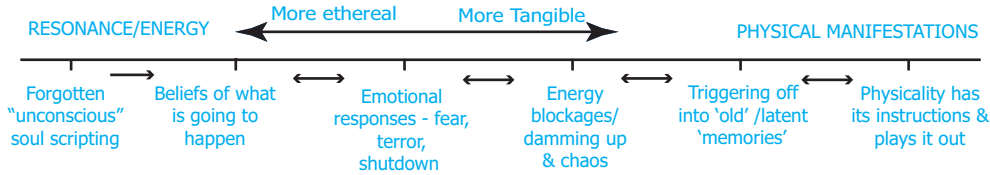
You could observe, rather than engage within the fear-generated debates and disputes, you may then see parallels with the medieval control of the population where 'flat earth' logic was at play. You may also realise that doing this is like swallowing the red pill in the movie "The Matrix" - EVERYTHING



is now irreversibly altered, as you have a different set of lenses to see 'life' through. You will also see that those who don't - can't.

WHO OWNS OUR THOUGHTS?

These fears and the energy that may have become caught up with them, may have NOTHING to do with anything we personally have ever experienced. The fear vibration and sense of shock transmitted in the telling of myths, stories, shared tales, dreams and held within the subtext of medically orientated information underpins our supposed free choices. This may be seen in the vibrational healing/acupuncture context as having a profound condensing and contracting effect on our energy, thus our emotions and therefore our body's physical responses to these. As shown below.



An aspect of self may become paralysed, compromising our ability to make ANY choice, except one AWAY from the energy configuration (memories, beliefs) that the fear has uncovered. **The simplest and most effective way to engage this programme is to infer or say to a prospective parent – “It’s for the good/safety of your baby”.**

We may even be so flummoxed that we automatically assume that just because a current medical practice exists, it is the best and only possible action, superceding all the wisdoms held throughout all previous generations, and within all other cultures.

Looking at the issues that supposedly assist our newborn – prenatal screening/testing, exposure to harsh lights/chemicals/noises/sensations, stopping the flow of babies blood back to its body by prematurely clamping the cord (great harvest for the stem cell researchers), separation from Mum immediately after birth, vaccinations, heel pricks, possible

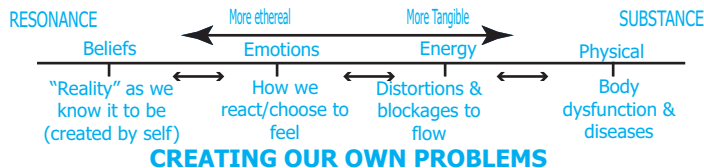
operations without anaesthesia (circumcision); **we could do well to ask what harm we are ALSO inflicting on baby’s total being and bonding, in the pursuit of apparent safety.** (Past our relief from the possibility that we are being ‘irresponsible’ parents by not following “expert advice”).

By blindly following convention, (and usually also paying top dollar for the priveledge), **we in the birthing context, often experience the very things we seek to avoid.** Smiling Mums, peaceful babies and happy families are the product we imagine we are buying. But whilst our babies don’t often die, there can be seen to be a rising epidemic of maternal misery, disempowered Dads and fractious and fretful babies, growing into very wilful toddlers, and beyond.

Responsive presence and handling of these issues, may create ripples in every aspect of your lives. To take charge, means that you will rock the boat of complacency - also freeing yourselves of your very own Stuck Liver Qi (pp 48 - 55).

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We presently have many cultural birthing beliefs – that it is natural to birth in hospitals, that it is safer/better to have an obstetrician in attendance, that Caesareans create happier birthing outcomes . . . BUT until very recently, in Western culture, and still today in some parts of the world, it was/is normal for a mother to birth at home. There her surroundings are known and she is at peace (at home). It is the role of the attendants to come and go. In this setting, the horror stories that are common place in medicalised births are less prevalent – the cascade of intervention (see page 163) is less likely to occur as the woman is confident, surrounded by positivity and grace and at ease in her body's ability to bring forth new life.



How can we expect women NOT to have birthing problems when all other mammals retreat into their own chosen space, either in seclusion or with possibly just another experienced female attendant?

We are now medically 'monitored', rather than assisted and encouraged towards the well end of the spectrum. Pregnancy is a life stage, not a disease - as most women's 'health' issues are. Pregnant women are not sick, or diseases in waiting. They may become so, faltering finally under the barrage of possibilities/scenarios to be avoided.

Our energy fields hold the instructions for the unfolding of the potential and the nourishment of the new life. These also renew, regenerate and nourish us as beings. Worry creates distortions in these energy fields. Surrounding Mum with

anything that stops contented functioning is likely to create the very situation that she has been alerted to/is now actively concentrating on, and possibly now sending focus into, hence unbalancing her previously perfect energy systems.

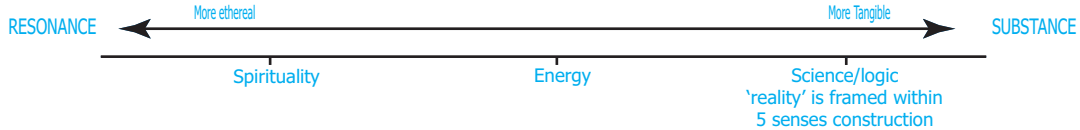
Lying a labouring woman on her back to monitor the fetal heart beat is a great example. In the act of positioning her to get a 'good' reading, circulation is cut off to the baby, resulting in the very condition the monitoring was checking for – distress - even if the baby was originally happily content.

Telling her of the interventions that will probably swing into action if she doesn't (relax into and) begin labour spontaneously will almost guarantee that her body seizes up, and stays pregnant. Dad - imagine if your first sexual encounter with your first partner was with a group of virginal women (not even experienced men) standing to one side impatiently giving instructions and offering helpful suggestions. Now translate that into birthing with spectators.

Birthing is as natural as poohing. **It is not dangerous**, under natural conditions. The very act of supposedly offering 'information' in today's context swamps Mum with the possibility of creating the conditions. In a study of the birthing statistics in any country where birthing is the province of qualified women, care provided in the mother's own environment will show very different outcomes than our own current highly invasive practices create.

LEVELS OF AWARENESS

If we see our 'lives' as being only lived as a set of experiences along a one-way continuum, and only where scientific thinking rules, it possibly **is** logical to see all that unfolds as a 'life' as being also linear in the one dimension. However, looking at a more soul-structured view, we may see 'life' as having more patterns, therefore making a different sense.



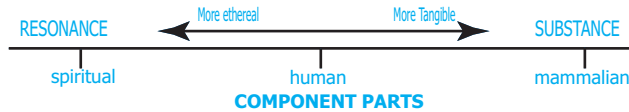
Being only influenced on the right hand side, we only look to creators and remediations here as though this is all there is. This may lead us into confusion, as we follow instructions designed to assuage the hurt, without reference to the reason behind - "why us?" - "why now?" lessons. Trying to 'fix' "it" without awareness of the level of "it", or the sequence the tangle is to be unravelled in, **might** work - but usually it depends to what level the afflicted wants to be 'fixed'.

Changing focus, to demonstrate how set we can become in our thinking - consider the philosophical background of Tibetan Buddhist medical model. Here there may be seen to be 4 distinct layers of 'illness'/disturbance. This perspective views "life" as seen from the viewpoint of the 'soul' force, rather than that of the physical body/ego and personality identity. This model embraces the aspect of self that resides on the left side of the line above - the part of 'self' that carries on past the present 'lifetime' of the physical existence. By going 'off the page' we may begin to understand that this is not the only 'here' or 'now'.

karmic	Energy 'contract' of some form that is outstanding, & replaying apparently randomly
possession	Some contamination/linkage inhibiting sovereignty, on some level
immediate	'Hiccups' - measles/colds/recoverable injuries
life threatening	Could be a combination of any/all/none. Requires active intervention, or this 'life' ends.

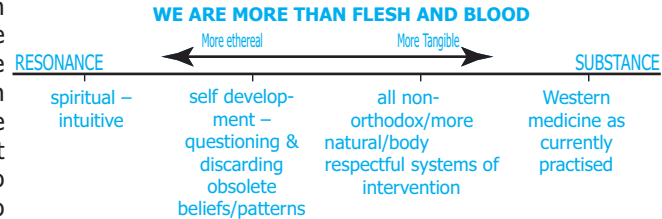
Using this model, a healer needs to evaluate at what levels energy is distorted, in order to effect some form of guidance to the afflicted - not to necessarily take away the pain/discomfort - as its very existence is for self awareness. Trying to interpret the physical end result of any aspect of a being's life without reference to the spirit would be seen as highly rash and uneducated. It becomes obvious that EVERYTHING we think about is within our box of 'reality' that is culturally and time/space dependent. What I have outlined here is obvious to many of the world's peoples, yet not given a thought in reasonable Western intellectual/scientific and hence medical discourse. I mention it to illustrate the point that in trying to remediate 'disease' or suffering on any level - if we do not know the actual cause/reason behind, how can we begin to even assess if 'assistance' of any external form is the most appropriate response, let alone what to 'do' next to 'fix' it?

DIFFERENT MODELS TO FIT DIFFERENT ASPECTS OF 'SELF'

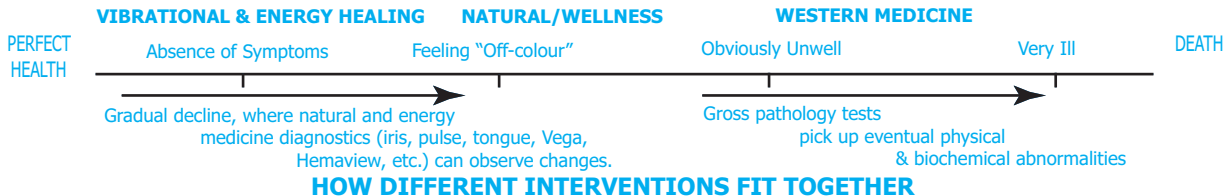


If we saw ourselves as spiritual beings having a human experience in mammalian form we may better understand ourselves and what we call 'life'. In a continuum of resonance condensing into form, of ethereal into substance, the lines below may make more sense.

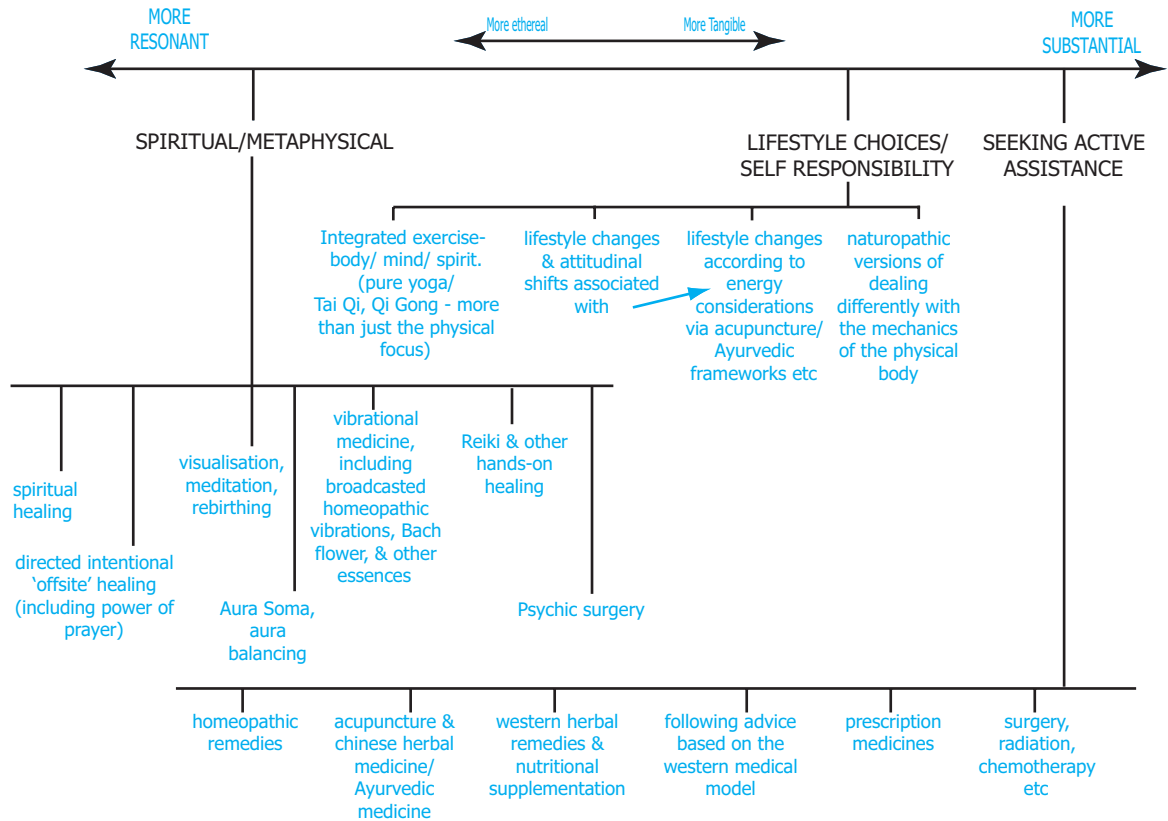
Western orthodox medicine looks to find all answers in the physical realm, as though this is all we are. There are other models to choose from. First, you have to decide whether you accept that life exists in only one dimension - or does it dance around within a dynamic ballet? The focus of the current medical model is on the extreme right hand side of the line. There are times when we need to focus our efforts here, as life has been allowed to get so out of hand that this level of intervention is the only one that may give useful relief.



Perfect health tends to fade into a slow decline as we, with our medical focus (hence crisis found on the right hand side of the page), wait for breakdowns. We may feel 'off colour'; we may visit a doctor, but before medical tests start recognising the gross changes, we may be considered to still be 'well' (not sick), regardless of how we actually feel. Conversely, some other modalities may register our loss of perfect functioning even before we, ourselves are aware of it. Iridology, pulse and tongue, 'Hemaview', various energy/computer enhanced diagnostic systems and other more vibrational diagnostics all fall outside what the medical system calls reality, yet all have their place within an expanded model of human existence.



SOME POSSIBLE LEVELS OF INTERVENTION



WHERE IS YOUR FOCUS?

Working through what comes up in life, especially when there is a crucial time (a lot invested for all parties, including the 'safe' record of the medical players), it is easier if we are open to change. It may also be less stressful to recognise and alter preconceived notions which are based in fear and from others' experiences, rather than 'sticking to your guns'.

During this massive time of change it may be helpful to seek assistance from those who are considered to be 'healers' to allow you to grow into being parents and responsible, connected beings. Knowing this, you may be less likely to become distressed at the possibilities mentioned by those who only function in the physical reality.



Undergoing change, especially during a pivotal time in a woman's life (pregnancy), there are always recalibrations towards perfection that can be made (like giving a car a service every so often). As change usually creates shifts within inner balances, this is a time of opportunity for inner review and renewal - remaking yourselves. Put simply, things come up.

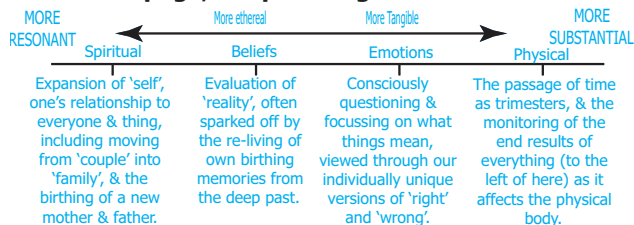
In our present culture, the more intuitive/feeling and flowing aspects of ourselves and of femininity seem to be considered

secondary to the rule of economic rationalism. Women can be seen to be emulating and living 'male' lives. They are out of their 'nests' and operating in all capacities as men can. Being pregnant thus can be a real shock for some, as biology may begin to assert itself.

With this inner shift it is possible Mum may be exploring less rational/more connected ways of being, hence shifting the balance in every aspect of your lives. It may be thus helpful for you both to question where your current focus lies, when dealing with all apparent medical issues brought up around the birthing and pregnancy phases.

When you acquiesce over focus, you hand over the real responsibility - all decisions are made and you get to give 'informed consent' as though there is only one version of what may be happening and thus only one response. It is your life. It all depends how you perceive 'reality'.

Is your perception of 'reality' clustered up against one side of the page, or spread right across it?



Throughout this book, you will see this linear representation, as my attempt to show the different dimensions of any position, to help you 'unpick' where you are on the line.

In most of the issues I will raise in this manual, I am likely to be alerting you to information that is outside the realm of possibility to standard thinkers. I ask that you, the reader, stop and think things through, rather than follow whatever the current fad/book/specialist dictates. Be aware that many 'state of the art' medical ideas are going against nature and are sold to us through the fears evoked – why is it 'safer' to be induced when all know the mother's body is not ready, which is why she's not in labour? It is you and your child who live through/with the consequences. These are usually not immediately felt, and often untraceable using the current orthodox medical model that looks only on the right hand side of life - ignoring ancient healing/midwifery/mothering practices in favour of logic and scientific rationalisation.

Babies, and their parents are more than flesh and blood – we all have energy fields, etheric bodies, auras, sensory sensitivities, abilities and spiritual resonances well outside the realm of the anatomy texts. So, do you buy the idea that a baby is 'due' when the gestation chart dictates or not? Not

WHEN IS BABY 'DUE'?

BELIEFS	EMOTIONS	ENERGY	PHYSICAL	TIME'S UP!
Birthing is a natural easy expression of life force	Acceptance & flowing with the process	Shifts extreme yin into extreme yang in response	Labour begins	Medical induction considered necessary

BABY & MUM ARE 'RIPE'

allowing nature to unfold generally gives a 'live' outcome, but the often poor-quality birth experience that most now regard as 'normal', is the result of trading off for a 'safe' arrival.

RESPONSIBILITY - ABILITY TO RESPOND

Do you believe that your newborn is likely to be sharing needles and indulging in unsafe sexual practices in the next few years, necessitating a jab with a needle before going home with you, or not? Do you blithely sign over your newborn's cord blood (pp 70-1, 196, 198, 201) to medical research, guaranteeing an involuntary blood donation whether directly in his/her perceived highest good or not? The list can go on. Please check www.cordclamping.com (p 246).



If you as a parent **start THINKING rather than acquiescing** and start taking charge: you will create waves, you may become unpopular, you might have to confront an immense amount of backlash from others (and yourself, in quiet reflective moments), BUT you then will be responsible, rather than just hopeful.

In becoming responsible, not reactive, you will then find yourselves becoming involved and will LIVE more, feel more, and be more likely to be less happy with the current order of things. This way, you will appear to become more difficult through others' perceptions. It is likely that you will also more easily live in/with the life that you and your children have chosen through your earlier decisions. This may well flow on to a sense of peace, **as you are more aware.**

HEALTH - AN ADAPTIVE MEASUREMENT

In a state of perfect functioning, our bodies automatically readjust constantly to shifts in the environment – inner and outer. Besides the obvious temperature, climatic, structural, postural, emotional and digestive stressors we face, such influences as the moon's gravitational pull cycles, the variable electrical charges via sun spot activity, the minute magnetic shifts in the Earth's crust, and the effect of pollutants inhaled and ingested, are all automatically adjusted for, without conscious thought.

If we take a **working definition of health** as being one where there is internal shift to any dynamic living circumstance, we can then see in whatever aspect of our lives, health becomes the ability to “roll with the punches”.

When we lose our innate inability to gracefully adapt we are led into a state where we forget the ease of wellness, into places where groups of symptoms of dis - ease may finally become labelled as being this or that condition.

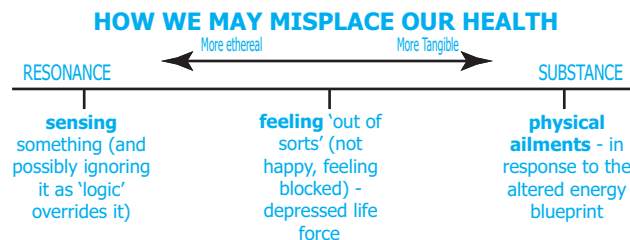
We could 'buy into' the current medical version of health being an absence of disease, yet we all know the feeling of aliveness, when we are 'in synch'/in the groove/freely flying through life. By being less than perfectly at one in ourselves, and in our lives, we become unable to attune to our own life force and blueprint, and we eventually begin to shut-down, feeling the effects of being stuck as feeling flat, bored, lethargic, unmotivated, depressed - until illness and pain (thus the need for change) waken us out of our stupor. **Life constraints** – the need to make money, appease parents/partners/children/society all can shut us down (see p 54).

If we follow the current medical approach we could be lulled into thinking that our life choices have little to do with the apparent 'lucky dip' of catching or developing diseases. We could play 'pretend', and absolve ourselves from any responsibility in our own demise, and find ourselves playing the victim role, where we have no control, and thus little chance of success.

By taking charge, we can create our own healing.

Exploring other models, shifting out of the randomness of being ill that the Western medical framework espouses, and looking to our individual driving habits of the vehicle we inhabit, (our physical body) we could see how we are actually NOT powerless.

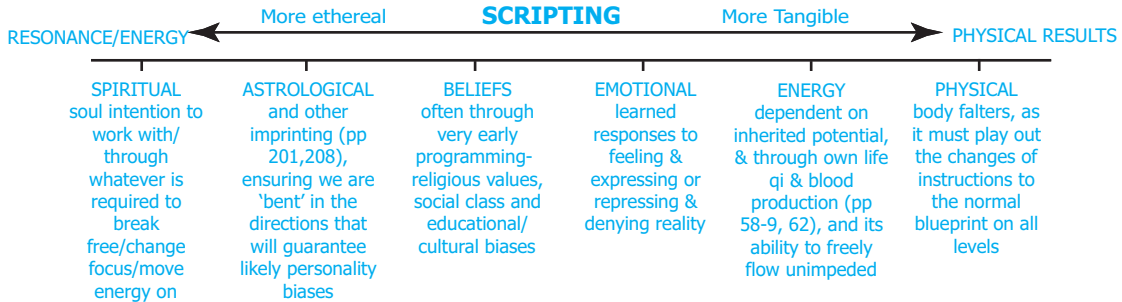
The quality and timing of the fuel (food) we choose to use and the emotional responses (feelings) we choose as appropriate determine how the next instance is played out (our life events), and how we experience it and how this shapes those moments/everything that follows.



In taking a more natural approach to being human, we would incorporate the less (obvious) physical aspects of ourselves and discover all of our nature. In so doing, we would be less likely to find that we have less than we thought we were

HOW STABLE IS YOUR TABLE?

Looking at a less random/luck 'take' on life, we could chose to explore the view that as something has happened, it was meant to, and in a state of spiritual awareness and grace, we work with what it brings up for us, rather than attempting to deny or minimise the new reality. Change can impinge upon our sense of being in control, and the way we think life should be going. This may involve a massive inner shift to align with the new way of being. For those who find the benefit of allowing life to happen, rather than trying like a movie director to make it happen the way we believe it should, usually everything resolves far better than one has ever experienced before. Life may feel totally 'out of control' – but see p44 . . . freely flowing Liver Qi is NOT about our personality guiding us through the waters of life, but about all levels of 'self' dancing within the change and chaos we call 'life'.



We can choose to follow the dominant current medical model, which allows us to hand over responsibility (and hope for the best). This course of action however, assumes that the doctors and specialists have a god-like awareness and power over all eventualities. But they neither ask for this nor can provide it.

DOCTOR KNOWS BEST!

SPIRITUAL/intuitive/metaphysical awareness

WESTERN MEDICINE
As currently practiced

NATURAL/TRADITIONAL MEDICINES
All the non-biomedical models - those more body-respectful methods of healing naturally

SELF DEVELOPMENT
Questioning & discarding obsolete beliefs - patterns shift in order to change (heal) as life requires it

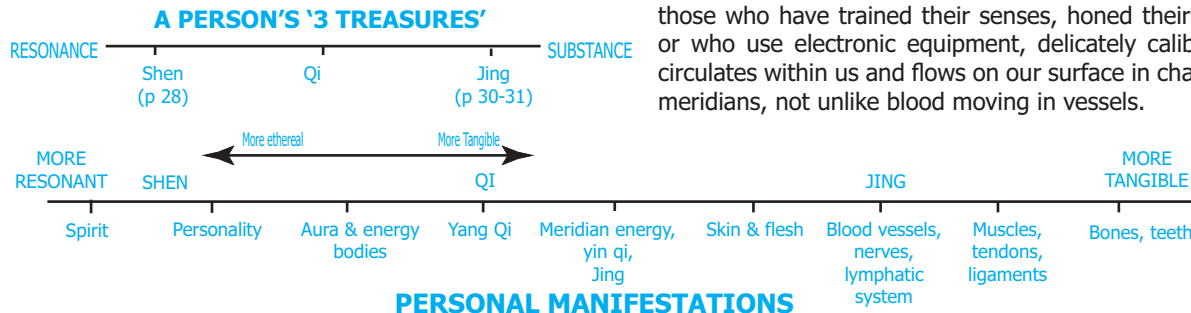
WHAT IS A PERSON/WHAT IS QI?

To help answer this question, think of water - it is found in differing states, (gaseous as vapor, liquid as water or solid as ice) depending on its determinants - temperature, purity and atmospheric pressure/altitude.



We too have many forms and layers of being. Our medical model recognises some of these. Energy models such as acupuncture are not concerned with physical manifestations, so much as how they work within tides and cycles that in turn control and regulate the physical body. As in a computer, the hardware is important, but the quality and type of software installed has also its place when attempting to "troubleshoot" when an 'error' message (discomfort) appears.

To use the acupuncture model, we need to understand a few concepts. The basic energy unit is known as qi. Qi, pronounced "chee", loosely translates into English as 'energy'. The body has many types and uses of/for qi. We live by virtue of our ability to produce more qi to the allow maintenance



of our inner equilibrium in the face of change (homeostatic balance), to repair and reproduce ourselves.

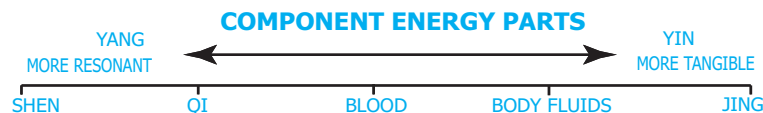
The strength of our own personal qi can be seen how we move, the 'liveliness' in our speech/manner and in our complexion. Some of our qi circulates in an orderly fashion in meridians, or channels of qi, flowing through/within and along the bodily structures. This qi flow, though less tangible than the venous, lymphatic and nervous systems, is a complete network separate, yet complementary to, our physical structure.

Some of our qi can be influenced at points along our body where intersections or accumulations converge. These areas called acupuncture points can be activated to initiate flow changes that in turn alter how we feel and how our very being functions. The state of our qi can be felt by sensitive people, those who have trained their senses, honed their intuition or who use electronic equipment, delicately calibrated. It circulates within us and flows on our surface in channels, or meridians, not unlike blood moving in vessels.

ASPECTS OF SELF, AND WHAT IS FOUND WHERE

Further information on this model can be gleaned from any good acupuncture text (see page 242-3). Do not be discouraged if this looks a little vague or difficult. It is meant as a reference if and when you have further queries later on in the action portion of this manual, and skipping this section in no way compromises your active and useful participation where required.

Loosely for a beginner, these and other terms have been simplified, to allow a deeper understanding of the reasons behind the actions I am advocating, for Mum and in pregnancy/birthing/child rearing arenas.



When I mention any of the body organs I do not mean what the word conjures forth in Western medicine. By stating 'Spleen', acupuncturists know they mean the energy of the Spleen/Pancreas, the meridian qi contained in this complex, the actual organ and its energy functions, and the sphere of influence these have. These are summarised in the chart below, and form part of the basis of acupuncture theory.

SUBSTANCE	MAIN ORGAN	WHAT IT DOES?	WHERE IS IT FOUND IN?
Shen	Heart	Our 'Driver' - directs and maintains consciousness. Our God spark/non ego.	Stored in the heart and said to travel in & with the blood.
Qi	Lungs, Kidney, Spleen	Transforms, circulates, warms, protects and retains/holds everything in place. Also nourishes - superficial levels	Inside and outside the meridians and blood vessels
Blood	Heart, Liver & Spleen	Nourishes and moistens	Blood vessels and meridians
Body Fluids	Kidneys, Lungs & Spleen	Nourishes and moistens (deeper level)	Throughout all levels of the body
Jing	Kidneys	Initiates transformation on all levels, oversees our 'life' processes - development, growth, metabolism, reproduction, ageing	Stored in the Kidney complex, found in the Extraordinary and normal meridians

YIN AND YANG GENERALLY

Everything we consider can be polarised along a continuum and has a counterpoint. 'Yin' and 'Yang' are concepts and are in themselves not absolutes. The terms 'yin' and 'yang' express relationship and are relative to each other. We know 'day' as there is a 'night'. 'Empty' is a concept definable through having an understanding of its opposing concept 'full'.

The qi (energy) in our bodies can be loosely divided into two different aspects, known as yang qi and yin qi.

(MORE RESONANT) **YANG QI** _____ **YIN QI** (MORE SUBSTANTIAL)

Yang qi is that which allows us to feel motivated, active, vital & responsive to our external surroundings. It roughly equates to the Western notion of "metabolism". It also incorporates other emanations such as our aura and energy and light bodies.

Yin qi is more substantial, being more tangible, and can be likened to the bridge between the more ethereal yang qi and the physical body. It can be loosely considered to incorporate the actual blood and bodily fluids and more dense energies.

FUNCTIONS OF YANG QI IN OUR BODIES

Transformation (digestion/metabolism)
Transportation (circulation)
Warming
Protection
Holding in place (blood in vessels/flesh & organs against gravity)

FUNCTIONS OF YIN QI IN OUR BODIES

Regeneration
Rest and replenishment
Cooling
Nourishing
Lubricating/moistening

WHEN WE BECOME RELATIVELY DEPLETED IN YANG QI

We can't digest or assimilate food well (colic/food sensitivities).
Have swellings & accumulations & clogging in all bodily systems.
We can't get or stay warm, &/or always have cold extremities.
We "catch" everything that is going around, often.
We may suffer from prolapses, piles, overbleeding, bleeding into and from tissues inappropriately and sagging flesh and wrinkles.
We lack 'oomph' & desire to be & gain weight (fluid/cellulite/fat)

As a consequence of all the above, we may also become yin depleted, as we have not been CREATING our raw ingredients, to nourish ourselves well. **We are usually both yin and yang qi deficient.**

WHEN WE BECOME RELATIVELY DEPLETED IN YIN QI

We lack resilience and take too long to heal.
We can't settle, can't relax generally and find sleeping well and restfully at night difficult.
We have hot symptoms & desire to be relieved by cold, (drinks/ice) - and in the process we thus wreck our YANG ability to digest & thus supply us with good quality body ingredients.
We overheat, especially when yin should be renewed (at night),
We are not nourished well, thus wrinkle & wither & feel decrepit.

As a consequence we become irritable/nervous/hard to live with and are prone to anger suppression leading to rage (see p 55).

Metabolism & normal body temperature regulation have been damaged, so the person feels cold & lacking 'oomph' on all levels. This brings problems with -

all **metabolism** functions

circulation

digestion

all levels of **protection** including immune function

structural integrity esp holding blood, tissues & organs in place

temperature regulation esp feeling cold

YANG DEFICIENCY

Life-spark diminished, lethargic & listless

No sparkle in eyes

Pale complexion

Puffy around & under eyes, esp in morning

Possibly flabby/prolapses, may be thin due to digestion incompetence or bloated/fat as metabolism is compromised

Cold hands & feet, possibly numb

Loss of libido - the ability to feel/orgasm

Not thirsty and/or only want warm fluids

Food sensitivities & allergies, Candida, easy bloating & poor digestion in general

Loose stools

Undigested food in stools

Clear, copious urine, esp at night

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

YIN AND YANG DEFICIENCY

Eyes dry & irritated

Flushing in face especially in the afternoon

Uncomfortable mucous membranes all over body

Hot sensations in soles, and possibly palms, esp at night

Agitated & irritable, poor sleeping

Red face easily acquired

Thirsty and general dry feelings throughout body, including tendon & ligament problems

Hot sensations, esp at night and possibly sweating

Dry stools

Concentrated, dark urine

Early ageing

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

YIN DEFICIENCY

Body fluids have been damaged and dryness and heat symptoms result. This brings problems with-

cooling

nourishing

lubricating

rest & regeneration

general stability on all levels of being prematurely aging & body breakdown

FUNCTIONS OF YANG QI AND HOW WE WASTE IT

WHAT YANG QI DOES IN OUR BODY

A dynamic dance of life plays out in a well body, beyond conscious awareness or intervention. Yang qi allows:

- Robust digestion and transformative processing.
- Circulation of all aspects of nourishing and defensive materials and transportation of everything.
- Outer/inner temperature automatically adjusted.
- Recognition of possible damaging influences and the subsequent mobilisation of forces of defence.
- Structural integrity of all tissues, organs and keeping blood within vessels, and babies tucked safely away till term.

All these life supporting functions are compromised when extra load is placed on the body, often through inappropriate invasion of cold energy. The incoming cold must be negated, so it does not harm the deeper regions and well-functioning of all systems.

WHAT WASTES YANG QI?

Cold, overuse, exhaustion, insufficient rest.

Cold impedes all circulation, interfering with a well self-healing, self regulated body system. Cold that has entered from any source lodges in our tissues and remains, with our yang qi trying to neutralise it until we can provide the appropriate conditions for its permanent exit. The cold accumulated thus impairs the body's normal functioning and creates pockets for dis-ease to fester over time.

These cold splinters can manifest as arthritic aches and pains, menstrual cramping, masses of any discription and sluggish metabolism.

All through a woman's life, and especially in pregnancy, small doses of cold energy exposure (worse if tired or rundown when experienced) whether it be from drinking cold milk - to cool the heartburn, the breeze slept under, the cool showers to cope with the summer heat – all add up, to create a residue of cold trapped energy that interferes with the body's innate wisdom, giving rise to 'problems' that were unknowingly self-created.

WHAT HAPPENS WHEN YANG QI IS WASTED

Common body experiences, especially tiredness, weakness and degenerative & 'ageing' conditions &

- **Collapse her ability to hold tissues (& baby) in place** (causing later prolapses, and internal hernias),
- **Cause her holding energy to fail** (creating stress or serious urinary and faecal incontinence, or/and uterine over bleeding – both after the birth, and throughout the remainder of her menstrual life during periods and subsequent deliveries),
- **Create energy blockages** which lead to loss of sexual feeling/desire/ability to orgasm.
- **Accelerate the ageing process.**
- **Cause crippling, unnecessarily long, arduous and inefficient labours.**

WHAT YIN QI DOES IN OUR BODY

- Yin qi cools
- Yin qi nourishes.
- Yin qi lubricates.
- Yin qi provides rest and regeneration.
- Yin qi grants foundation, stability and constancy.

Yin qi is generated by yang functions (eating and circulation), just as yang qi is nourished and kept in balance through its interaction with yin qi. The harmonious dance of these two is what we call "life".

WHAT WASTES YIN QI?

- Inadequate intake of pure water.
- Excess of hot, spicy, concentrated, salty &/or unnatural overprocessed consumables & caffeine, alcohol, cigarettes.
- Insufficiency of deep, quality rest, relaxation & sleep.
- Living in a continually stressful environment.
- Not releasing trauma, allowing it to fester, requiring precious raw ingredients to counteract it (p 119, 138-9).
- **Women** - having too many exhausting periods/pregnancy attempts/IVF treatments/children close together/working plus being pregnant or breastfeeding/being a new Mum.
- **Men** - over indulgence in ejaculatory behaviour (pp 35, 36).

(Also see pp 31, 66, 67)

FUNCTIONS OF YIN QI AND HOW WE WASTE IT

WHAT HAPPENS WHEN YIN QI IS WASTED?

● **We become hotter**, and it is as though our furnace is set inappropriately, so we burn our system out faster. It may be noticed that the feet feel warm, and need keeping out of the bed clothes - this is a symptom that if in women and if pregnant, needs correcting by good acupuncture and Chinese herbs immediately, as it is a warning that yin (very necessary in transferring strength to baby) is at a critically low level. If in anyone else, it is a warning that accelerated ageing is occurring, and could be helped.

● **We are less nourished** - see pp 28,29 for Shen, pp 56-7, 53 for deficient blood, and pp 66-67 for deficient yin and Jing.

● **We dry out.** Dessication ages the exterior - internal damage is far more life threatening - can be seen in any post fever, radiation or consumptive conditions - TB, final stages of HIV, aggressive cancers, Women may feel dried out vaginally at different times of their lives - this is a sign that overall, yin is dwindling and requiring attention.

● Becoming yin depleted is a vicious cycle, as we need **very restful sleep to repair ourselves**. When we most need to rebuild yin, it is the very lack of it that stops us from sleeping well and healing. Deep, undisturbed sleep is vital at all stages of our life - especially in babies - to develop and mature.

● When yin diminishes, we become **irritable, nervy, & jittery; can't settle, or finish a task**, and we usually perversely **crave substances & activities** that hammer our remaining yin hard, hastening our ageing and decline.

COLD - WHAT IT DOES & WHY WE NEED TO AVOID IT

Cold can be felt – cold to the touch, or a feeling of cold, made temporarily better with the application of heat.
Cold can be seen – mottled, purple or white skin.
Cold can be presumed – by symptoms that appear when the weather cools, when warmth is craved and soothes, and when cold air/water/food/fluids are avoided. These symptoms are relieved/given relief by heating/warmth.

Cold typically arrives **through breathing cold air** [think windows open/fans and air conditioning often whilst sleeping], **drinking and eating cold things** (particularly when very young or overly hungry, when the yang qi [digestive strength] is very weak). - **using ice packs** on vulnerable, damaged body parts, **walking on cold** tiles/wet ground with bare feet), and **being exposed to cold and draughts** – think air conditioning again(see page 98)..

COLD ONCE IN THE BODY MAY LURK FOR DECADES, quietly consuming our yang qi (metabolic/protective and digestive strength).

COLD CAUSES CONTRACTION AND HARDENING, meaning at birth Mum's body will work against itself, with the residual cold impeding the muscles' ability to prepare the body for birthing. Spasms and pain are consequences of a deterioration of optimum circulation, due to the presence of the cold interfering with normal flow.

COLD CAUSES EXTRA PAIN, AS IT STOPS CIRCULATION AND CONTRACTS THE TISSUES.

COLD KILLS LIBIDO AND SEXUAL PLEASURE. Our yang energy allows us to feel and respond enjoyably.

Just as yang qi is damaged by cold, everyone's body prioritises its perception of wellness differently. The yang qi functions of holding blood and tissues and organs (and babies) in place, of having a healthy immune system and an excellent digestive (thus healthy body) capacity may be stronger or weaker in different individuals, and at different times in their lives.

Thus there is no set way that a given individual will respond to either invasion of cold (whether sudden and acute or an insidious long-term accumulation) or depletion of yang qi. It is therefore important to prevent, rather than remedy, inappropriate lifestyle choices.

Regardless of whether something feels good or whether Mum feels like eating/drinking or being cold, she and you must realise that there is no luck involved in health crises, diseases and incidents. They are all created by our actions.

Bodies store and remember. As we age/wear out our Jing (p 66), our Yang Qi may suddenly (apparently) collapse. Our systems attempt to keep functioning regardless of our misuse and neglect. As pregnancy is one of the pivotal times in a woman's life (see page 41) change can be swift and permanent.

Looking at any acupuncture text, it becomes obvious that pregnancy, birthing and post-natal complications neatly fit into general categories of cold invasion; qi and yang pp 19, 48; blood and/or yin depletion pp 19, 56, 66; Stuck Qi (usually emotional suppression p 48); Hot Blood (see pp 67, 110, 219) or Stuck Blood see p 49 - (usually from all of the above).

PLEASE PAY ATTENTION!

HEATHER BRUCE

It is the first tenet of healing to do no harm. The application of cold in an already weakened, highly vulnerable maternal system can be seen as an insult to the concept of 'healing'.

In the past few years, in modern hospitals, common sense seems to have been replaced by 'scientific' rationales. Yes, the introduction of cold numbs an area, by temporarily killing off sensation, but the immediate benefit may give years of unpleasant related consequences - expected by any trained energy practitioner, although possibly improbable to one who looks only to the obvious physical 'here' and 'now'.

The use of cold prevents normal healing. As a direct result of this, there is now an explosion of post-natal mastitis and perineal/uterine infections and over-bleeding episodes, as maternal yang qi is not being respected (pp 18, 23).

In times past, warm showers and gentle self massage helped engorged breasts; sun lamps and warm salty baths (for sitting in) helped sore perineums. These common sense practices have been present in all cultures, yet the modern scientifically-based medical framework seems to have forgotten them. Just removing the cold energy resonance interference from its otherwise therapeutic interventions – infusing bodies with substances – blood and its products, nutrients and medications straight from the fridge, would greatly assist healing.

In the Chinese, and many other traditions, a practice of '**MOTHER ROASTING**' (p 223) was an integral part of post birth recovery/care. The new mum was squatted over a small fire, to allow the heat to penetrate upwards (often smoked with fragrant healing herbs) into her very being to replace

WHAT TO USE INSTEAD OF COLD

the essential yang qi lost in the birthing process.

Why are we accepting the practice of placing freezing cold iced condoms on an area that is weakened, traumatised, and usually wants warmth? **SOLUTION** - warm, salty sitting baths, - at least a cup of salt in each – followed by 10 minutes exposure to a heat lamp, twice a day (pp 226, 231).

Why do we allow ice and cold cabbage leaves (they should at least be bashed, to allow the active ingredients to bleed out into the surrounding tissues) anywhere near an engorged, hot milky breast? **SOLUTION** – take a warm shower, and gently express some of the extra milk away, allowing the warmth to penetrate and comfort – the heat brings extra circulation, assisting in the softening and REDUCTION of lumps. (Also see pp 237, 238). Then use the warm bruised cabbage leaves. **Cold creates local areas of energy stagnation, which then harden in the physical, and go on to fester.**

Why are we so surprised that the new babies, sleeping in very chilly nurseries get sticky eyes, sneezes and nasal mucous? **SOLUTION** – keep babies warm, especially the air they breathe, as it must be warmed by baby's fragile yang qi before entering the new lungs. If the baby is weakened or premature, the extra cold invasion could be potentially lethal. (Strong yang qi means immune response intact).

Acupuncture balances energy flows, restoring normal blood circulation, encouraging healing. Chinese herbs nourish, rebuild and support all aspects of well functioning. Common sense must prevail over the medical focus which sees all of life as only existing at the right hand side of the line.

HOW TO STRENGTHEN YOUR YANG

By paying attention to the type of advice all great grandmothers probably dispensed, is to live the ways that showed results down through the ages.

TO ENHANCE YOUR YANG QI

- Regular, warm, nourishing moderate-sized meals eaten in harmonious, calm and unhurried environment.
- Absence of extremes in any sphere of life.
- Freedom from cold penetration, which directly wastes Yang Qi (Yang Qi's function to keep body warmed).
- Adequate movement to ensure freely flowing circulation.
- Sleeping early in the night, awakening with the sun.

TO WASTE YOUR YANG QI

- Immoderate/irregularity in any form, especially exposure to cold (external or internal) through consumed fluids and foods, especially when very hungry or exhausted.
- Consuming damp-producing foods, which slow the Spleen Yang Qi's ability to transform and distil the raw materials eaten into pure essence - anything sweet, greasy, cold and /or raw foods and/or fluids, including alcohol & cola drinks.
- Allowing damp energy to form, either through living and being in damp conditions, or by immoderate eating choices, which in turn obstruct the clear digestive process.
- Becoming slothful and lethargic (consequence of damp setting in), creating sluggishness.
- Allowing any blockage to lodge on any level, distorting the orderly essence transformation and circulation processes.

HOW TO STRENGTHEN YOUR BLOOD AND YIN

To live well, thoroughly enjoying life, we need strong yin.

TO ENHANCE YOUR YIN QI

- Living a regular, orderly, enjoyable life.
- Freedom from excessively heating and drying conditions.
- Adequate hydration of pure, fresh water.
- Plenty of restful sleep, relaxation and 'downtime' to repair
- Emotionally fulfilling relationships, free of trauma.

TO WASTE YOUR YIN QI

- Inadequate intake of pure water (not fluids in general).
- Excess of hot, spicy, concentrated foods and fluids.
- Consuming excessively sweet, salty, processed & nonnutritive substances (requiring detoxification).
- Insufficient quality/quantity of sleep/relaxation.
- Living in continual highly stressful environment.
- Life crises/traumas left unprocessed, creating constant emotional energy splinters to fester, upsetting qi flows.
- Overbleeding (women), at any point of the reproductive leakage of life force.
- Conceiving, carrying & breastfeeding children whilst not in perfect state of healthy rested functioning.
- Having too many children, miscarriages or IVF attempts close together. (See pp 31, 36, 66-67)
- Over-indulgence of immoderate sexual release (men).

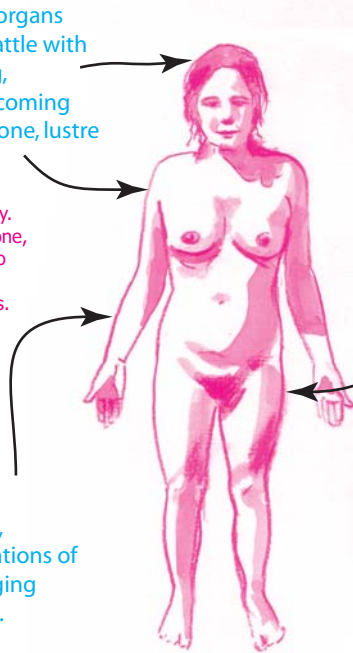
DISTRESSED SPLEEN QI AND YANG

When general yang qi is compromised, the digestive and other Spleen Qi functions are affected. This concept is very important to grasp, as it underpins notions of avoiding cold that are throughout all Asian cultures, old wives tales, and this manual. All assimilation/circulation/fluid metabolism/congestive/mucous/allergy problems, immune deficiencies, bleeding and prolapse, varicosities/piles/miscarriage/early labour/incontinence/ and floppy/flabby tissues lead on from here. So too can mental fogginess/lethargy/exhaustions of any kind and in extreme cases,epilepsy/manias & schizophrenias (pp 25, 29).

Flesh, tissues and organs start to lose the battle with gravity, all sagging, stretching and becoming flabby with poor tone, lustre and strength.

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

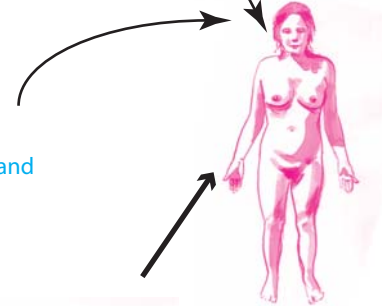
Lymphatic system becomes sluggish, creating accumulations of toxic wastes, clogging defensive systems.



Prolapses, incontinence, pelvic floor collapse, haemorrhoids.

Weakened walls of blood vessels create varicosities, leakage and bleeding.

Blood may leak or gush, especially menstrually or during pregnancy.



Threatened and actual miscarriages, premature delivery.



DAMP

When general yang or Spleen Yang Qi (digestive strength) is weakened, whether it be for Mum in or after pregnancy, Dad by pretending he has a 'cast iron gut' or standard baby who is born healthy, yet in a highly unfinished state (see pp 202, 203), common symptoms appear.

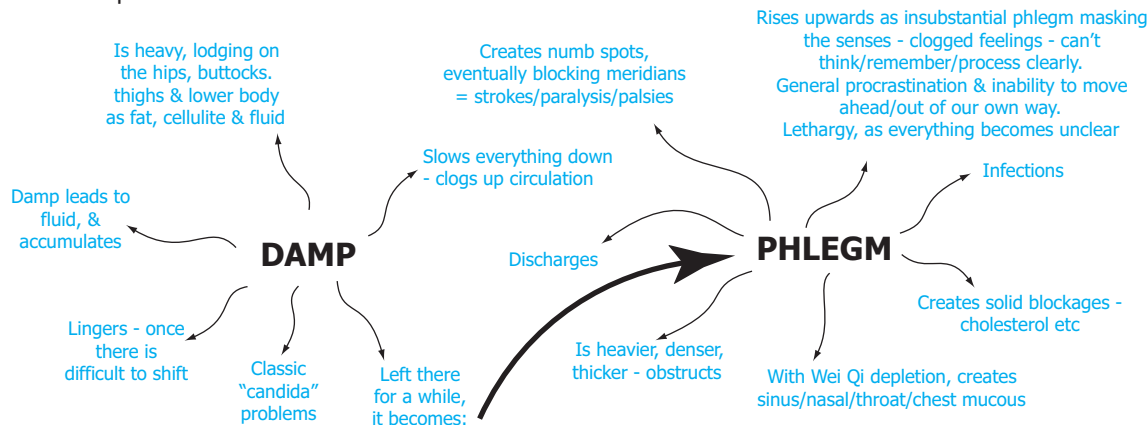
The energy of "damp" in acupuncture loosely translates as anything that obstructs the clear, easy flow of anything else. Initially the 'damp' condition may be just a feeling of heaviness, fogginess and blockage in a nebulous claggy sort of way.

It often is a life long way of being in the world - people who are very sociable, always there when you need to drop in, always ready to sympathise - and who seem to always be in their own way, as there is always something else to do, rather than the planned event.

The formation of phlegm is a more substantial event, which eventually creates not just the mucous one coughs and blows away, but real disease mechanisms.

'Phlegm' is a serious accumulation of something that has lurked long enough to be showing its presence PHYSICALLY OR has the energy of gross dampness as a pathological entity. Phlegm always needs active expulsion, and always has a digestive component, thus dietary change will always be a factor in its resolution.

Pregnancy as a state of naturally increased dampness (see page 68). If Mum had a tendency to visiting this energy configuration before conceiving, she may be tipped over into 'health problems' in pregnancy.

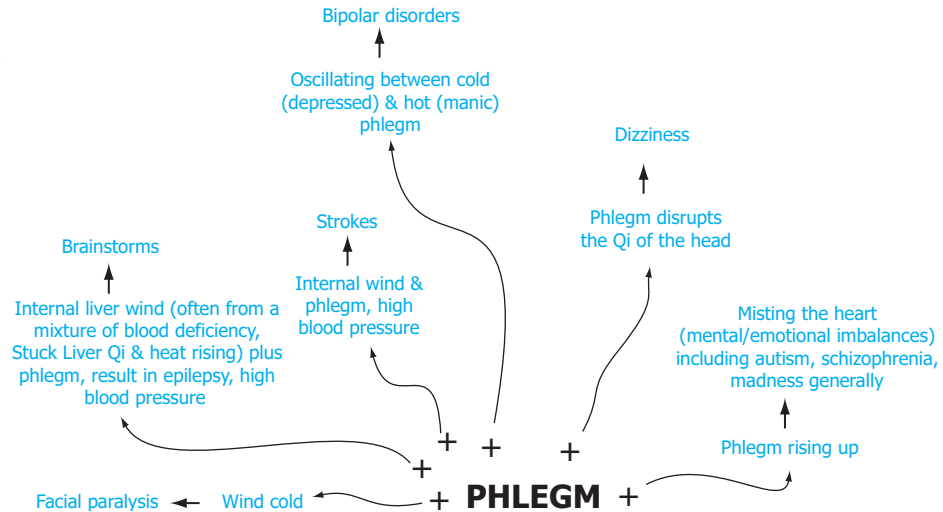


These conditions can be avoided in part by following the seemingly 'Grandmotherly' advice on page 22, 58, 59. If the phlegm issues are left unresolved, degenerative and debilitating conditions eventually condense along with the myriad other symptoms which collect as we wait for them to pass us by. We can call these 'bad luck', but they are actually born of not knowing and negligence.

When 'phlegm' piles in with other body imbalances, often assisted by substance abuse, severe trauma, debility through illness or ageing, or a combination of some or all, these more severe conditions can occur.

It often takes years of a gradual progression through the differing phases of these constellations - many but not all are within the following pages. They have been included, where I felt they would help you understand the differing types of things that pass for 'normal' and even 'health' before the medical 'disease' line in the sand is crossed.

Whilst this above is a simplification, you can see that going to the acupuncturist and taking advice given - dietary, and lifestyle changes may help explain why things that seem so



unrelated all seem to come along together - even if they did not fit into the specialists' textbooks.

The energy of phlegm when added to another constellation of possibilities tends to make the other condition more severe. Phlegm misting up (cloudy thinking/don't know who you are/coma in severe cases), is vastly worsened with heat added - creating full-on manic/mad outbreaks.

Phlegm added to wind and cold externally create the numbing and paralysis of a Bell's palsy incident. Cold and wind usually create nasal and flu conditions - lodging in the tissues - is a step more internal, thus more serious.

HEAT - WHAT IT DOES, HOW WE GET IT?

Wastes yin qi (pp 19, 66)

Destroys Jing (pp 31, 67)

Causes blood to become reckless (pp 26, 67)

Gives rise to Shen disturbances (pp 29, 55, 139)

Creates inner wind (pp 25, 55, 138-9)

ENVIRONMENTAL

Over exposure to sun, heat sources, either intentionally, neglectfully or occupationally.

Over exposure to drying conditions, creating yin/ Jing depletion.

Being hit by an extreme event – direct lightning or electrical surges.

Fiery incidents, and burns of any description

Cold energy closing off the skin, so pores do not allow the inner heat, from normal bodily metabolism to escape, thus over time creating heat.

External toxicity sources.

EMOTIONAL

Bottling up feelings, and not expressing self.

This is often so ingrained, and considered to be 'good breeding', that it may be extremely difficult to both self diagnose, & change the habit.

Leading into Stuck Liver Qi (p 48), onto Liver Yang Rising, (pp 55, 139) after Hot Blood p 67 – all of which are very life threatening, not just in impacting on quality of being issues.

Having a sudden attack of rage, especially when drunk, very exhausted, or "being at the end of one's emotional 'tether' ".

**INGESTION**

Excessive spicy foods, hot concentrated, salty, sugary &/or processed foods and/or fluids.

Chemicals, intoxicants, anything that requires dilution & clearing from the body.

Not consuming a sufficient daily amount of pure water.

Taking prescription or recreational drugs or any substances that need flushing out of the system.

LIFESTYLE

Lack of moderation and regularity.

Pushing oneself.

Not resting, or sleeping well.

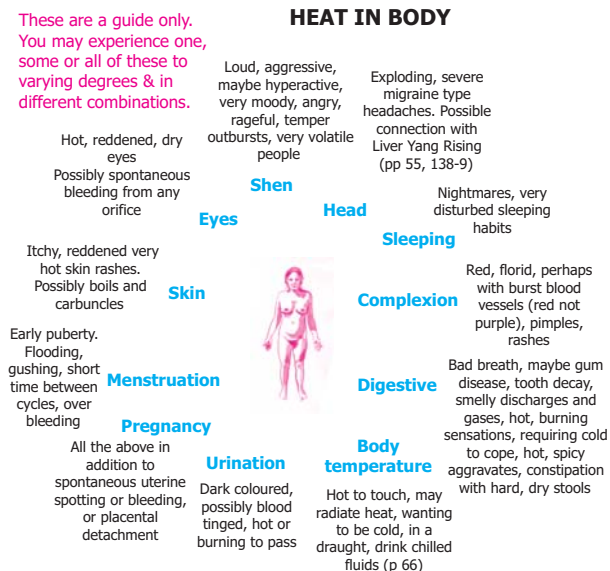
Having children close together, so body is not back to pre-baby state before having another (pp 31, 36, 69) - wastes yin indirectly creates heat.

Breast feeding for longer than is indicated by own body's wellbeing (blood energy pp 32, 53, 56), or when pregnant again.

IVF cycles – overextend & waste Jing, when it is often the lack of quality there that is causing infertility – thus ensuring ongoing ill health [possibly for rest of life (see pp 31, 34-8, 66)].

HEAT IN BODY

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



Heat energy is exceptionally damaging if left in the body. Metabolic heat is normally removed in a variety of ways - besides temperature regulation through the pores in the skin, heat is discharged through the urine. When the body is over exposed to any of the factors on the opposite page, is in a depleted state, or is denied pure water to dilute either the resonant (chemicals/chillies/curries/alcohol/drugs/toxic materials) or physical (hot in temperature) heat source, initially we see more concentrated, highly coloured urine, then we feel it burning.

If we become extremely angry/distressed, the heat energy may pour downwards into the bladder and create a cystitis like condition, without bacterial interference, and we really are then 'pissed off'.

When extra heat is either generated/consumed or not released. It starts wasting the body's vital fluids and various levels of yin (nourishing/lubricating and cooling manifestations). This leads to the various energy patterns seen on pp 55, 66, 138-9.

Once blood/yin and/or Jing are damaged, serious physical body responses and conditions occur. These show to varying degrees in the different areas seen to the left. Whilst some of these may be considered to be 'hereditary' or as the person has always been, they herald energy changes that may be present gently for decades before the "real" diseases (see pp 138-9) occur.

As pregnancy is a time when more heat (see p 68) is present than usually, care has to be taken that Mum is well hydrated and not displaying any of the situations opposite. If she already had a tendency to heat or blood and/or yin and/or Jing deficiency, she especially if pregnant throughout summer, or in a very 'stressful' time of her life, is more likely to surcomb to heat and Yang Rising type conditions (see p 55, 138-9). These can be life threatening, and do not happen without warning. They are just under the medical radar, until frank body distress is recorded (see p 8).

You can keep an eye on things, as these apparently discreet and separate symptoms are all obvious when you live intimately with another.

SHEN

Shen is a concept which is not easily translated into Western culture or thought. It is more a spiritual resource - an energy concept. Our Shen governs who we are and how we express ourselves. It is not the brain, memory, personality or conscious thought. A well nourished Shen allows us to present a consistent persona to the outside world - it governs our clarity of speech, brightness of eye, coherence of thought, and ability to live in mental and emotional tranquility. To be able to sleep well, hence replenish ourselves on all levels, to perceive and think clearly, and respond appropriately, are all governed by the amount and quality of our blood energy, which in turn nourishes our Shen.

WHAT UPSETS OUR SHEN

LOSS OF ITS HOME – in shock, or when another influence has overpowered the Shen, it may seek temporary refuge elsewhere (lose consciousness). An extreme example of this is when the physical vehicle keeps ticking over - the qi and Jing are sufficient, and life sustaining raw materials are provided –‘we’ can survive, like a car idling in the garage, as in coma/with extreme loss of consciousness/stroke and on life support, or more normally, for those living in a catatonic/paralysed/non comprehending state.

LOSS OF NOURISHMENT – blood is the base or foundation for the Shen. If the blood is not circulating, or is lessened in quality or amount, there may be emotional/stability/sanity issues. This may happen gradually over a lifetime. This is even expected - see p 37 - but with worry, lack of repair/regenerative time out, or when sleep is not replenishing, or a combination of these occurs, it is accelerated.

LOSS OF CLARITY – often as a secondary effect of the two above. Major source of foggy thinking – (pp 24, 25).

PHLEGM DAMP - Clouds of insubstantial phlegm, perhaps wafting up from a clogged digestive system - created by a diet of highly damp inducing foods – chilled & cold &/or raw foods and fluids, overly sweet with or without alcohol. These may have been consumed when the body was in a very young/unformed/exhausted or weakened state, or unbalanced from immoderate and irregular lifestyle/experiences as yet unprocessed. (‘Stressed’ - pp 48 - 54, 138).

LOSS OF GRIP – either due to heat creating reckless or rebellious blood energy, or through external invasion. (Heat causes the blood energy to become supercharged, and the usual balance and peaceful calm demeanor may be lost). If combined with the effects of stimulants (pp 26, 139), the likely effects of Spleen Damp forming, heat and phlegm energy together may give classic “mad” symptoms (pp 25, 55, 138-9) at least pre-menstrually; in preparation for the monthly bleed, when there is a relative over abundance of blood in the body temporarily.

If the symptom persists, suitably qualified acupuncturists are well equipped to give stabilising treatment, usually including Chinese herbs which support the return to wellness preventing further episodes. Western medicine observes and monitors, natural medicine, especially acupuncture and Chinese herbs, can reassert wellness.

Please read sections on pp 58-9, 62. More exercise, meditation, time out, to remember being with, and liking self, especially fitting in massage, touch and relating intimately (pp 74-5).

HOW TO RECOGNISE A DISTURBED SHEN

When mild - sleeping problems. When more severe - not 'at home'. Wild/vacant look to the eyes. Emotionally unstable /volatile/aggressive. Possibly loud and abusive. "Nervy" disposition. Unfocussed eyes/thoughts (see pp 24, 25).

HOW DID THIS HAPPEN?

Shocked (usually in early life) - eg before or during birth - in BABIES - can see a blue mark, or a line running across the bridge of the nose. They often are unsettled, scream, sleep poorly, have very distressed behaviour. In OLDER CHILDREN - especially as youngsters, possibly were **not respectfully treated as new & tender creatures**. In OLDER PEOPLE - **anything that creates the fear/shock** body response - not often perceived as 'bad' at the time.

WHAT TO DO GENERALLY (at any age)

- Resolve shock- Rescue Remedy or similar to help antidote the after - effects of the shock on the circulation & its effect on the Shen (see pp 208, 210).
- Have osteopathic corrections done to allow the blueprint to reassert itself to ensure that the potential is free to unfold as planned - birth and gravity are big adventures.
- Provide a safe, comfortable environment to live in and mature with possible energy healing work to hasten this.
- Take supplements to calm the nervous system - good quality B complex supplement, preferably liquid Zinc and separate Magnesium replacements (easily absorbed).
- Take Chinese herbal blood tonics and Shen calmers.
- Reframing of 'life' to a less judgemental ('bad') attitude.
- Find a good rebirther, or other energy/body worker.

BLOOD DEPLETION

1. Stop blood loss, ensure the leaks are patched (esp heavy periods regulated with Chinese herbs and acupuncture).

2. Stop worrying, to allow the digestive and nervous systems to work returning the system to balance.

3. Take Chinese herbal tonics to strengthen the digestive system, blood energy and thus all body.

4 - Chose nourishing foods.

HEAT IN BLOOD

1 - Drink lots of pure water.

2. Avoid all heating and processed foods and activities, see pp 22, 26 .

3. Take Chinese herbs to calm the Shen - and restore normal balance - esp. in a hyperactive/hot child pp 26, 138-9).

PHLEGM MISTING THE HEART ('MADNESS')

1. Avoid all substances that create the gateways to 'possessed' states - alcohol, marijuana and other recreational drugs.

2. Avoid all sugar, sweet foods, as Candida is a major cofactor here.

3. Take digestive enzymes to assist the appropriate assimilation of foods.

4. Attend to diet, especially avoiding foods that create phlegm (pp 22, 58, 60).

5. Regular moderate intake of nourishing food & fluids.

6 - Herbal & possibly therapeutic medication to maximise living adjustments.

GENERALLY - Treat the person as **HAVING** a problem, rather than **BEING** a problem.

JING – OUR INNER CAPITAL

If we considered ourselves to own an inner bank account, the capital - deposited at conception is our Jing, inherited as potential from our parental lineage. Our Jing may have been allowed to unfold calmly within our early formative years and if it is nurtured well, this parental care and attention pays dividends for us in later years.

The age and health of our parents at conception, Mum's ability to be well and happy during her pregnancy and our early babyhood, and the safety we were born and raised within all feature here. **Deficiencies in one area may be offset by very good management in others.**

Wise parenting allowing development to unfold according to the inner template, with a carefree though structured early existence, ensures that we have the best possible foundation for our later endeavours. The amount and quality of our reserve essence (Jing) stored, to be called upon in crises, depends upon the quality of all the early life experience, and then, later on rate at which we drive ourselves - at what pace we live our lives.

The vigour of all aspects of self is dependent upon our ability to transform aspects of the air, water and solid materials, incorporating their structure and their energy into that which we can use for our continued existence. The ease by which we achieve this, the quality of the results, and our personal expression of who we are, are all direct results of our Kidney energy, and beyond this, our Jing's ability to support us in form well in this life continuum.

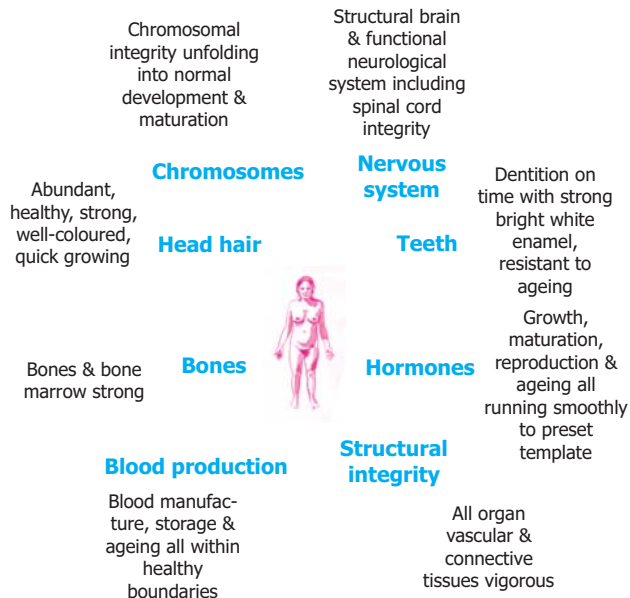
The rates of metabolism, ageing and reproduction are all

held within the 'hormonal' areas within the brain and spinal cord, and these themselves are governed by the Kidney Qi. The Kidney Qi (energy) in our body supplies and moderates all aspects of everything that keeps us within "life". It is the source of our yang (metabolic) and yin (regenerative) energies. The strength of these is dependent upon the quality and quantity of our Jing, itself underpinning our physicality, which itself is stored within the Kidney complex.

The strength and healthy life of our hair, bones, teeth, mental stability and intellectual capacity, our easy reproductive histories and our rude good health are all easy visible measures of the strength of our Jing.

HOW TO IMPROVE ONE'S JING

- Choose one's parents well - young, sensible, stable and of "good stock" themselves.
- Live an orderly and peaceful, though fulfilling life.
- Choose nourishing, life affirming diet and activities.
- Avoid all unnatural & overly heating substances.
- Live moderately and following the seasons.
- Resolve stress as and when it happens, especially allowing time to recover when any disruption to health and life occurs. The pivotal times are ideal for resting and reviewing, particularly as we age.
- Embark on a self rescue package as you near or enter one of the pivotal stages.
- Thus allowing the normal blueprint to assert itself, by self-healing as required.



If Mum or Dad have any health concerns, attending to these well before conception of the next child will mean that this baby is more healthy than it otherwise would have been, as its foundation (Mum and Dad's body reserves flowing onto Jing) will have been repaired.

Often mothers-attempting-to-become may have falling or poor quality hair, and/or possibly warm feet, especially at night. **These two apparently unrelated symptoms mean the Jing level is damaged, and it requires urgent help, not hammering with IVF which squanders Jing further (see pp 66, 67).**

WHERE AND HOW JING MANIFESTS

IN PREGNANCY JING IS MANIFESTED BY

- the achievement of easy, vibrant pregnancies and outcomes. **Jing is imparted at conception by BOTH parents, and is allowed to blossom if all is well within Mum.** If the baby is not thriving, her body may well jettison it. It is very often a Dad (lack of) quality Jing issue. These issues are the essence of IVF failures - QUALITY in all aspects of Jing and Blood energy is only possible if your medical model factors them in. **Specifically, poor quality Jing is evidenced by**

- 1 - having insufficient &/or average quality sperm or eggs
- 2 - not achieving pregnancy
- 3 - having 'products of conception' that fail
- 4 - not carrying pregnancy easily to term
- 5 - having a compromised fetus/baby at any stage
- 6 - birthing a baby that does not 'make the grade' using any standard developmental markers.
- 7 - Having a baby who has blonde, and/or very fine, and/or very slow to grow hair. This child may also have slow dentition, although appear otherwise 'normal', but will also possibly have digestive and respiratory weaknesses, which can be addressed in the early years using natural health supportive, rather than only crisis management means.

It is far easier to take more time out to ensure a stunning reproductive outcome, rather than slot pregnancy into a time table that is nudging up against the concept of "age".

"Ageing" shows when we use up our Jing prematurely. Wise living can reverse the biological results of this.

BLOOD ENERGY

The quality of our blood energy, and our access to it (that it is flowing smoothly to the right places) is what keeps us sane and functional on every level. As blood is encompassed as part of the loose term 'yin' substances (pp 16, 18) it nourishes and lubricates and cools us.

Strong digestive and respiratory systems (yang) creating both blood energy and blood liquid (yin) coupled with a free flowing qi and blood circulation system enables us to go through our lives well and happy. For women, usually anything that interferes with normal qi and blood production and circulation, creates massive menstrual, emotional, thinking, sleeping, appearance, pregnancy and sanity repercussions.

It is vital to ensure that any instance of haemorrhage, excessive bleeding or leakage of vital fluids in a woman is treated as damaging and corrected.

Please reread the sections on pp 18, 22 regarding looking after the yang and Spleen Qi. This further puts into perspective the role cold penetration plays as a 'disease' creator, explaining why all Asian cultures ensured that women were well insulated from cold influences at vulnerable times (esp birthing) of their lives.

And why you can help in such apparently mundane and seemingly illogical ways.



HEATHER BRUCE

HEALTHY MENSTRUATION LEADING TO HEALTHY PREGNANCY

Healthy menstruation occurs as a consequence of a woman's 'sea of blood' being full. Jing unfolds according to a blueprint (see page 34-5), partially in response to the normal circulation and production of qi and blood.

Anything that interferes with any aspect of this, at any stage - especially within the pivotal stages in a woman's life (see page 41) may have consequences well after all is forgotten. If there are any menstrual disorders prior to pregnancy, the very same influences that created these will likely result on a less than perfect pregnancy, birth, lactation and/or recovery period.



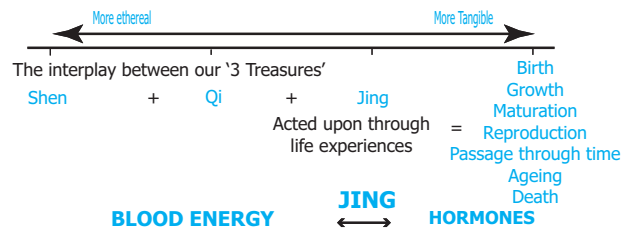
Ideally a woman actively resolves all aspects of her health before she embarks on the creation of another. Similarly, the more effort spent in really understanding herself, her sexuality and her inner life, the more she will breeze through the growth enforced upon all as they (unwittingly) remake themselves, whilst gestating another.

Anything that has altered the woman's self image, or that has impinged upon her full enjoyment of her sensual nature will bear fruit within the birthing arena. Those who believe having an easy pregnancy and birth is as simple as being 'healthy' (that is not obviously ill), and eating the current version of a "good" diet, and the "right" supplements, set themselves up for difficulties, as where Mum's head and heart hide and collide with her body cannot be repressed/hidden at such

times (pp 42, 50, 65).

Any apparent tinkering with hormones, especially in the attempt to force pregnancy rather than enhance well functioning to enable nature to prevail is bound to create challenges within the pregnancy/birthing/lactation stages.

In order for a well easy pregnancy, birth and recovery, Mum has to have had her **Shen, qi and Jing** able to express to their fullest potential, thus allowing the best quality **blood energy** to flow. In so doing, the physical messengers on the biological plane (hormones) are then capable of unfolding the mysteries of a well woman's life. If IVF or other medical assistance has been used to attain pregnancy, it is desirable to have the echoes of these imbalances, and the original energy and Jing blockages neutralised, to ensure a healthy pregnancy/birth outcome.



Western orthodox medicine's insistence in only looking to one part of the equation, as though every part of our beings can be medicated with artificial replacements ensures problems are masked, denied and left to chance.

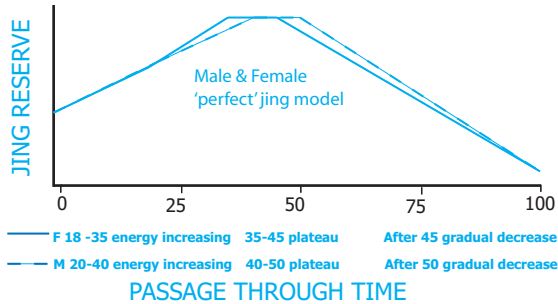
UNFOLDING JING

		BLUEPRINT	HOW TO MAXIMISE
Pre-conception		The more undifferentiated we are, the greater the effect everything has upon us. At our very beginnings even minute doses of contaminants, in whatever form, alter forever what and who we were to be. Changes made to our blueprint at this point are indelible.	Strength of future person's constitution, thus experience of this dimension is cast through the pre-conceptual lifestyle choices and personal decisions made equally by both future parents. Both chronological and biological age determine the calibre/quality of parental acquired Jing to the offspring.
Gestation		The closer we as beings are to the time/source of our physical conception, the more profound the incidents' effects on us. The less formed we are, the more vulnerable we are to any influence.	Calm, regular, respectful self-care in a peaceful environment, free from health imbalances to ensure full blossoming of the DNA and Jing potential into an independent, brand new perfectly functioning baby person.
Birth		The birth process is one which terminates our dependence and throws us into separation. The manner of the severance of our lifeline to our mother creates our lifelong personality/behaviour traits (see pp 70, 71). At this time any deviation from 'natural' throws us into a distorted energy pattern, independent of the Jing template. We then get to work through this as our 'windscreen' on the world.	Relaxed, happy healthy mother full of abundant qi and blood energy to allow an easy delivery free from fear-based consequences. Labour to commence and progress smoothly, baby to be delivered with minimum fuss, or trauma, ensuring a safe transfer from dependent fetal circulation to independent existence. This initiation into 'the world' being a crucial developmental pivot upon which all future energy cycles rely (pp 70, 71, 197-8, 201).
F	M		
1st cycle	1x7 1x8 years 7 8	Digestive system immature, taking time to learn to operate at peak efficiency. Baby systems are brand new, needing respectful, deliberate and loving handling. Deep sleeping MUST occur for the replenishment of Jing. Towards the end of this cycle the body is working properly. The baby teeth fall and are replaced by adult ones. Head hair (a "sprouting" of the Kidney Qi/Jing) becomes plentiful.	Regular stable environment allowing gradual biochemical and energetic mastery of the self, appropriate nourishment and respect on all levels for inner discipline and growth requirements. Moderate exercise, rest, food and sensory input to allow appropriate maturation at the pre-set intervals.
2nd cycle	2x7 2x8 years 14 16	The Jing becomes lustrous. There is now sufficient Jing storage and the "dew of heaven" - sperm and ova - announce their presence. The fertility meridians are full and overflow. Periods begin creating easy fertility and rampant hormonal swings.	Natural correction of any blockages to qi and blood flow that are indicating their presence as menstrual irregularities (wellness, mood and happiness swings). Excessive blood loss, malnutrition or inadequate deep, sleep AT ANY STAGE-all act as robbers, depleting the Jing reserve held in trust, impacting on our passage through time.

UNFOLDING JING

3rd cycle	F 3x7 M 3x8 years 21 28	The Kidney Jing peaks - the ideal time for baby making . Physical growth has finished. The wisdom teeth arrive.	Release from social/familial dependency on all levels to attain a sense of self within a wider community, preparing for true creative contribution and interrelating. Preparation of self, partnerships and nest for procreation/productive/creative life.
4th cycle	4x7 4x8 years 28 32	The physical body is in peak condition . The head hair at its strongest and longest.	Orderly habits, self-nurturing and adequate rest/selfing to allow quality replenishment between children - ideally 3-4 years to ensure maternal stores are refilled for the highest level of functioning for subsequent offspring. Definite breaks between lactation and pregnancy with the return to maternal pre-pregnancy vigour and healthy menstrual periods between each child.
5th cycle	5x7 5x8 years 35 40	The nourishing meridians start to falter . The complexion shows this first and facial wrinkles appear as the quality of inner nourishment weakens. The teeth may begin deteriorating and the hair falls/lose condition or colour. (All being markers of Kidney Jing strength), which dwindles with age.	Space for self to revitalise itself, allowing for own regeneration and place in the world, whilst creating the foundation for others. Adequate level of rest, good nutrition, attention to undoing that which is restraining true expression of life spark/force, to allow full progression into who Self intended to be.
6th cycle	6x7 6x8 years 42 48	The digestive system weakens . Hair begins to lose colour & go grey. The eyes, and possibly memory, start failing. Fertility is vastly weakened as quality issues (chromosomal damage - Jing indicators - and pregnancy ease) become apparent.	Maturation into self-acceptance, tolerance and compassion as the raw power of youth is tempered by wisdom gained from the journey through time.
7th cycle	7x7 7x8 years 49 56	Depletion of Jing - the rate of which is dependent upon both the inherited constitutional vigour and the pace at which life was led . The "dew of heaven" dries up and sexual/reproductive weakness may occur.	Release from monthly bleeding/breeding cycles into zestful blossoming of independent self. Natural and resourceful correction of any life imbalances or emotional and belief blockages that show up in the menopausal report card.
8th cycle	8x7 8x8 years 56 64	The tendons stiffen, bones, teeth, mental faculties & visual acuity diminish & neurological impediments all accelerate. "Ageing" becomes obvious , the severity & speed depends on Jing quality. AGEING=LESSENING OF OUR JING QUALITY	Maintenance of healthy qi and blood circulation through attention to self-growth as the priority in one's own story. Ageing may be accelerated through neglect & misuse, or retarded by careful self-management. LOOK AFTER YOUR JING AND IT WILL LOOK AFTER YOU.

'LIFE' SEEN THROUGH JING EXPENDITURE



IDEAL/ "PERFECT" BEGINNINGS

This shows a representation of the importance of the early life - how it can give us a strong, or flawed foundation.

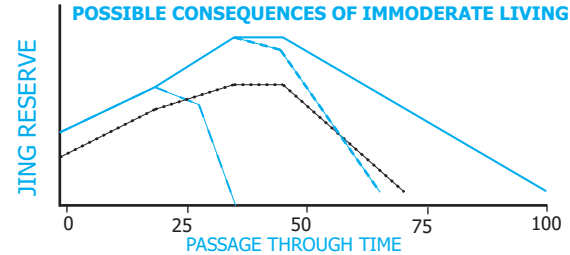
In our very early years by being nourished, tended to and loved, we can concentrate our inner efforts on blossoming out into the potential that we have awaiting within.

Men and women have a slightly different time-table; men develop slightly slower. If we live according to the seasons, living as true to nature as possible and being aware of the amount of restful sleep (and at the earliest part of the night) that we allow ourselves - we may live long healthy lives, recovering well and completely if incident, accident or infection occur.

REAL LIFE

Most of us have lived through more interesting lifestories.

#1- follows the trajectory of the most perfect life/ Jing unfolding we could hope to have. **#2** - shows what can



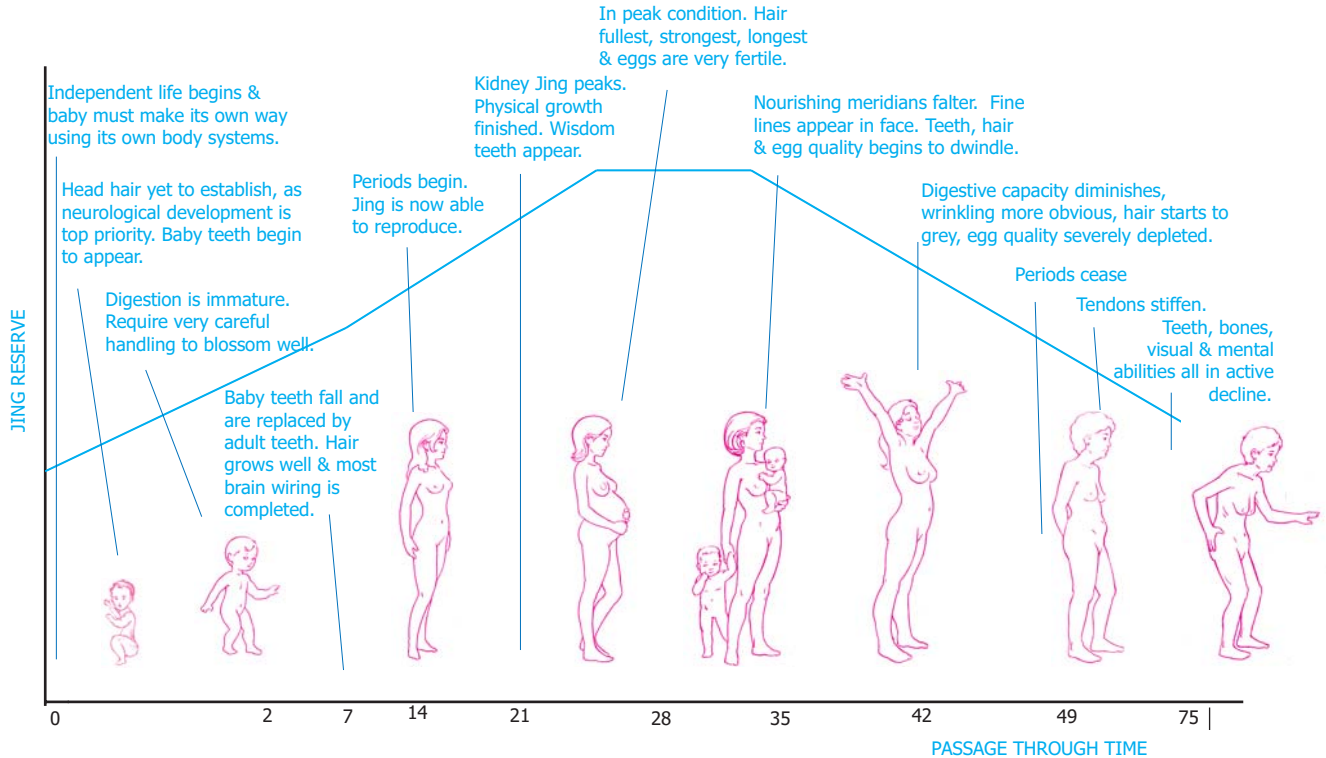
- 1 — Ideal expression of Jing potential
- 2 — 'Crash & burn' from 18, after regular/moderate upbringing
- 3 - - OK till adulthood when too much was undertaken & jing expended prematurely
- 4 Poor jing bequeathment, early start OK, 'reasonable' life & lifespan

happen, if Mum and Dad do everything within their power to ensure that their offspring start off well - sometimes youth knows best, or life intersects with their own good intentions, so they may burn (out) high and fast. If the young survive their early experimentations with the less boring life options, they may discover a lower quality body, with vastly less life choices to continue experiencing through (see page 66-7).

#3 - Shows the diminished start/handicap that we gift our children, through our own life choices - a version of **#2**, whether it be leaving making babies till after our 20's, being in an ill/ weakened state and/or not bothering about decontaminating ourselves before conceiving them, and/or forcing conception - thus taking out of nature's hands the most important choices they can ever have made on their behalf; as their whole life is set by our initial contributions.

#4 - If Mum plays "superwoman" when her body is at its most resilient, she reduces the quality of her future.

STAGES OF A WOMAN'S JING



NATURAL LIVING SUPPORTING JING EXPRESSION



Fetal EVERYTHING depends on the quality of the inherited (from BOTH parents) Jing. How they have lived their lives - not just the month they attempted to conceive is on trial.

How the initial pregnancy develops is as much a report card on what DAD has done, as whether Mum or her eggs are "too old". This may be a generalised problem - 'wonder drugs', and also the 'advances' in technology, food, vaccinations, hormones and environmental chemicals all cumulatively doing their little bit to alter perfect, damaging the total gene pool.



Baby's state of qi and ability to develop as to its potential is governed not only by what it was gifted. How can baby access this if s/he has been shocked and stressed by various 'helpful' interventions, supposedly for its own (current medical thinking) safety and good?

Structural misalignments corrected (osteopath/cranial chiropractor) may allow new baby to calm down, and actually digest and sleep peacefully, thus enabling whatever shortfalls gifted to now be enhanced by baby's PERFECT - not medically adjusted - body systems. Then

Mum can sleep/lactate better.



Given small 'tweaks' in the form of enhancing normal - nutritional supplements/homeopathic/herbal within living health models children can flourish with minimal 'health' problems. **A strong immune system is one that has been left to mature unaided.**



Attaining puberty in an intact, safe, secure happy family unit is the ideal growing environment for all. To have life up (thus Jing unfolding) until now ticking uneventfully along, both Mum and Dad's needs met within the family, and maturation and sexuality being allowed to blossom without judgement or disruption/trauma/accidents is optimal for normal menstruation.

Periods are a report card of how a woman's qi, blood, Shen and Jing are interrelating. Women are designed for making and rearing babies once their periods are regular, their bodies have finished growing, and their **head hair (expression of Jing)** is at its longest and most healthy.



Once pregnant, **Mum's body remakes itself.** Body systems are adjusted to accommodate the later demands. Any energy spurts now are best not diverted into external projects, as biology is creating a strong nest, setting aside inner resources for junior, and for Mum as a reserve.

Mum should be focussing inwards, clearing out old thought patterns and habits, in preparation for the transition (birth) from maiden to mother. Keeping Mum at work as long as her body holds out is to be remarkably disrespectful to her Jing, the baby and herself. Mum's strength of Jing and Blood energy is what enables her to stay sane, regardless of what baby and motherhood throw at her. Easy subsequent pregnancies and deliveries and life depend upon it (pp 33, 53, 56, 66, 67).



Although Mum's Qi and Jing **should** be flourishing in the childbearing years, biologically this is late teens/early twenties.

Socially, at present this is postponed until the thirties, **after** Mum's states of Qi and Blood have peaked. Leaving pregnancy til when the 'life', rather than the body is ready means that there is usually a price to be paid. **Women are not designed to delay baby making**, often for decades before conceiving (p 150).

In addition to the super states of nutrition and the heating/toxic/artificial loads of unnatural 'food' substances and additives - forcing puberty earlier than the designated 14 years - many artificial hormonal treatments will be used, to assist the resulting prolonged years of often 'difficult' menstruation. Changing the life style, (especially undoing stress and the emotional baggage) are unlikely to have been attempted, as the current medical wisdom is to medicate rather than eliminate foolish substance, dietary, behavioural, relationship and life choices.

To avoid conception, further adjustments to the blueprint, in the form of pills, abortions and morning-after pills, with the attendant emotional distress, often have been made.

With modern women working, in addition to performing the home shift some adjustments would be well made in the budgeting of her inner resources to ensure ALL babies, not just the first one get access to maximum constitutional vigor. **Having babies close together, to assist family**

finances is false economy, as subsequent children need Mum to have recovered and be in a very fit state to cope with creating and nourishing THEM (and herself) and with number one, and/or two, and the attendant sleep deprivation, carving further holes through her Jing and Blood energy (pp 37, 66-7).

Whilst women pull resources out of seemingly nowhere, keeping going when all else falls to bits, **it pays a toll on what she can access later on in her life**, and the quality of her present life expression (pp 37, 53, 100, 102).

Having regular massages, keeping regular health tune-ups, with a good acupuncturist, taking herbal tonics and restoratives, nutritional supplements and ensuring exercise and fun are part of life is akin to taking the car in for a regular service - for both of you.

Health is about being adaptable. Health is not defined by the absence of 'disease' Sweeping all small issues under the rug, to lie in wait is like passively listening to the development of an interesting rattle under the car's bonnet. At some stage there will be a worsening/breakdown - heed the warnings, rather than a 'health' system that only hears the crises.

"Stress" (p 51) is what is felt when there is no room left under the rug. This is why the couple's work through out the pregnancy - to ensure you are in sync with her body and its nuances, and she is trusting you and acknowledging/expecting your presence - is so important.

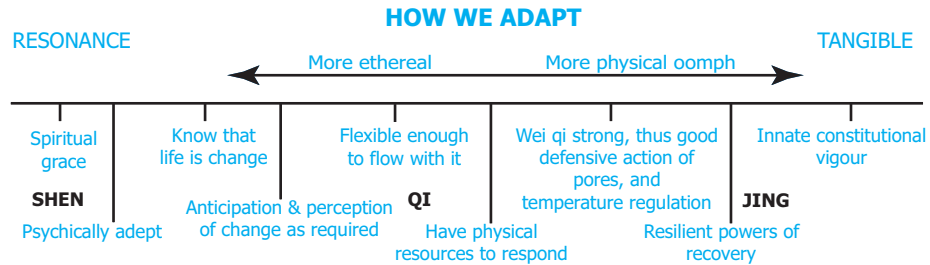
Women are primal when pregnant and even more so when birthing. Establishing non verbal rapport with her before then on this level is the best insurance you can take out.

HEALTH - THE BODY'S ABILITY TO ADAPT TO CHANGE

A well body is able to adapt to all changes, as they present themselves, at all levels.

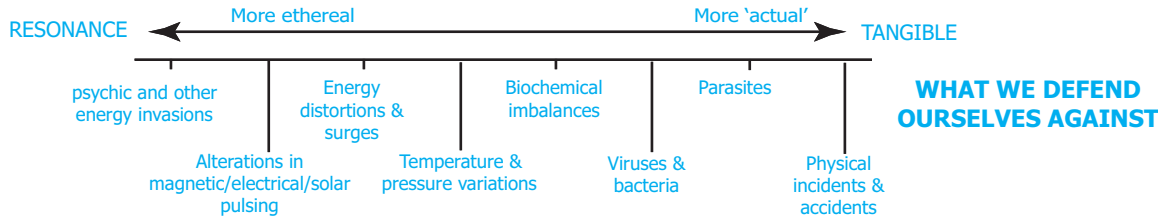
Our body responds to inner and outer shifts through the process of homeostasis. This automatic and immediate self-correction back to a pre-set calibration allows us to exist within the changing moods/tides of the physical world.

Our **defensive Wei Qi (yang)** circulates through the muscle and superficial layers of the body and energy fields in a constant tidal flow. It retires internally to be replenished as part of the overall recharging/sleep cycle. At this time the body is more vulnerable than when awake.



To choose to sleep in a draught, under fans or in air conditioning, or even possibly under a closed window, where the colder air is falling onto one's sleeping face, is to wilfully weaken the amount of yang that will be available in times when it may be very necessary. We may awaken to a snuffly nose, a wry neck or possibly, if very weakened, a case of Bell's Palsy to deal with.

Our **nourishing yin qi** must be strong enough to have reserves to be activated when required. If we have a calm, restful demeanour, are not harbouring unresolved issues, have looked after ourselves, are feeling balanced and at peace with the world, and have had a stable early life, we may possibly be flexible enough to accommodate any crisis. If we look after ourselves, it pays off.



WINDOWS OF OPPORTUNITY IN A WOMAN'S LIFE

Women's lives can be seen to be marked by 4 life events:

1. Puberty
2. Onset of sexuality
(social and sexual freedom - originally marriage)
3. Pregnancy
4. Menopause

Life changes occurring during these times affect the constitutional Kidney energy far more radically than at other times, to create extensive ripples that are relatively indelible – **to our benefit**, if we really look after ourselves, or **to our life long detriment** if we play superwoman, and recklessly spend our inner strength.

At these pivotal times, the Kidney Qi changes/hormonal repercussions create windows of growth/instability. There is at these stages the capacity to undergo immense healing in resetting the inner calibrations to more harmonious levels, thus creating a more well individual, like a butterfly emerging from a chrysalis, or to undergo massive upheavals and to re-emerge relatively chaotically challenged, to ride through the remainder of life in turmoil.

When approaching one of these stages it is wise for women to see themselves as precious, delicate flowers, and to be conservative of their energies, not squandering their resources as they may be prone to at other times.

Ironically, often at these times, the body throws off extra energy, and they may feel as though they can be superwoman – and it suits all around them to let them. This is like foolishly living off capital, rather than investing and living within the interest earned.

PREGNANCY PREPARATION

Are you both ready to incorporate another being within all your spaces? Will your relationship, your professional standing/mortgage cope with whatever pregnancy throws at you? Is Mum's body strong enough? Are you actually prepared AS A COUPLE to make the changes that will allow for a very well baby to emerge into a happy family/home?

Please read at least one of the books on p 242 prior to conception, for the sections on preconceptual care for **BOTH** prospective parents, for the baby's healthiest beginnings.

Our environment contains masses of biologically hazardous substances. They lurk – the undetectable fumes given off by all the modern building and furnishing materials, the residues of pest control, washing up and laundry detergents, biological agents contained within foods; and particles from every aspect of modern living breathed in unsuspectingly. Even if we collect rainwater, diligently filtering it, we will still have some residue of our civilisation imbued within, through the plumbing and storage facilities. All of these petrochemical derivatives in minute doses alter the differentiating fetus away from its perfect potential (p 242, p 246 (1)).

The argument "It wouldn't be on the market if it were not safe" is very naive. 'Safe' levels of most chemical additives are always scaled downwards, as the time passes sufficiently for longitudinal studies to be conducted, new measuring equipment developed and different perceptions of 'safety' accepted. Please see www.wombsafe.com and p 246 (1).

Especially, do not see amalgam as a safe substance - www.amalgam.com. For a developing fetus NO chemical levels are safe.

'DISEASE' CAUSING FACTORS -THE ACUPUNCTURE APPROACH

In natural healing systems, the person is considered as a whole unit - the physical frame being the vehicle within which the energy fields are held, this matrix present for the essence of self to dwell within. Anything that alters any of these three components (essence of self, energy, physical), will be spoken of here as 'the body' for brevity. The body's ability to function within a narrow range of parameters for optimal health, is upheld automatically, on templates that are preset, partly through our inheritance, and partly through the manner of nurturance we received whilst blossoming ourselves, from seed to flowering adult.

Any influence which overstays, weakening the body's ability to adapt to any further changes is considered within these models to be unhelpful/disease creating/pathogenic. This could be on any level or dimension. Our bodies are designed to ward off all attacks – not only by the little nasties seen under a microscope.

Our bodies can only work at optimum if we create optimum operating conditions - especially the self freely given permission to rest, regenerate, discover what makes our heart sing, and to play. Babies innately try to follow this, before we hassle them into fitting into our lives, growing them up into possibly our own harried images.

Emotional imbalances, festering incidents and other 'stuff' we pretend is 'behind' us, all weaken our being, by using our energy to hold it out of circulation, and beyond conscious thought - thus 'gone' (think shadows) (pp 47, 48, 52, 54). This is especially true of all the fear infected memories, shock of hearing everyone's horror

stories imparted and cultural birthing expectations.

Climatic impact, especially the micro conditions we manufacture – air conditioning, open windows in sleep, damp living or working spaces, exposure to cold to 'cool down' – all over time disable our circulation, and thus our basic energy reserves. Sleeping in a draught, under fans, open windows, air conditioning is enough to lessen our protective energy, depleting our metabolic strength - so we have less resistance to the biological invaders, whilst sleeping - weakening our ability to rally in defence when needed.

Immoderate, irregular, overworking and 'stressed' living habits eventually (by accumulation as we travel through time) create eddies in our inner workings that can allow non standard patterns to emerge – we then excuse this as 'ageing', or choose to 'wait till it goes away' - never thinking that if we stop, reflect, reorder and undo our stored chaos, wellness will return, as the blueprint joyfully reasserts itself.

Not giving ourselves the time, space or permission to enjoy the day, our selves, our family and our lives extracts a huge toil, as we all MUST rest to recharge and regenerate. The irkedness that we experience, and submerge when required to wait, or do something we'd rather not, or when we agree to courses of action that we don't feel like, all add up in the stew of resentment that occasionally may boil over.

Whilst natural healing systems consider a person to be a whole unit - do you? Are you chargin' about trying to make a name for yourself/buy all the trappings of success/etc rather than enjoying the ride, and living with passion?

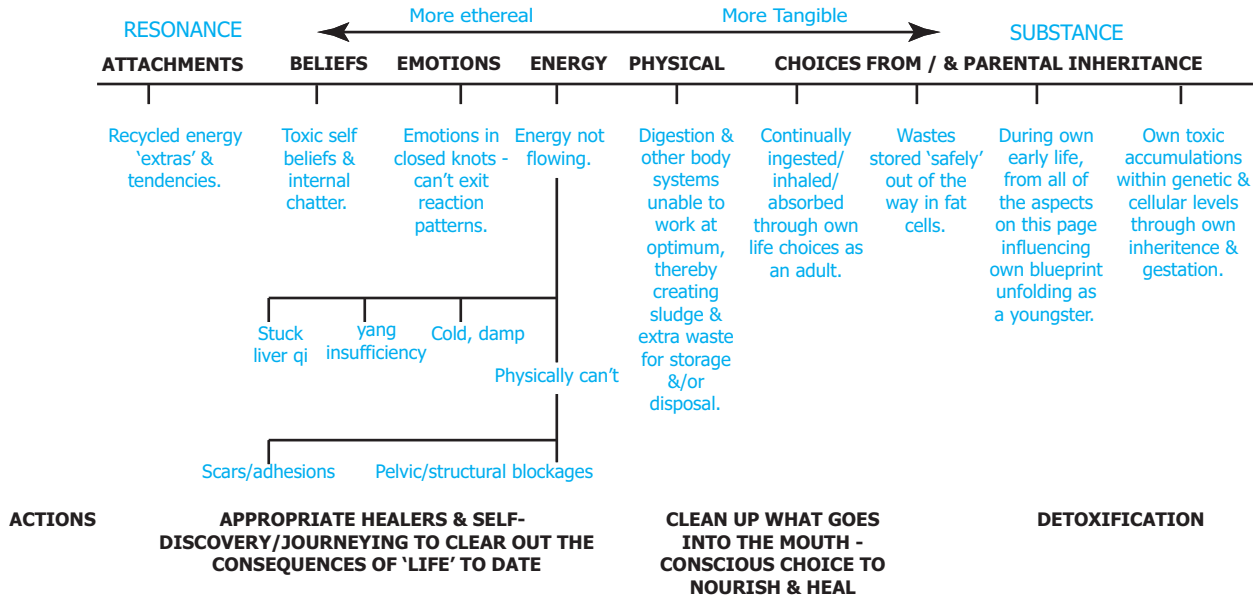
CONTAMINANTS

There are many reasons why the fertility of both men and women is declining sharply. Besides the postponement of conception til well after the woman’s peak Jing years (18 to 25, - pp 35, 37, 38), there is the accelerating environmental contamination affecting all life forms on the planet.

org/Pesticides), the burden of pollution in newborns (www.ewg.com), the fetal accumulations and the behavioural consequences (primalhealthresearch (2)/www.lifebeforebirth/www.wombsafe.com) are well documented. See p 242-5 for Bibliography, pp 246 -7 for more web sites.

The placenta can not screen out the non-nutrient content of Mum’s blood, thus endocrine disrupters (www.mindfully.

Rapidly differentiating fetal tissue is adversely affected by the increasingly polluted load we are all exposed to.



HEALTHY LIVER QI VS BEING TOO NICE/ACCOMODATING

The liver organ system in the acupuncture model that is ascribed the role of allowing the free expression of who we are. As with all organ spheres of influence mentioned in this book, a picture across many dimensions needs painting. Living

a truly healthy existence, means events are resolved rather than left closed off into emotional holding patterns.

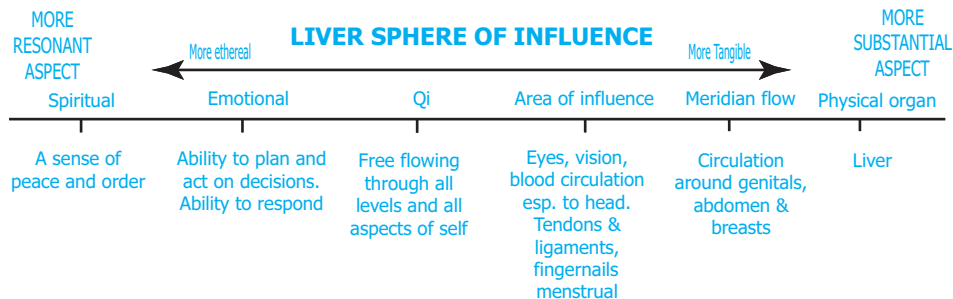
In a state of 'stress'/ unresolved emotional angst – often life long – we become embodiments of Stuck Liver Qi.

We can thus see how we easily create our own diseases

by stopping our life force and energy flows. By putting our perceptions of what others would wish from, and of, us ahead of our own needs eventually creates resentment, regardless of the "perfect" reasons we use to rationalise our behaviour. See Stuck Liver Qi pp 48-54.

By living lives of quiet desperation, hoping that something in the nebulous future will change and we will then feel better, putting on a brave face and "nice mask", apologising for our existence and soldiering on regardless, will all lead us to a condition of Stuck Liver Qi ('Stress' p 51).

Our life force then becomes depressed and until we move through, rather than denying our dis – ease, we will continue to create the breeding ground for all manner of depressed life force, damming up of energy charges, and their physical results (see page 53).



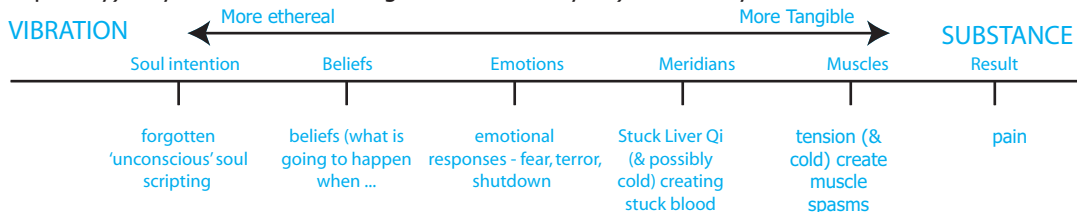
CONSEQUENCES OF NOT BEING REAL - 'COMPLICATIONS OF PREGNANCY'

Most people have unfinished business - with parents and family particularly - recycling throughout our lives under the guise of work, community, neighbourly, family and spousal disputes. It is highly likely that the life changes about to happen to your partner, brought on by the pregnancy ripening, will stir some of these to the surface. As you are about to engage in helping old energy to move on, in the form of deep massage around the frustration - sexual and anger storage areas - (hips and bum) **expect that unusual things may surface.** This is why I suggest you both use the vibrational healing essences available www.roseofraphael.com (see page 54).

It is far better that she confront aspects of herself and life that until now have been buried, BEFORE she has no time to herself. The sister manual "Well Woman's Baby" has been written in tandem with this as a recognition of the work that you (she especially) may both have to undergo.

If you pretend that as no-one else talks about all of this; it can't be important, you will miss the whole point. Other birthing literature may not mention this, as it is outside the specific medical focus. You may find in this volume that as the common 'take' on disease and luck - usually thought of as 'bad' - is only one of many, and that the acupuncture/metaphysical one offers alternative tools. Using the duality line, it can be remembered that our physical being plays out the end results of instructions it receives on other levels.

Looking again at the birthing scenario - as this is probably your focus in reading this book initially - you can see that if Mum is centred and focussed on the easy opening of her being to all that birthing entails - with no judgement of pain being anything other than a reminder of obstruction that could be cleared to ease the process - What blocks her (and your) total ability to be PRESENT?



Sometimes what blocks her is what both of you have denied is existing between you. I suggest that you see **pregnancy as a time of real intimacy, as a leap into really being together.** Baby needs its family intact, Mum needs you to be totally present, and you need you to stand and be present, responsive and accountable (see men's references pp 245, 247).

Please see Stuck Liver Qi next page. We all have it. We all pretend to be who we are not a lot of the time. Babies are too new, too uncivilised and too trusting to do this, or expect it from us. A gift to the person you hope to nurture through to adulthood could be BOTH of you becoming real. This will ensure "dis-ease" loosens its hold on your life.

LACK OF QI (NOT THERE)

A common complaint in very early pregnancy is a complete and overwhelming exhaustion. This is a signal from the body that time out is required to 'rewire' various systems in preparation for the massive load that will occur later in the pregnancy. The foundations for then are set at the very beginning, often before she even realises that she is pregnant (see page 80).

To understand the mechanisms of energy and how we use the word very loosely, study the symptom picture "Lack of Qi". This refers to someone who is actually ill - with an organic disease, often the beginnings of the thyroid insufficiency, the recovery phase of a severe infection - pneumonia, or various aspects of cancer recuperation, or just someone who has not been diagnosed with a named condition YET, who is gamely attempting to carry on as though it were not (see page 8).

This may also be the standard operating condition of many people who consider themselves "well". Usually a good dose of lifestyle change: the reduction of all sugar and stimulants - especially caffeine laced drinks, alcohol and cigarettes, and the inclusion of three hourly snacks, lots of protein nibbles, and plenty of fresh water, in addition to turning OFF TV and factoring in outdoor exercise allows the body to adjust itself back to health.

People with true 'lack of qi' will not magically come right if they win Lotto, find Ms/Mr Right or somehow find their passion in life. They are actually ill, and NOT in any state to consider medically assisted pregnancy support, as their body (especially if this is Dad) is NOT in any state to be imparting good quality Jing for a new life - as he/she can not access this for themselves.

The picture painted below is of an unwell being. If you attain pregnancy with either of you in this state, you can expect if the baby is carried to term, to have a less than perfectly healthy offspring, who may need considerable medical support over its lifetime (pp 31, 124, 202, 203, 210).

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

Slow mental
function, & thus low
self concepts

Too tired to be
bothered, lacking the
energy to get angry

Bright, pale complex-
ion, possibly puffy
under and around eyes

Lack of interest in sex

General weakness,
lassitude, shallow & weak
breathing, weak cough,
forceless voice, lack of
presence

Want to sleep, but
not refreshed,
invigorated
afterwards

LACK OF QI

Possibly spontaneous
sweating, palpitations,
especially on exertion

Digestive system very
fragile, little appetite,
loose stools, possible
under digestion,
Oedema, sluggish
lymphatics and poor
circulation

Night visits to loo,
frequent urination

Unable to sustain life well.
Possibly weak constitution

May feel temporarily
better after rest or in
the morning

Allergies/sensitivities

STUCK QI (BOUND UP)

Conversely, the state of "Stuck QI" is exceptionally common, and is often the main operating mode you may have lived in. Here, in order to function, coffee and sugar may activate you to move through the day, and alcohol /drugs may allow you to unwind/relax/sleep at the day's or week's or project's end.

The angst of feeling unable to change a key aspect of your life is sufficient for a long term depression of your life force (qi), as you battle to stay cheerful and calm in the throes of

inner rebellion - the process of being civilised has ensured that we do 'bottle up', and thus suffer from "stress" related conditions.

A lot of women find themselves in the state of Stuck Qi, premenstrually, if they have any form of angst that they are not resolving in their lives. This may eventually express itself as menstrual disorders. These left to fester (especially if being placed on the pill to 'regulate' the periods initially. Instead of acting on the Stuck Qi, that may be part of the problems, the pill adds to it leading on to conditions such as endometriosis, ectopic pregnancy, blocked Fallopian tubes, poly cystic ovarian syndrome and distressing bleeding and pain interludes monthly).

Not addressing this BEFORE conception may lead onto complications of pregnancy. especially of the stressed/ depressed type.

The only way to move from this state is to actually CHANGE - behaviour, thought patterns, habits and TAKE CHARGE of your circumstances. Blame is easier, but responsibility and action: any action if really stuck (waiting for a 'perfect' excuse is a classic) will free you.

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

Movement of all levels in self feels thwarted. Can only see the problems. Procrastination and excuses abound

Feeling of impotence and 'what's the point?'

Movement of everything is stuck, or at best, patchy. Feelings of fullness and swelling

Sighing a lot

Sensation of not being able to fully expand chest – feeling as though a weight stopping full breathing – diaphragm not expanding properly, maybe asthma

Plenty of energy, if things that 'tee' you up are mentioned

Chocolate/caffeine/alcohol allow energy to flow – thus feel better

Need coffee to kick-start the day

Depression of spirit

Depression of life force

Everything feels better with movement and exercise

Everything worse after sleep, rest, and/or when stressed. (eg instant exhaustion after thinking of specific subject, or being reminded of specific person)

STUCK QI

ACTION

- Move the qi
- Start exercising, regardless of how many excuses you can muster up.
- Turn off the TV
- Start living your own life, rather than sitting in on others, or just showing up in your own.

STUCK LIVER QI

After a person feels 'blocked' for a while - and even the process of becoming ill temporarily and not being able to continue daily activities as expected - the Liver Qi can no longer freely flow, and repercussions begin to be noticed. Eventually these will acquire medical names, and various physical 'diseases' will be chased, without regard to the actual energy patterns that have distorted sufficiently to allow their expression. The state of Stuck Liver Qi creates

all aspects of menstrual and women's health dysfunction. It interferes with healthy sexual expression, and definitely leads to personality and relationship issues. It goes on into the realms of women's cancers, and is the result of keeping silent, and putting up with, rather than moving on into the unknown, as must happen when we choose to change (heal). Stuck Liver Qi also ensures that pregnancy becomes a minefield, and birthing a lucky dip (pp 53, 138-9, 150).

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

Reactive, feeling thwarted, irritable, angry outbursts, emotional & mental inflexibility, always 'right'; sleeping disturbances, feeling disconnected and 'out of sorts'

Surges, especially in moods resulting in occasional sense organ disruption (esp ears & eyes) Headaches, migraines

Possible irritation, maybe itchy & uncomfortable, visual differences

Eyes
Sense of Self

Blood circulation to head

Going around in circles, getting stuck & staying there

Lumpy, sore, often cyclic changes.

Breasts

Planning & decision making

Feeling suffocated and feel like/can't take a full breath. Feeling of oppression, as though something sitting on chest.

Breath & diaphragm

STUCK LIVER QI

Digestive

All manner of gut problems, especially those responsive to mood. I.B.S., Crohn's disease, sensitive and 'leaky gut'

Irregularity in all aspects, including sometimes 'normal'/sometimes not. Flow may stop & start again. Cyclic disturbances of everything, often called PMT.

Menstruation

Abdomen

Bloating, feelings of discomfort, fullness, gas, vague aches & pain that come & go

Possible infertility as menstruation is not perfect. More likely to have pregnancy complications (p 138)

Pregnancy

Muscles & tendons

Pain & inflexibility, knots, tension, tightness

Sexuality

Finger & toe nails

Cranky, irritable, difficult to be with, as highly unpredictable. Physical body reflects this

Ridges, thickening, changes in growth

Everything is magnified, or may only be evident, when 'stressed', when then the extra body reactivity will start a snowball effect of discomfort and overall gumpiness.

STUCK LIVER BLOOD

“Stuck Blood” is a term that refers initially to the state of congestion where actual blood circulation has been slowed.

This can be from actual physical trauma, and/or a lessening in circulation causing obstruction, and/ or a state of depletion and/or stagnation of qi (quite often through lack of movement and action on all levels.

After the energy condition Stuck Blood exists for a while, actual clots and masses will begin to form. Removing these is not sufficient, as the energy of, and behind ‘Stuck Blood’ that created it needs resolving.

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

Very aggressive, alternating with, or covering depression, depending on how controlled the person is.

History of migraines & high blood pressure, purplish congested facial markings
If very severe, may become blood clots that migrate, embulisms see Liver Yang Rising condition (pp 55,139)

Deterioration with congestive conditions

Sense of Self
Blood circulation to head

Become even more stuck and rigid in personality

Growths, lumps, bumps, cancers.

Breasts

Planning & decision making

Generally red/purple spots on skin surface
Mottled appearance to skin, spider veins, becoming more prominent and gradually purpling to black as the blood actually congeals close to the surface. Is diagnostic of inner blood energy stagnation

Skin & circulation

STUCK LIVER BLOOD

Digestive

Any abdominal or digestive problem will be worsened, & be characterised by severe pain in a fixed location

Abdomen

Muscles & tendons

‘Corked’ muscles, DVT, venous and lymphatic congestion

Menstruation

Any structural changes fibroids, growths, blocked Fallopian tubes, cysts, endometriosis. All creating very localised possibly stabbing pains in a fixed location

Pregnancy

Ectopic pregnancy, stabbing pains in specific locations

Sexuality

All forms of growths, cysts are thus an impediment to normal circulation/ feeling/function

Finger & toe nails

Discolouration, maybe purplish if very severe

STUCK LIVER BLOOD CONTINUES ON FROM STUCK LIVER QI, AND CAN CO EXIST WITH THIS AND ANY OTHER SYMPTOM PICTURE.

WAYS TO HELP YOUR LIVER QI FLOW

The different energy bodies and patterns that form part of our personal signature become cluttered and sluggish due to our inactivity and neglect on all levels of being. Just as you can not see through muddy water, the clearer these become, the more you automatically see what to do, and equally the more decisions just easily flow into action.

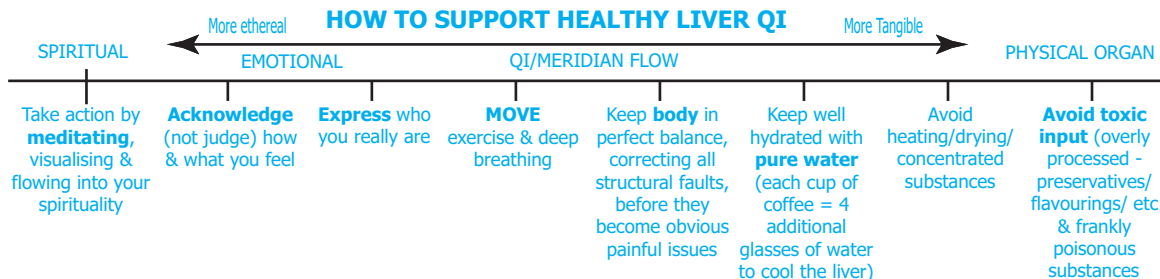
The Liver Qi is charged with the task of allowing free flowing at all levels of self (p 44). ANYTHING that interferes with the Liver Qi's task creates disharmony elsewhere, IN ADDITION to now creating Liver Qi distress.

Conversely, anything that impacts on any aspect of body/qi function flows onto creating Liver Qi disturbance. **The key factor here is emotional suppression.** By trying to 'put up with', at whatever age, we swallow our feelings. Eating/smoking/drinking are all obvious examples. Less obvious are our choices - usually substances that temporarily free the Stuck Liver Qi - chocolate/cafeine/alcohol. These, unlike Chinese herbal mixes that free Liver Qi and support normal, returning everything to well functioning, also damage the yin, and further create major liver (actual organ) problems.

It is natural to feel. We as a civilised race, have tended to pride ourselves for 'being in control'/'having a poker face'/'being strong/manly/beyond all of that. **Swallowing our feelings** interferes with the normal qi flow that is actually necessary to function.

This always has repercussions. Depending on our own personal histories, we all have differing weaker areas that act as pressure valves, letting off steam before the more crucial aspects of self become affected, thereby avoiding a potentially dangerous internal event.

By not releasing pent up feelings, by not becoming more rested and stable so everything in life feels less raw and personally affronting, we allow dis-ease to visit. THE LIVER QI HAS TO MOVE. If it is prevented (natural expression is action and anger), it **VENTS SIDWAYS** to intervene (often very painfully with heartburn/Irritable Bowel Syndrome etc). It may **PUSH ON UPWARDS**, creating breathing difficulties, inability to deeply breathe, feelings of being suffocated and possibly asthma. These upwards feelings are often felt as irrational rage surges (pp 55, 139).



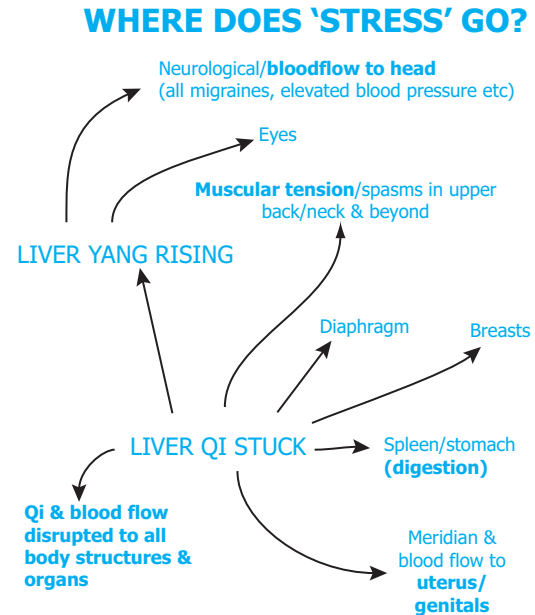
"STRESS"

The Liver Yang rushing upwards, (pp 55, 138-9) creates all manner of neurological/sensory and emotional incidents. Calling these 'stress' related is to belittle the role of the real culprit - self - for not altering responses. **By 'putting up' with we attack ourselves. LIVER QI HAS TO MOVE.** High blood pressure, migraines, tension headaches and muscular problems are all the result of choices to keep quiet. **Not rocking the external boat will in time capsize your own being.**

The liver complex requires abundant amounts of good quality blood/blood energy to nourish the tendons and ligaments, the entire menstrual and reproductive cycle (including the actual perfect circulation to both the breasts and the reproductive organs), the eyes and minute visual muscles and the brain to allow stability emotional/mentally.

Anything that lessens the amount or quality of the **Blood energy**, the actual blood (think dieting/choosing non nutritious foods and substances), the integrity of the digestive or respiratory system **or the flow** of any aspect of self (Stuck Liver Qi because are 'too nice' to say "no"), will directly CREATE further 'stress' to be experienced.

The **Spleen Yang** is the key to our ability to support ourselves. Any Stuck Liver Qi instantly invades the gut. The heat that is often generated - either by the anger suppression, or the substances chosen at this time, give us the urge to drink COLD fluids, thus further weakening the Spleen Yang's digestive fire - as though putting water on an actual fire, and still expecting it to cook with the usual results. Everything impacts on the ability of all other areas to work well. As



one system falls behind, others follow. The consequences of NOT moving and NOT expressing, by hoping things will go away/get better when . . . (especially taking a "magic" pill or portion, instead of stopping what is creating the actual energy imbalance) are to lose real control of yourself. Staying in control, by buttoning up is the most likely way to "lose it".

Realising all of this will allow the birthing/baby times to flow with grace and growth.

STUCK LIVER QI AS A SURVIVAL TACTIC

The REAL problem is an incident/event/series of early life traumas which may have happened before other more adaptive mechanisms were in place, often before conscious memory. This may have been from one single shattering incident in later life, or a life-time of self neglect – either way, the resultant lack of flow of precious nourishing life force that now must be retained in a tight holding pattern to stop the leakage of feeling from general circulation damages all aspects of being.

Everything is trying to operate within a shock/paralysis energy pattern - something the system was not designed for. **Trying to carry on, in spite of feelings, through exhaustion, looking after everyone else, and waiting until . . . is a great way to eventually 'blow a fuse' (pp 55, 138-9).**

Whether the person is conscious of the situation, or the body tells the story itself in the 'depression' symptom picture, during pivotal times of a woman's life (p 41) problems are likely to surface. This is partly due to the specific energy changes that overshadow a well woman at this time - **thus if she was not balanced before, there will be alterations to the pregnancy template during, and partly due to the highly pivotal time in her life.**

The apparently unlucky ones who become diabetic/pre eclampsic and/or suffer from instant and other potentially life threatening events late in pregnancy were usually volcanoes waiting to blow, and predictable if using a different lens than the usual medical one.

By reading the more technical, less apparently practical hands on information, (p p2-79) you may be able to alter life

events as would unfold for all of your extended family, not just your baby's mother. **Taking charge is a very active thing action - and it frees up YOUR own Stuck Liver Qi.** Waiting for a car to break down before attending to stray rattles and oil leaks is not. Similarly, talking through 'old' issues that she is obviously still harbouring can relieve a lot of the subterranean chatter that stays clogging up the physical (fat and flab and cellulite especially around the hips, bum and thighs). The massage will help move it, but sometimes REAL relating is also required - sharing of heart and all of self (pp 74 - 76, men's work pp 245, 247).

If this were easy, one or both of you would have already done it. Often what the man is holding back is actually more crucial to move, as HIS unloved inner child is the one that gets to yell over the top of Mum and the kids later on in their lives (pp 55, 92, 138-9).

All of this will prevent easy pelvic opening, hence birthing (p 92). It probably already is stopping a real heart connection between you. Releasing that stuck self will allow both of you the space to really be all of who you are. It will also allow her to both birth easier and enjoy sexual expression.

Being unable to see the real purpose of being here, and not being willing to explore/ask questions/undergo self development in case the answers/what is uncovered distresses the rigidly held concepts of self, and rocks "reality" further will not get easier once a baby becomes a teenager and starts asking awkward questions, or behaving in ways you expect 'good' kids not to. **BEING OVERLY 'NICE' TO COMPENSATE IS A RECIPE FOR STUCK LIVER QI.**

Problems here are triggered by/called 'stress' and are due to the inability to control self, others and life in general.



RETRIEVING YOUR OWN STUCK LIFE FORCE

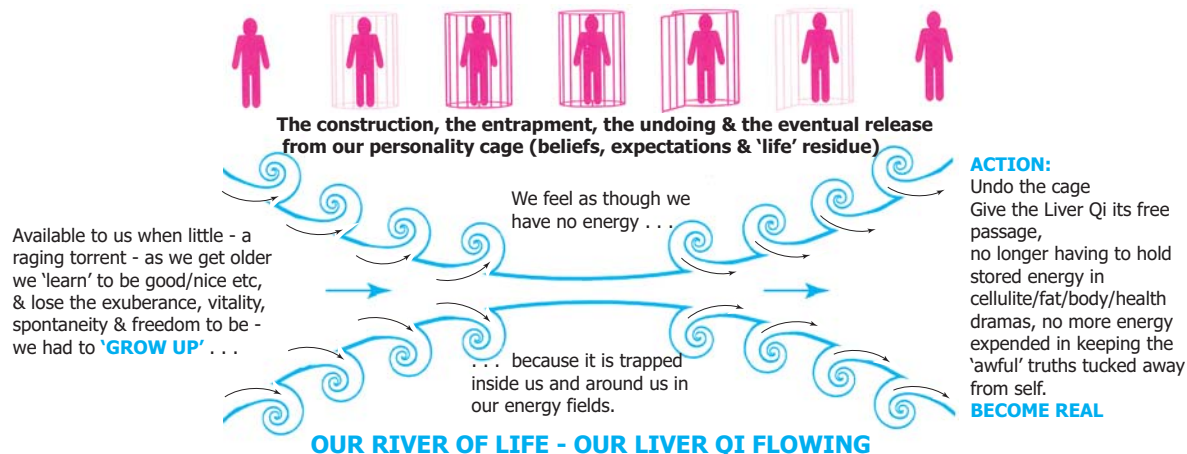
Our energy fields are heavily influenced by what we do with ourselves - what we choose to nourish and entertain ourselves with, how we resolve or bury our emotional and spiritual dilemmas, whether we live and work in safe situations, or cower in fear, and whether we consciously clear out the various debris that we accumulate just as a natural part of living in this life (pp 45, 51).

After a few decades of parents', and societies' beliefs, and the consequences we internalised as a small child, based on feelings and fears, cleaning up what we carry around with us as patterns, would lighten the load our new beings of light (babies) have to deal with.

Just what is appropriate to pass onto our offspring? Are we happy about turning into our own parents - do we listen to our siblings and cringe, wondering if we will do/say similar things, rehashing our family's tapes/traditions?

The time to act is as soon as you are aware you have the choice to change. There are many conscious parenting courses that can steer you both into more aware ways of behaving BEFORE you have to deal with tantrums, attitude family divisiveness and parenting heartaches. . .

If you feel that everything is under control, and you will manage - you are in the same spot as all the other people who hoped for the best. **Liver Yang Rising may await.**



For more on this please see www.heatherbrucebooks.com.au - Beings of Light: pictorial & Meditation sections and/or see Heather's books 'Living as Energy' and 'Living in It' available on the site.

If all of the previous states of Liver Qi imbalance are not corrected, eventually, whether it is during pregnancy (pp 66) or as you age, when there is less yin qi to anchor and balance the Liver Yang; various difficult neurological degenerative conditions may strike. Before this, there is a tendency to migraines, times of vast irrationality, rage and extreme mood swings, often menstrually driven, to occur.

During pregnancy, these imbalances may now fuel all sorts of pregnancy complications. It is not luck that sustains a well pregnancy - it is being aware and working with, not contrary to body tendencies and needs. As orthodox medicine only acknowledges the extreme right hand side of life expression, (p 8) it thus only sees fit to intervene in crisis, not offering the best support at this time.

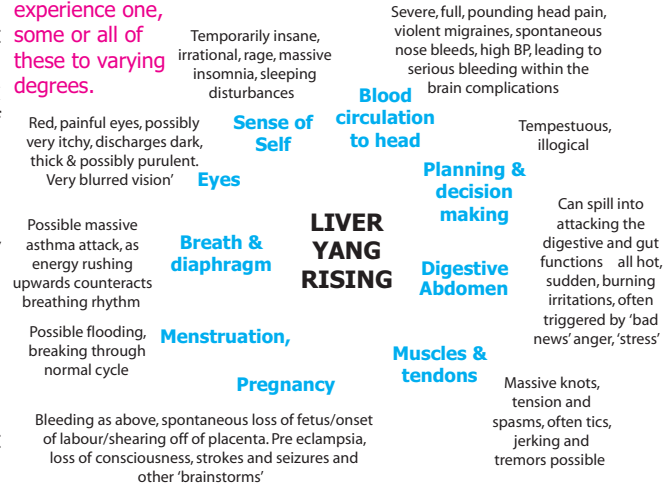
Monitoring apparent physical signs (protein and blood in urine, blood pressure etc) is to wait until signs of a 'real' (physical) problem, rather than tweaking a wobble from perfect functioning.

All the symptoms here MAY be seen by doctors as being within different medical 'specialities', but there are all driven by the energy pattern "Liver Yang Rising" - also see pages 138-9. These are potentially very serious conditions, that signal a deviation from perfect order, and a need for active correction, rather than passive monitoring, and "hoping for the best". They are dynamic self expressions - by changing what created them - they can go in either direction.

At any time the untreated Liver Qi angst can lead into depression (p 53) & eventually onto Liver Yang Rising.

LIVER YANG RISING
HIGH BLOOD PRESSURE
PRE ECLAMPSIA/TOXEMIA OF PREGNANCY
EVENTUAL CVA/STROKE

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



We could either have an acute episode – become exceptionally angry, especially after sitting on our own private volcano for ages, or over decades, the combination of never being self erodes energy systems and blood vessels to the point where an incident occurs.

DEFICIENT BLOOD

A woman's quality blood energy is her main currency throughout her life.

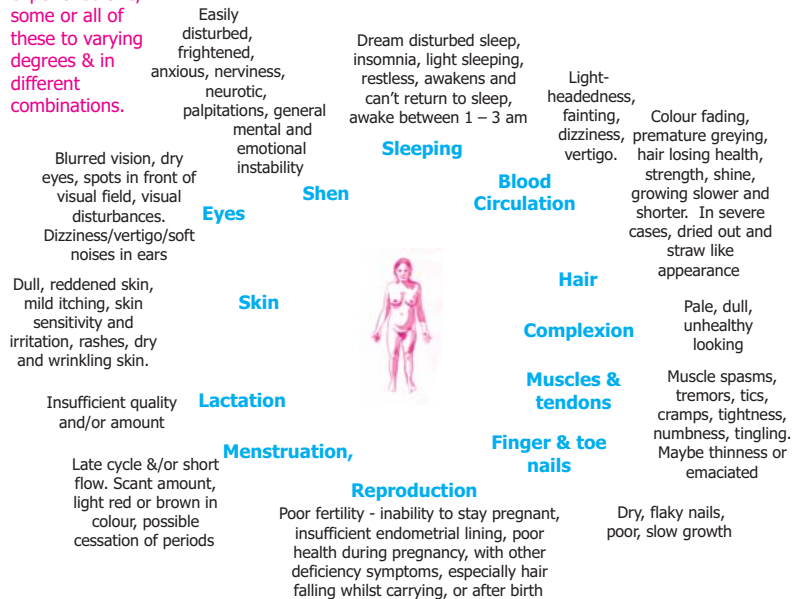
How she sashays through the decades; her perceived attractiveness in the breeding market (seen as being 'beautiful or not - long, lustrous locks, hourglass figure, blooming cheeks, sparkling eyes, perfect teeth), her sense of mystery, her serenity and her poise are all manifestations of how **well her blood energy supports her.**

Modern girls/women seem to favour thinness, and in the attempt to fit into this mold, many are doomed to live very fractious, fragile (mad) existences, as some were just designed to be voluptuous.

Dieting, bulimic and anorexia behaviours extract their toll **though not immediately obvious.** Often women's extensive bleeding is considered 'normal', but women were designed to have extra qi and blood for these reproductive years, and the price exacted occurs in later decades.

There is thus widespread acceptance of taking pills to 'regulate' menstruation, or even stop it until baby making is desired. This causes a combination of Stuck and deficient Qi and Blood, and **is not helpful to a woman's sense of self or safe to undertake quality baby making.**

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



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 (pp 163, 197, 219).

Stuck Qi (p 48) creating Stuck Blood (49), so less in circulation than there should be.

Heat (p 26,27) from any source, drying out the yin and Blood energy (pp 66, 110).

INSUFFICIENT LIVER BLOOD

Excessive or prolonged bleeding and/or a past history of dieting/anorexia/bulimia/worry/stress related conditions and/or excessive exercising may all alter the amount and quality of blood energy, resulting in Liver Blood Deficiency.

This begins impacting on how a woman sees herself, and thus everything else is becomes affected in her life/reality. Preciousness, personalising and becoming slightly, if not cyclicly, 'neurotic', or at least anxious. If she becomes and stays pregnant, when she has been exhibiting symptoms

within this box, it is possible (pp 41, 69) to either massively improve her health from then on, or dig a big hole that she may never exit from. It is important to realise that pregnancy/birthing 'mishaps' are not the result of bad luck, but of mismanagement and, usually, unawareness.

If she prioritises herself, stops thriving on drama and working outside the home, starts a self healing, nourishing life, doing yoga and meditating, and becoming more in touch with herself, the baby will be calmer and more peaceful than it otherwise would have been. Mum will be then in excellent shape to cruise through motherhood.

Deficient Liver Blood is a big problem, as it brings all the **tendino-musculo issues** - arthritis, carpal tunnel, RSI, and serious structural inadequacies and disruptions.

It also **creates major personality changes**, leading particularly onto post natal depressions, lactation insufficiency and sleeping/coping issues (pp 53, 239).

Deficient Liver Blood as a category is one of the **major reasons women fail at IVF** (supposedly 'unexplained' infertility). Spending the fragile Jing resources extravagantly when obviously in this or Jing deficiency states is to invite preterm/baby problems, if pregnancy is achieved. see an acupuncturist/Chinese herbalist.

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



HOW TO MAINTAIN A WELL BEING

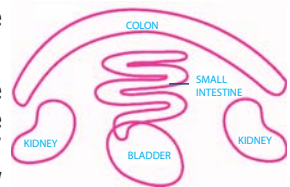
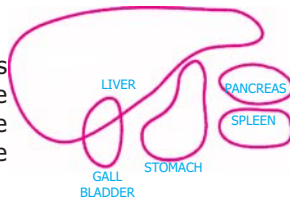
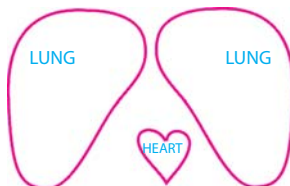
The **energy movements** of the organ systems within the acupuncture model are represented here. Our qi and blood circulation and production is said to occur in the three heater system. The entire model relies on strong (Spleen) Yang Qi to transform and transport everything, freely flowing Liver Qi to keep all harmoniously moving, and our cooperation to ensure that there are enough good quality ingredients regularly and reliably available to maintain perfect functioning.

The **Upper Heater** contains the lungs and heart. This is where the pure essence of the distillation of the stomach contents (by virtue of strong Spleen Yang Qi, itself fuelled by the general Kidney Yang) percolate upwards. These become the nourishing qi that flows via the meridian system, when acted upon through the process of breathing.

The **Middle Heater** contains all the organs under the diaphragm to the colon. Here the food is received in the stomach, and the more physical component is passed down through the alimentary tract.

The **Lower Heater** is where the purer aspects are transformed into raw body ingredients, the residue expelled from the body.

The entire three heater system requires the physical body to be free of scars that interfere with energy flow. Operations/accidents/incidents can impact on how the qi flow nourishes the organs. This is as vital as postural integrity ensuring nerve and blood supply services the physical organ systems we ll. The chakra (wheels of highly vibrating energy vortices) system, though not mentioned in Chinese acupuncture, is part of our energy grids.



WHAT WE NEED TO RECHARGE/RENEW

Alive, clean air, charged with cosmic qi/prana. Heart chakra open and nourishing the physical being on all levels. Heart space free of shock/trauma. Lungs clear, unimpeded by stored sadness or unresolved grief. Breathing cycle is easy, with unrestricted posture.

Liver Qi flowing freely, not constrained and pushing fully up against the diaphragm, thus allowing full expansion within the breathing cycle. Regular intake of pure non-chilled water. All food and fluids chosen to allow yang qi to transform at the correct temperature vibration, ensuring all that is eaten is transformed (cooked) to the right degree.

Solar plexus chakra resonating at the correct energy frequency, to allow emotional and functional stability.

The sexual and base chakras free of sexual/emotional distortions to allow free and clear sexual expression (an aspect of Stuck Liver Qi - pp 48- 54).

Good gut bacteria present, strong essential qi to allow the free passage of all physical impurities to be fully expelled regularly.

WORKING WITH YOUR BODY

Energy ebbs and flows through the organ systems in a cycle over a 24 hour period. This model, called the Chinese Clock, shows how the yin and yang qi regulate our lives and demonstrates how, by following what happens in our bodies, we can work with, rather than against ourselves. **This may help explain to those who cross time zones and/or work odd shifts, how they feel out of step often/on days off. Ideally, we would rise and retire following the sun's cycle.**

As the sun rises the bodily regeneration our yin energy has achieved overnight is complete. The eyes open, the adult penis, (an expression of yang) is upstanding, and the body is ready for action, metabolism and expression.

The Lung Qi peaks just before dawn. The colon ideally empties before breakfast, starting the new day fresh. The Spleen/pancreas is strongest after breakfast. The initial meal of the day needs to be warm and nutritious, as after the long fast, the **Spleen Yang is weakened unnecessarily by foolish food fads and choices.**

This is especially relevant for those who feel that their metabolism is slow and that their food processing takes longer than it should. By following and enhancing what is happening anyway, you can make huge differences to your body by adhering to nature.

Those who feel/are fat (pp 24, 25, 137, 140) must not eat/drink anything cold or raw or sweet (insults the Spleen), and must follow the regular/small/nourishing dictate to **encourage the strengthening of their Spleen Qi, thereby allowing it to resolve the damp it has created itself.**

Over consumption of fatty/greasy foods has the same effect

as eating cold/raw and/or sweet foods/snacks/drinks - they all stress the Spleen Yang Qi's ability to sustain us well. The **variety, temperature and timing of food** is far more important for continuing the well working of the 'food factory' that sustains us, than keeping up with the latest bright idea on what to put in your mouth.

Yang qi begins to wane in the afternoon. Newly pregnant women often feel as though they are unable to stay awake here. This is the Kidney Qi telling her that she is overdoing it. It is the Kidney Qi that is diverted to the

growing fetus and the pregnancy project in general. **If she ignores this and other symptoms, (pp 100, 102, 118) at any time of the pregnancy, but especially in the first 3 months, she is liable to weaken herself, the fetus and possibly lose the pregnancy.** There is only so much a weak body/Jing reserve can do.

As night draws on, the digestive system is at its weakest. Now is not the time for the largest, most complex meal of the day. Eating well all day, and small at night allows the system to shut down, and go into regeneration mode, to renew and repair, that we may begin again tomorrow.



CONSCIOUS EATING

Pregnancy is the time when the digestive system works far better than usual. This is a biological necessity - more food is not available just because a woman becomes pregnant. Mum is not eating for two, until the last weeks of pregnancy, and when breastfeeding. Mum is however, regenerating herself, and really needs to pay attention to quality (pp 33, 34).

Eat small, every three hours – frequency is very important, esp in early months to avoid nausea (p 106).

Choose plenty of fish, (there is more danger from all Mum's amalgam leaking through to the placenta than the different Mercury in the fish - eat little ones, down the bottom of the fish food chain). Eating **protein** at least 3x daily.

Two and a half cups of vegetables daily - preferably organic. This amount does not include potato/sweet potato component. Start using a wok and a juice extractor daily.

Plenty of pure, room temperature water.

Avoid gluten (wheat, rye, oats and barley) and become far more adventurous with food. Invent new food ideas, especially thinking quick, nutritious tasty for lactation.

Avoid caffeine and carbonated drinks. These are not nutritious, but heating (pp 26, 67) and are likely to be causing heartburn etc (p 104). **Avoid sugars** in any form, including substituting lollies and chocolate with dried fruits – they usually are very highly contaminated with drying agents, and are concentrated natural sugar sources. Eat nuts, **avoiding peanuts**, as they are highly sensitising, creating an unnecessary burden on the liver. **Avoid oranges and orange juice** for the same reason.

In between 'meals', **very small snacks** incorporating some **protein** are best. **BE creative.** Bread does not have to be the carrier - rice crackers with roasted cashew paste (4 or 5 will do with a cup of herbal tea). Nut pastes (not peanut) in the groove of a celery stick.; cottage cheese, slice of salmon and flavouring/pickle/whatever rolled up in a lettuce leaf; slice of ham rolled around avocado and favourite dressing/relish - boiled egg chopped up into some sour cream and spread on pieces of raw capsicum/rolled up in lettuce/sliced ham.

'Reheated leftovers are the **best start to breakfast** - forget the breakfast cereal and toast routine. Get ready for the days when real food is needed to fuel baby via your nipples, last night's tea vegetables recycled into eggy mixes – lazy versions of Spanish omelettes – reheated rice and vegetable/ fish dishes/make into rissoles/fritters – the list would be endless. If Mum feels at all queasy reading this go back to the previous pages and pp 104 - 7.

VEGETARIANS Must know protein combining rules. All non animal sources of protein are 'incomplete' alone. Soy may have 7 of the 8 essential amino acids for your own body to regroup as it requires, but without the missing one, none are utilised. **This is a major vegetarian issue – digestion compromised through odd eating patterns**, esp choosing overly cold – temp and vibration (raw, sweet, damp forming) foods (previous page). Foods, especially pulses and beans often require predigestion (fermenting or cooking slowly) – and moderation and variety in food chosen ensures health. It is too easy to become rule bound and obsessive about what is "good" and what isn't (pp 58, 59).

SUPPLEMENTS

I would suggest everyone, whether attempting pregnancy or not, could do well to follow this advice. I also strongly suggest that you employ the expertise of a qualified health care professional – non medical. They can assist you in ways that doctors have no training in, (pp 2-13) and can tailor a programme for you.

1 - A good quality (not supermarket) **Multivitamin**. It is NOT necessary to buy a specifically marketed pregnancy/lactation one. **DO NOT TAKE folic acid alone**. It is part of the B group, and should be used in conjunction with all of the B group. All multivitamin and B tablets will include it, as they are absorbed synergically. Take 1/2 tablet 3x daily.

By following the current medical advice, you will be unbalancing the body further. Fifteen years ago, they advised only to take folic acid (and didn't really push it) in the last four weeks of pregnancy to help the baby's iron storage. Fashions/'truths' in medical "knowledge" will eventually catch up with natural therapies – health enhancement focus is a new concept to this profession.

Doctors do not have a wellness dietary background, and are not the ideal ones (see pp 6-9) to advise you. Chemists and health food shops, as their business relies upon selling - not health maintenance - may not be either. Consulting your local naturopath is advisable.

2 - Most people are **Zinc** deficient (take a Zinc taste test). This in itself can be one of the key reasons for infertility, poor quality Jing (sperm/ova), compromised baby/infant health (getting sick continually, plenty of mucous, not thriving, skin

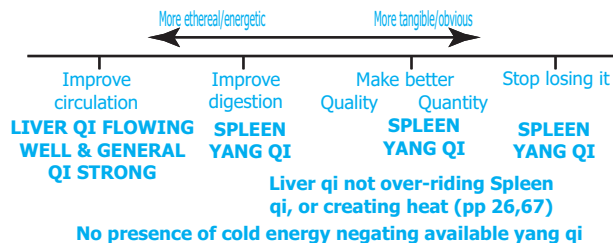
and breathing and immune complaints, hair not growing vigorously, and of good colour, and all manner of emotional/mental complaints - pp 25, 29, 53, 116). Take as directed.

3 - **Magnesium** is also best taken in liquid form – some companies make pleasant tasting (often labelled "sports" drinks. These are NOT to be confused with the heavily marketed, heavily sugared easily available ones. Consult your local naturopath). Magnesium is required when any stress occurs, as we use it in great quantities when under a load. Calcium requires Magnesium in order to be utilised, and Magnesium is indicated when there is twitching/spasming/tightness/bodily discomforts/constipation/'nerviness' and sleeping problems. Especially useful in **very large** quantities in the late stages of pregnancy to ensure Mum sleeps very deeply to allow baby the maximum advantage. (Mum sleeping well restores HER Jing, allowing quality to transfer in all levels of nourishment to the baby).

4 - Extra **Vitamin C** is very useful in allowing the liver to adequately detoxify whatever is in the body (p 43). Both Vitamin B and C are water soluble, not stored in the body and are best taken in small doses, often. Regardless of the label instructions, snapping the tablet in half, and taking it more frequently (x6) (**unless it SAYS it is 'slow release'**) will give you more value for money. **Vitamin C is also used in the body for collagen integrity and repair.** Pregnancy being the time Mum is remaking herself, and has to have maximum tissue elasticity, would seem a good time to start a life time relationship with this habit.

All in addition to a varied diet - call it lactation insurance.

HOW TO INCREASE BLOOD ENERGY



Always look to how this situation has occurred, to ensure there isn't still a hole unplugged/tap still running. If there are no excessive bleeding issues - pp 23, 27, 120, 222 - and there is no cold energy lurking (pp 20-22), the diet is excellent (pp 60, 61), emotionally she is well and under no stress, assume that an acupuncturist/Chinese herbalist will be needed. This is the quickest solution - in pregnancy, or attempted pregnancy, and in lactation, fast efficient assistance is very easy to effect, if you build strong blood energy. This is far more useful than prescribing iron tablets.

Clear out issues that are creating inner stress (pp 44-5, 52), thereby clear Stuck Liver Qi, stopping it from attacking the digestive system, creating heat - directly, as it attacks the Spleen Qi and indirectly through the formation of damp. Here again the Spleen Qi is compromised and can't cleanly transform qi and food (pp 22, 58). Always start at the Liver Qi, as nothing flows well unless this is stable. **We bottle up things we are not even conscious of.**

A **stressed person** is half in fight-or-flight/half normal or a version of this. The body can't work to optimum when sad/unhappy/grieving/agitated/rageful/simmering (pp 51, 58,

65). This is especially so after birth, as usually what was hoped for is different from what happened (p 228). The more natural and loving the environment labour occurs in (other mammals are sensible and disappear to hide out), the more likely whatever PHYSICALLY happened will be recovered from, and accepted as the 'right' thing at the time.

Holding onto judgements, regrets, blame and outright hostilities around anything to do with sexuality is to create and guarantee relationship/sexual/menstrual problems. **Festering with any/all of the above is to create/guarantee labour issues that will inevitably turn into birthing predicaments, these guaranteeing post birth problems.**

Food intake. Regardless of what you choose to eat, your Liver Qi must be minding its own business, not invading other territories. Your inner workings must be free to harmoniously chug along symptom free. If you eat small, regular, warm, bland and nourishing meals you allow the Spleen and Yang Qi to function most efficiently. Study page 22. Looking to when the body is best suited to various activities, and working with it will pay off. Alcohol, coffee, sugar, chocolate and cigarettes may well make you 'feel' better - so thinks the average recreational drug user - but the quality life you wish for your new baby is being permanently altered by your non-nutrient life choices.

Choosing from a range of foods allowing every meal to be different and ensures that the body is not overly sensitised to any particular group of often naturally occurring chemicals. We were not designed to lean so much on the grasses

HEATHER BRUCE

– especially the glutinous ones (wheat, rye, oats and barley). Rice is a great substitute (p 60). See if you can spend several days without them, and experience how reliant you have been upon them. You may be setting yourself and your fetus up for a life time of digestive/behavioural distress due to food sensitivities/addictions - just because it is easy.

Being precious and negotiating around parts of a wellness package when being unwell/not pregnant/unable carry a baby to term/breast feed well is ridiculous. This is why you are investigating other solutions. Western medicine may well agree that these proscriptions seem extreme - their model does not see that food can be used as medicine, and that as most self prescribe, creates all manner of quality issues.

Circulation – (pp 15, 47) Exercise and clearing out unwanted accumulations of life residue – especially on the emotional front (qi becomes stagnant and slows the blood energy, as blood flow is dependent upon it) are vitally important. The diaphragm's freedom to expand well allows all the inner organs a natural massage. Strong breathing cycle ensures all qi/blood manufacture and flow is achieved.

Breathing pure, clean air, avoiding all airbourne pollutants, especially smoking, or breathing too long in airconditioning is to allow the good food choices to actually nourish you.

Get plenty of exercise, avoiding lifts, walking/using a bike and start pedalling to work in clean air. Take up Tai Qi/Qi Gong/yoga. Correct any postural slouching, look at resolving anything that prevents the full expression of heart chakra to allow full expansion of chest. Circulation of the actual blood nourishment throughout the body is not the only issue.

HOW TO IMPROVE BLOOD ENERGY

A grieving/broken heart (see previous page) **can not flood the uterus** (p 65) **with love and sustenance.**

Environmental - Whether intentionally, neglectfully or occupationally, any over exposure to sun or heat, or to drying conditions, particularly without adequate restorative hydration and action, will influence the state of Mum's (p 66) - and thus baby's blood/yin (p 203) creating depletion.

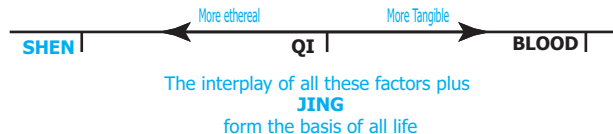
Being hit by an extreme event – lightning or electrical surges, fiery incidents, and accidents may not directly impact on baby, but will always indirectly, as the shock Mum experiences instantly translates through hormonally and biochemically, to the infant (pp 73, 197). This means any unnecessary birthing trauma FOR MUM (pp 163, 193) has a massive rest-of-life effect on both Mum and baby (see page 70,71).

Lifestyle - Lack of moderation and regularity in all things, pushing oneself, not resting, or sleeping well, attempting to/having children close together before ensuring that Mum's Blood energy (and thus every aspect of Mum) is ready, are all common ways to use up Mum's blood and Jing reserves.

Breast feeding for longer than is indicated by own body's wellbeing (Blood energy see p 32), or when pregnant again may be physically possible, but is likely to have long term detrimental effects on Mum's well being - Similarly IVF cycles waste Jing, when it is often the very lack of quality there that is causing infertility. Be conservative of Mum's raw ingredients (pp 33, 66, 69) and build a strong foundation before the medical answers are sought. Nature always has a reason. **Find it and fix it first.**

HONOURING OUR BLEEDING

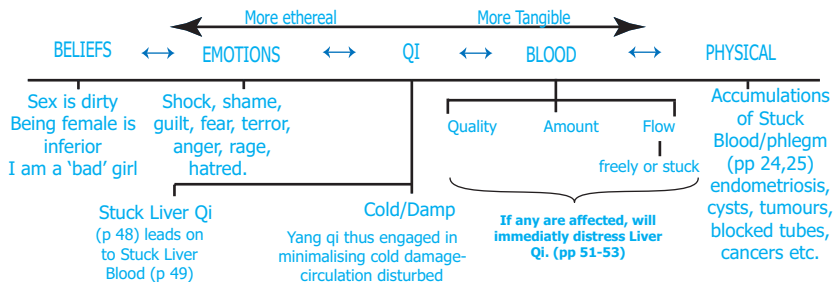
To be a woman is to be governed by the tidal flows of qi and blood as they create the monthly fertility dance. **Women are designed to be in constant change.**



When the blood energy is full and able to freely move (Liver Qi healthy - pp 44, 47, 48, 50), all is well. When either the quality of amount of blood available (energy and/or actual liquid), is reduced, or the movement is hampered, (pp 49, 150) all sorts of immediate personality/menstrual issues arise.

These imbalances, which may be considered to be part of the 'family inheritance' - "All my female relations have periods/migraines/arthritis/gall stones like this" can be resolved by adjusting the actual energy issues, to the left of the physical symptoms.

HOW MENSTRUATION IS AFFECTED BY LIFE

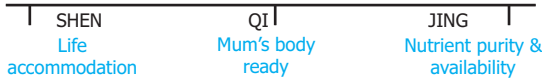


To spend the early adult years tinkering - like playing darts in the dark - with artificial hormones and eventually on into surgical 'solutions' for menstrual conditions is to leave the pregnancy years (and often beyond) in tatters.

All early menstrual imbalances that create less than totally symptom-free periods need to be adjusted appropriately BEFORE the energy distortions stay long enough to make changes in the actual physical body. By placing young girls and women on 'the pill' as if this resolved the emotional/sexual/energy distresses that preceded the menstrual symptoms, is to guarantee that they will spend most of their lives chasing headache/stress/tension/sexual/emotional/pregnancy and sanity assistance. (Look to what the Liver Qi and Blood service p 44).

Women, particularly when mothers, or in a 'tending to' role are capable of extending themselves past where it is really feasible. In so doing, especially in their peak Jing expression (20 - 35 years), getting the habit and pushing on into when the qi and Jing start naturally dwindling, rapid ageing (Jing depletion) is guaranteed.

Women who have 'given their all', especially in repeated IVF attempts to conceive, constant miscarriages, very closely birthed babies AND working to pay for it all, can expect to feel 'chewed up and spat out' by life. Their Jing and Blood energy has been squandered (see p 36).



From reading this section, you are now aware of the role Mum's life to date plays in the development of the babies energy patterns and life foundation. Is she really ready?

Is baby-making something that is going to be ticked off the life-to-do list, or is it to be an actual conscious act of creation involving the two of you past the act of conception?

The diagram in the centre shows the interplay between the different aspects of inner sustenance. The energy vessel (meridian) from the heart organ to the uterus is a representation of the link between our heart energy chakra/centre and how it spills into the act of creation. If Mum is in any way grieving ANYTHING, regardless of how long ago it was, if she is upset and holding back for any reason (however illogical it may be discussed as being), **if she is distressed about anything, irrespective of whether she is "putting it behind her", this may interfere with the free flowing of life sustaining qi to the baby, and may result in either NO pregnancy, or many many mishaps.**

The heart energy is supported by strong Blood energy (see p 32), and may be indicated by how well she sleeps and

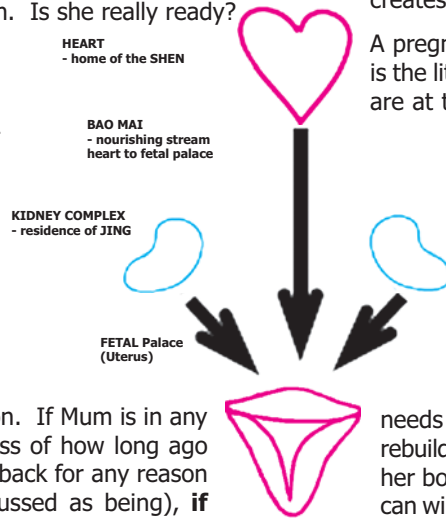
NOURISHING/SUSTAINING PREGNANCY

how calm she is. The Kidney energy is the 'residence' of the Jing, and is very sensitive to fear and terror states. It is absolutely ridiculous to regale a pregnant woman with horror stories, be they of birthing, or 'high drama' action or frightening novels/DVDs/TV shows, or of anything that creates fear and displacement.

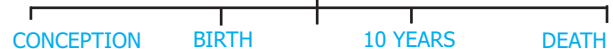
A pregnant woman is in a state of susceptibility, as is the little one she is growing. Both of these players are at their most vulnerable, and need stability and security to both grow and mature as nature intends.

The possibility of miscarriage is vastly lessened if the Kidney energy is supported by rest and sleep when the feeling hits - even if this means bed rest for the first trimester to ensure the rest of the pregnancy is sound.

Mum provides the nest, and sometimes she needs a severe overhaul, if not a complete energy rebuild. Investing in Mum's Blood energy, by allowing her body to replenish and repair is the best gift you can will your baby - **more so than ANYTHING you can do once he/she arrives** (pp 70, 71).



Dr Shen's Stages of Life
2 YEARS



KIDNEY YIN DEFICIENCY

This is a consequence of living life to the full - 'hard and fast'. It can also be the result of not paying attention to the (boring) life dictates that one's grandparents would regale you with, if they could. Looking for fetal toxins/toxic sperm and endocrine disruptors on "google" will lead you into any 'evidence' you need to verify the ideas behind of this book. (Bibliography p 242).

The energy framework explains the more insubstantial/intangible/vibrational 'take' on the gross pathology that is researched academically and written up scientifically. Please review Kidney Yin pp 16,18,19,40. When our Kidney Yin becomes weakened, we feel 'run down'. The lower back may have a constant ache, knees may feel weak, slight ringing in the ears and dizziness may appear, depending on how rested we feel.

If there is underlying Liver Qi issues (pp 48-55), these will vastly wreck havoc, as the yin and yang qi in the body MUST balance each other. Long term Kidney Yin deficiency leads to depletion of Jing and early ageing - wrinkling and withering, an acceleration of the process on p 37.

More distressingly, depleted Kidney Yin is obvious and reversible - if active rest, rather than just taking to one's bed is sought. **Western medicine has no tools here.** (pp 6-11). Depleted Kidney Yin in pregnancy quickly becomes life threatening - at least for the baby. P 41 outlines the healthy energy imbalance that is pregnancy - the (relative to normal) increase in heat, and Liver energy and decrease in Kidney energy mean that Mum WILL be tired, and SHOULD rest.

Her baby's constitution depends upon it (pp 70,71). Mum's health does also (pp 48-55, 138-9). Pregnancy and breast feeding are the times when Mum can vastly improve her being.

KIDNEY JING DEPLETION

Kidney Jing depletion is a more serious version of Kidney Yin depletion. Review pp 30, 31, 34-37. When Mum starts getting warm feet at night, and needs them out of the bed clothes - you know she is on the way, and needs Chinese herbs and acupuncture to remedy this. Western medicine has no idea of the sub-clinical energy markers that point to the later 'health' crises. **If she has this, and you have miscarried/can't stay pregnant/are using IVF - stop** and get appropriate professional (good acupuncture and naturopathic) assistance, as you are dicing with trouble (p 31).

When Mum has her hair falling out - especially when trying to get pregnant - her Kidney Yin and Jing are crying out for help. It is NOT healthy after birth either. (see pp 6 -11).

Look to page 31. You just need to see that if everything there is not perfect - in either of you - you run the risk of 'failing' in the 'perfect baby' race. Whilst conception may be FORCED to happen - the products of that conception may be imperfect - and these Kidney yin (and Jing) issues are not acknowledged - let alone addressed with biomedicine. This means the magic age of 35 - for eggs to dwindle, and possible 'cut off' points at 42 for women undergoing fertility treatment needs reviewing. Also men's "dodgy" sperm being forced into the ovum.

This also means that your sperm are probably as suspect as your REAL health is - pp 6-11. Looking at the Jing markers - pp 30-39 it can be seen that we CAN do much to improve our chances of well lives and babies. Looking to improving BOTH of your Jing before even thinking of starting to try to get pregnant will pay immense dividends (pp 242, 246 (1)). You will probably conceive immediately, sail through pregnancy and birthing uneventfully, and enjoy wellbeing as a family.

HEATHER BRUCE

HOT BLOOD

Pregnancy is the time of incredible inner action, giving at least a half degree temperature rise whilst pregnant, as her metabolism should be working very effectively - for two. Depending on the existence of the two factors opposite, Mum may just feel a bit too hot, want to drink more (probably wanting cool/cold liquids), and possibly be slightly irritable.

Hot blood however, is a disease category in Chinese Medicine - it needs urgent attention (pp 26, 27, 55, 110, 120, 138, 139, 219). Hot Blood may have been part of Mum's original energy signature - she may have started her own life with extra fetal toxins (pp 31, 34, 36, 209), or heat may have been acquired through the processes of being brought up to swallow her feelings, and 'be nice', eat and play around with toxic substances - especially commonly eaten, allergenic food - that she is actually addicted to - and hence may have always been prone to some or all of the symptoms on p 27, particularly overbleeding, temper, skin rashes and pimples, smelly discharges, constipation, and PMT.

She thus is in line for Hot Blood in pregnancy. Although she may think this is how she and her family just are - there is a habit of being and living the same life choices - and these are the factors that CREATE the hot blood - not her 'genes'.

The genes are the Jing/Kidney Yin components that are easily remedied in pregnancy to enhance self as a resetting of the maternal template (p 41). If she sees herself as invincible, threatened miscarriage/premature labour/haemorrhaging/pre-eclampsia and violent mood/sanity swings may await all of you. The severity of these depends on what season she is heavily

WHAT TO DO

In all of these cases - which do tend to overlap, sometimes looking more like one, other times another - the causes and remedies are similar, as it is a matter of degree, and the constitutional lottery, as to how each person is individually and uniquely affected. As pregnancy is a time of naturally occurring imbalance (see page 68), any prior tendencies to visit the symptom pictures of Hot Blood, Kidney Yin and/or Jing depletion (pp 66, 67), or Stuck Liver Qi (page 48) or Liver Blood Deficiency (page 57) needs checking carefully.

Mum will not have unexplained complications if you pay attention to how she is faring relative to climate, emotional load, and whether she is looking after herself as a priority.

All of these conditions on this spread are potentially damaging to both baby and Mum - especially for her long term ongoing health. (Look to pages 19, 35 - 37). **All aspects of heat MUST be removed from her life.** Dietary causes, and dehydration are within your reach. Emotional suppression may need professional assistance - it is especially useful to find an acupuncturist and Chinese herbalist, as all emotional and blood energy states are intimately related (pp 29, 53).

Mum MUST stop working, worrying and treating herself as second best. It is crucial that she also **eat and take the supplements as advised on pages 60, 61.** All pregnancy health concerns are easily remedied by you **taking care if the warnings that are amply displayed** - initially as the minor irritations within the symptom pictures painted on pages 17, 22, 29, 47-57, here and 100 - 103. If you do not, those dramas found on pages 31, 85, 110, 116, 120, 122, 138-9 and 163 await you. Consult a HEALTH care professional.

UNFOLDING OF A WELL PREGNANCY

The state of pregnancy creates what would otherwise be a series of disruptive imbalances when superimposed upon the energy of a nonpregnant well person.

If Mum's energy was balanced and flowing well prior to conception, the changes below will go unnoticed when pregnant. Women are designed to cycle through changes throughout their lives.

If there have been recurrent energy, Blood or emotional imbalances, showing up as menstrual and hormonal disorders, pregnancy is the time when she has the chance to recreate her body through the grace given in this regeneration mode (see p 41).

Pregnancy creates a state of:

1. **Increase of heat in the body** – as felt by the thermostat being reset for the duration of the pregnancy – due to the presence of extra progesterone.
2. **Increase of blood** (energy and amount)
3. **Increase of dampness**
4. **Increase of liver energy activity**
5. **Decrease of kidney energy** in circulation.

1 - The increase in heat in the body may be evidenced by her not feeling the cold as she used to, by even generating heat, especially noticeable when in bed. If she was prone to heat disturbances prior to pregnancy (see p 27), and especially if she is heavily pregnant over summer, problems can be expected - agitation, irritability, fluid retention, headaches, sleeplessness and possibly sciatica, itchy red, hot rashes and bleeding anywhere. If inner heat has damaged the yin balance in the body, there may be carpal tunnel type mal-nourishment of tissue problems and an

increase in spasms and cramps and general discomfort.

2- The increase in blood in her body - actual red liquid - means that all aspects nourished by blood energy (see p 32) should now have her flourishing, blooming and glowing. If this is not happening, she needs rest, herbal tonics and a health rescue, as this is THE TIME in her life when she can improve the rest of her being.

3 - An increase in dampness gives the tendency, (especially if she has been predisposed to damp, and the pregnancy is well advanced in late summer, when humidity is highest), to bloat up, retain large amounts of fluid, put on weight, and have problems losing it. Also to crave sweet, greasy, raw, and/or cold things, all insulting the Spleen energy – our digestive strength – more. Candida, vaginal discharges and itching, infections, and lymphatic congestion are all manifestations of excessive dampness (see p 24).

Dampness has a tendency to stay put, after birth, reshaping the woman's body into fat/plump/voluptuous, which although is an earth mother look, may not sit well with her, and may be very difficult to shift.

4 - The increase in liver energy, plus the increase in blood and heat energy, may, if Mum was previously been prone to moodiness/hormonally inspired/PMT, result in super states of irrationality. If she previously experienced health problems, the energy shifts in pregnancy balance may either increase, or remove them from her life totally – if she puts herself first, and nurtures her own well being. An acupuncturist is well equipped to soothe this.

5 - The reduction in maternally available Kidney energy is hopefully a brake on maternal over spending of inner reserves. In early pregnancy, if exhaustion was a feature, especially with frequent toilet stops interrupting sleep, lower back weakness or aching, and the over-powering need to sleep, it is an indicator that the body needs extra space to replenish the maternal stores (pp 34, 36, 69). Pushing herself to get extra projects completed before baby's arrival, is a futile use of precious self healing time. If these symptoms sound familiar, a few visits to a good acupuncturist will give a good foundation to the remainder of the pregnancy.

As pregnancy advances, **Mum's yin energy** works on her. She is liable to become slower, more accepting, beatific and gracefully present, not just because of her increased bulk. There is a definite shift as her energy peaks in the yin phase. Fighting this to retain herself as she and others know her as, may be unhelpful. This may sound very 'unfeminist', yet if we as women do not ACCEPT our woman's bodies and their nature, and try to become less changeable/more biologically 'stable' we may become defeminised and unable to do birthing as a woman.

If Mum fights this syrupy lethargy, trying to do as much as possible to get everything finished/ready she may be inadvertently slowing the ripening process, and hence labour. She will (when ripe and full from nourishing baby to perfection) swing like a pendulum, turning back to the opposite mode.

The **active yang energy** is expressed firstly in the "nesting"

RESPECTING MUM'S QI AND JING RESERVES

behaviour. This is more likely to occur if Mum has had time out to turn inwards, resting and being outwardly unproductive. Like trees needing strong roots before they create leafy canopies, she has had the space to clean out her inner self, becoming ready for the initiation into mothering.

To fill up the maternal inner stores prior to delivery, to 'bank' all spare energy (just doing the barest minimum), is **to provide the buffer** needed when babies work their own schedules out in your time and lives.

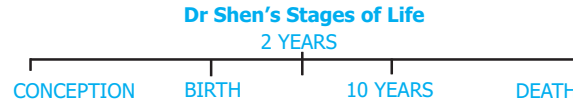
A related issue is **the gap between pregnancies** – the mother's reserve tank needs replenishing - preferably to better levels than before the first child – prior to the conception of the second child.

Whilst most focus on the apparently practical financial considerations of squeezing kids close together – it is the constitutional vigour of the second and subsequent babies that is being compromised. **Mum's chronological age is not the issue, as her biological age can reverse**, if she pays attention to quality slow self healing living, and prioritises herself over saving the world/making millions/paying off the bills (see p 31, 35, 39).

The older child is best firmly separating from Mum, being left to do this in her/his own time, rather than rudely (in their eyes) being set aside for the new nestling. Energy patterns of resentment and perceived neglect are set well before we are able to express ourselves verbally, and build up precisely because they are so very keenly felt, and so unlikely to be unacknowledged at the primal level - the only level that the toddler is able to access (pp 42, 50, 52, 55).

IMPACT OF LIFE INFLUENCES

One of my teachers, an elderly Chinese herbal doctor (Dr John Shen), formulated a framework that may assist in the understanding of the importance of our early experiences of life. He maintained that the impact of influences was inversely proportional to our chronological age at the time they happened. Thus the period in utero begins our template, the stability of the childhood years reinforces this, and we unconsciously recreate this pattern in our adult years.



The closer we are to the left, the more any/everything impacts upon us.

THE FIRST THIRD (conception – birth) (pp 195, 198 201).

As we are developing our blueprint at this time, anything that affects our mother impacts upon us immensely. The in-utero time of our lives is when we are being formed, as a physical unit. All that we will be able to access from our genetic blueprint from the fertilised egg stage, happens, usually before our mother realises she is pregnant. Thus anyone thinking that they will stop smoking/drinking alcohol, taking substances/ start looking after themselves better, **once pregnant**, have missed the point – what they do hugely impacts on the total life/constitution of the new being – from well before that new one is even conceived.

Whilst awash in our hormonal sea within her, we are at the mercy of her every physiological or emotional response. How she perceives the world becomes our own unconscious template for normal. Everything that our mother feels/does creates ripples of biochemical washes that set up a template that the new being will instinctively recognise as 'home' from

then on – helping to explain why we believe much is 'inherited' – the behaviour patterns are encoded into us when we are relatively blank sheets.

The most impactful period of a new being's life is the transition period in the birth experience – the death of the dependent parasite, and the independence of self survival - **at the instant of first breath** – the massive switch into self support, the **first swallows of sustenance**, the beginning of the inner furnace/food factory.

Anything that creates shock at this time – think of the rude ripping out of heaven into this reality, without the rhythmic massaging and awakening through the natural passage via the birth channel – will alter the baby's natural awakening, creating energy distortions that can be shown to colour its life perceptions for all its life. **Is maternal fear of pain, wishing to have intact vagina worth disrupting the natural beginning of life cycle?**

IMPACT OF LIFE INFLUENCES

THE SECOND THIRD (birth – 10 years of age)

This covers the time we are totally under the thrall of our parents and their perceptions of reality. In this model, the midpoint of experiences that impact upon us for our entire life is at the age of 2 years. **This shows us the incredible influence our early life, especially the contact with our mothers, has upon us.** All of the baby and young child's world is framed from and through her. If she is of calm demeanour, able to rise to the challenge of distressed babies and tricky life circumstances and if she is able to adapt to her new life as a parent, our early lives are more likely to be safe and stable, resulting in a firm foundation.

How Mum has coped with the birth and its aftermath will determine the quality of this period for the baby

– directly as it is she who usually spends the time tending his/her needs, and indirectly, as if Mum is distressed, she sends ripples out that take in Dad, the relationship and friendliness of each to the other, and thus the availability of Dad's resources in all areas to the child – he may have had enough, and walked out because she has become too demanding/difficult (see pp 245, 247 for Dads' resources).

Here the baby learns all its social conditioning, self identity and beliefs about everything. **The effect pregnancy and birthing had on the mother thus determines the quality of parenting and becoming a person, for baby.** Specifically, look after Mum's blood energy (pp 32, 62-65) as her ability to breast feed well, sleep and stay centred and sane are dependent upon it. Not doing so, expecting her to clamber back to work quickly, is a recipe for domestic unrest.

THE LAST THIRD (10 years onwards)

By the time we become self aware, and have reliable conscious memories, we are already two thirds through any effects that are likely to shape us. When you think of some of the events and the impact you remember feeling as teenagers, and in your early adulthood - especially around the issues of the heart - **you may begin to see the gravity of the early childhood parenting stability.**

Our early lives really do condition us for the rest of our lives, even though we may think as adults we can override and shake off the parental influence.

Coming from a regular, safe happy, respectful and orderly background, gives a good foundation, not a guarantee that the individual will probably automatically set this up for themselves in their adult life.

Thus the contents of this manual become incredibly important to the likelihood of your un/newborn reaching his/her potential. **Anything that can be done to improve the quality of the mother's pregnancy, thus the yet-to-be borns' in-utero experience will provide more long-term 'payoff' than any fancy toys, sports coaching or private schooling after its arrival.**

Similarly, the investment of excellent post natal maternal care will ensure her sane, calm return to being the centre of the new ones' universe, as having a practical, resourceful, loving and accepting mother is likely to allow your child to grow into the adaptable loving adult you would wish them to become.

TO SCAN OR NOT TO SCAN

The 'advances' in medical hardware have seemed to occur with very little thought for consequences.

All parents need to consider these. Please read "Ultrasound?Unsound" p 242, consult conscious websites.

Ask yourself: "What is the Point?" Explore how you feel about possibly discarding/killing your baby if someone SAYS it could/might be damaged/will be difficult (pp 6, 7, 114).

Explore what 'life' means to you – why we are here, what happens if the apparently perfect baby does not develop into the expected version of 'child', and think about the ramifications BEFORE you agree to take part in playing God. The tests are not infallible.

If a part of you is saying –"it's all right for her to say this" – you are right – I have lived through the worst possible neonatal prognosis, (in my daughter) and she and I are still living with the results of massive fetal neurological destruction following through into adulthood. **This is written through experience, and I ask you to be aware that life is about GROWTH of self – not keeping everything within a safe fantasy, discarding what you think you don't want to feel.**

Thirty years ago scanning and invasive testing procedures did not exist. Parents learnt patience. Doctors were far more sensitive, and had palpatory skills which allowed them to estimate, often with remarkable accuracy, the age of the pregnancy by the size of the uterus, and also as the pregnancy advanced, the lie of the baby. Babies, if very damaged, did not survive, which may be possibly a far better option than existing, after being kept alive, simply because

we can make them stay here (playing God again).

Everyone was more laid back about birthing, as it still had mystery attached. Babies were left alone, in peace, to quietly unfold, without interruption.

As the practice and availability of scanning grew, it followed much like having a woman birth lying on her back – best for the spectators. **Why are we agreeing to allow scanning of pregnancies whilst fetal development is actively occurring?** Surely even a slight adjustment to the DNA blueprint at this time is completely unacceptable. To say that it is for the safety of all is a rationalisation. Ectopic pregnancies should be obvious to all but the most rushed and incompetent of specialists. There is no change to anything if the baby is due this particular week, or next.

Life will go on, probably without fetal reduction, if there are twins or triplets, and you will find out in due course anyway. Whether it is a boy or girl is not only the ultimate in sexism, but this surprise used to be part of the wonder of the birthing environment. Like Christmas – there is a present, but what is within the wrapping?

Believing a doctor saying 'we want to make sure everything is OK', is allowing them to over-extend their influence supposedly helping you **but actually possibly creating potential further dramas - especially in the early weeks, when a vaginal probe is used.**

The likelihood of possible infection from this procedure, coupled with the undifferentiated nature of the fetus - thus the possibility of damaging the precious maturation into its potential - is too great a risk, as you are the ones who will

TOUCHING AND CONNECTION

As mammals, we crave, need and respond to touching, and being touched. It relaxes us and allows us to feel loved. During the time of late pregnancy, it is crucial that Mum slows down, to become peaceful, to prepare for the transition between the death of the maiden, and the entry into a new stage of her life - motherhood, and the physical arrival of your baby.

Pregnancy is a life phase, and needs recognition, as not just being a series of orchestrated medical events, but as a whole stepping out of busy outside world focussed mode, into inner peace and tranquillity mother mode. Our Western culture has no rites of passage that recognise and celebrate this.

The lack of social acknowledgement of life change, both for Dad, who loses his wife to another who takes first priority, and **for Mum**, who loses her body, her sense of self, her independent identity and her sense of control of her life/ body/sanity, can create immense undercurrents once baby is home and is constantly demanding to be cared for.

Turn off the TV. Creating time for couple bonding is really important, and best practiced before baby's presence and desires complicates things. There will be even more valid reasons to argue the lack of time to do it then.

Maintaining soft eye contact, whilst touching especially when expressing feelings may ease a lot of the niggly relationship issues that may have been dangling for a while (p 52). These are the very things that can stall the labour/birthing process (pp 148, 159, 166). They underpin what can stop the milk flowing - Mum's inability to see past the small things that create an ongoing, apparently relentless never-ending cycle of domestic drugery and mindless dairylike activity. If taking relationship time to just be together, unbusy,

focussed on the whole as an entity, did feel natural/was easy for you, there would be no need to allocate specific time for it. There will be too much going on, minute to minute after the birth, and the chance you have now is precious. By becoming a united front, especially clearing out conflicting and outdated personal parenting beliefs **before the baby arrives** may give baby much clearer messages, and allow for more enjoyable family times, rather than ongoing parental battles and feuds.

Practice being open and present for each other before this time, as these skills can really cement your relating. Feeling connected through touch will allow ALL family members to bond – we are mammals, and sometimes forget we are not just heads on bodies.

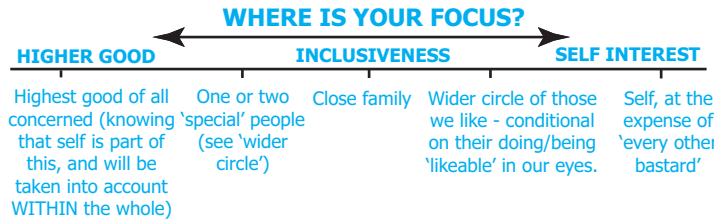
Investing in some sensuality books,(not those with a genital focus), those that work with energy flows and connection within a sexual context, would greatly assist you (see p 245).

Women's libidos are very changeable, dependent on feelings (Liver Qi freely flowing again p 50), and the pregnancy hormones give way to breastfeeding ones, tempered by exhaustion and an overwhelming need in some for personal space. This is in addition to the biological irrelevance of further sexual connection immediately after birthing may create a sexual drought. This does not have to mean the end of intimacy (see p 245, 247).

To ensure that the sexual tensions that may develop are given other outlets (what if her perineum is severely traumatized for months/years afterwards?), both of you exploring intimacy through loving touch and trust during pregnancy will ensure that both of you are in tune with the other (p 84). **Sex is a bonding activity, on many levels** (p 76).

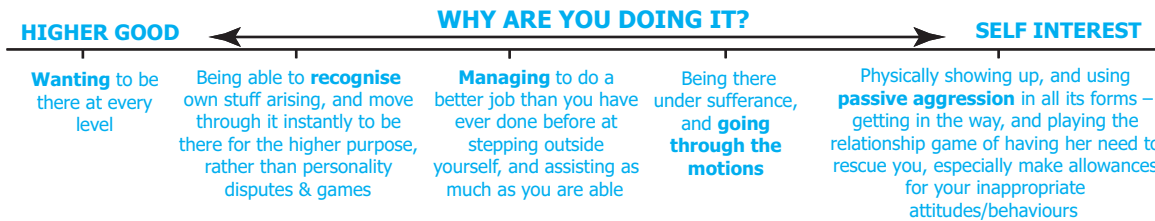
INTIMACY IN RELATING

This is not a judgemental section – it is one where YOU get the choice to recognise the areas YOU oscillate within, and to thus become more aware of how YOU 'play' at being present. This is not a section to score off each other, with "I told you so's".



Babies are not woman's business. Conceiving, birthing and rearing children is a joint effort. Both of you and Dad, you especially, showing up on the extreme LEFT hand side of the lines presented will make all the difference, REGARDLESS of the eventual physical birthing outcome. (This shift in your being, carried over to all areas of your life would revolutionise every aspect of your life/reality). Staying together to raise this child, and its siblings is far more likely

if, at this time when Mum is functioning at a primal, mammalian level, she in her heightened state of awareness of the un/subconscious, can perceive only trustworthy intentions, love in its purest, and your whole being actually present there for her (your mate) and your joint project (offspring).



BEING / BREAKING FREE

STUCK IN OWN STUFF

The moxa and massage section following (Dad's Action) offers you an opportunity to usefully fill in a huge gap in proceedings - to take charge, and run the show – in a very non intrusive, though masculine way. See men's work pp 245, 247.

The point is that the **two of you become a working unit**, where you are totally connected to her, so as you stand back observing, you can sense the areas that she has tensed. She is so trusting and used to your presence/intervention, that a gentle hand or finger pressure on that area instantly has her focus there, when she can then let it go, thereby freeing the labour to progress as needed.

SEXUALITY

You may wish for a fuller sense of connection and intimacy, and to enjoy each other and yourselves fully, being open on all levels, rather than just copulating as mammals. For this to occur, often really deeply held beliefs about self - gained by the inclusion of our generations of moral taboos and religious dogmas - need to be acknowledged, loosened and shifted. Most have internalised various negative social values of their worth and the role of their sexuality. This causes qi and blood flow to dwindle and stagnate through liver meridian (thus all the genital sense of self). This impacts both on how all see the role of sex and intimacy in their lives and relating and how all express and are present sexually.

In women, all menstrual/hormonal imbalances, flowing into sexual and relating problems - especially relevant when we want the pelvic area to be open and accommodating for birthing - directly result from inner self sabotage, often at an age where conscious memory is absent. This process is often aided massively by external unwanted intervention.

FOR MEN

To allow Self to know Self, to uncover all the inner beauty, one can then recognise and appreciate it in another. In being totally present, and open in all three areas, both can discover parts of themselves, individually and as a couple, that allow a higher level of being, throughout the rest of their lives.


 SPIRITUAL

Socially, vulnerability and openness may have been seen as a sign of **weakness, and unmanliness**; yet to truly experience love, one must open to let it in, and let self out, to mingle.

Past expectations, and needing to prove self, may lead to a second attempt, after losing all, and **realising the need to be present.**

When young, being trigger happy, and not able to experience union, rather than sexual release.

Being socialised to expect fast and furious as the main game.

Please see p 247 for 'men's work' contacts.



FOR WOMEN

To allow Self to know Self, to uncover all the inner beauty, one can then recognise and appreciate it in another. In being totally present, and open in all three areas, both can discover parts of themselves, individually and as a couple, that allow a higher level of being, throughout the rest of their lives.

Stuck within the **immense expectations** left by previous generations, occurring through seeing women, and their sexuality as a territorial resource, passed from father to husband, emotional responses are intertwined with obligation and conditionality. Reinforced by mythology, fairy tales and popular culture, redefinition is necessary; what do I want? **If I can't accept myself, how can I expect another to?** The battle to become 'real', to be with another.

Myriad of social and menstrual factors (themselves a result of past experiences), resulting in varieties of Stuck Liver Qi (pp 48-52) to make this all very tricky.


 GENITAL


VAGINAL ISSUES

The vaginal area becomes highly engorged during the pregnancy, by the action of the increased hormones. Using the acupuncture energy model, this is seen as the increase in the Liver Qi, as its courses directly through and around the external and through the genital areas.

This means that dependent on how balanced or otherwise Mum was prior to pregnancy, various situations may develop. If Mum was on the 'pill' prior to conception, it is possible that for the first time in maybe years, she feels down there. The 'pill' stops the ovaries from working, and depending on the type of 'pill' she used, it may be that she is finally 'switched on'. Her testosterone production would have been switched off. It is the testosterone, that allows us to feel, crave and enjoy our sexuality. Using artificial hormones and effectively castrating the women of today has massive consequences, in self-esteem, as weight distributes differently, as libido and enjoyment plummet and as she doubts all aspects of her womanhood.

If Mum has been troubled by an imbalanced vaginal microclimate - due either to the type of diet she chose, and/or the 'pill' and its side effects, she may have had a sub-clinical (under the radar) case of thrush/Candida. This is usually systemic - all through the gut - and can be irradiated through diet and supplements (see page 61). As pregnancy is also the time of increased dampness (pp 24, 68), it is quite possible that she may also experience this **itching nuisance** for the first time. It also arrives when there are hormonal shifts, and may get right out of hand.

Returning the **gut friendly bacteria** to normal is a good beginning. Various products are available from the health food shops/larger chemists. They should have come out of

the fridge, and need to go straight home into yours. Also, using this after every course of antibiotics is a must. Please remember this for your baby, as s/he will need all the digestive help s/he can get with the modern load of additives that we are all exposed, even indirectly to.

There is a stunningly effective external cream (Kolorex) available in NZ, using powerful native herbs, (for external use - is far more effective and woman friendly than the pharmaceutical varieties). Within Chinese medicine, there are combinations of herbs that work to ease the underlying **Spleen Dampness and Liver Qi invading creating damp and damp-heat in the liver meridian** (Thrush/Candida as a result). Removing the friendly environment makes life impossible for the organisms. Killing them (medical tack) is to allow a different batch to recolonise, as the fertile patch is still beckoning.

It is very important to seek out the underlying conditions rather than being told 'this is what you can expect, and it will go away once the pregnancy hormones reduce'. The baby may end up affected and infecting Mum's nipples, which is an extremely painful unnecessary breast feeding complication. If herpes or other vaginal sores/complaints were an issue or occasional problem prior to pregnancy, please take note.

They are manifestations of heat and damp in the liver meridian - which are heightened during pregnancy - thus making their appearance more likely, especially if she **should** get angry, and internalises it further. Seek a good herbalist for assistance.

Vaginas are specially designed for birthing. They are meant for use, **become super elastic, and snap back to shape** when hormone levels drop after the birthing experience.

ENHANCING NORMAL - PRECONCEPTUAL CARE

The standard medical system is one where, rather like the roadside rescue service, it is geared towards problem solving in acute and often desperate situations (see p 9). Unless something is undeniably shown in countless double blind testing to be assuredly toxic, or even slightly difficult, due to the likelihood of businesses objecting, (often very costily), at best gentle warnings are mentioned.

Due to the alarmingly litigious society we are heading towards, anything that MAY assist a doctor to diagnose a major, though unlikely event is hailed as totally mandatory for all, regardless of the cost in all ways (see p 72).

If a person wishes to learn about how a well body works, and how to improve the state of well being, the medical profession can at best give an absence of illness focus. Thus, it is possible that friends, relations and colleagues may be surprised if /when you begin to return your inner environment back to where nature intended, by following nature, without medical direction. **Eat more naturally**, live more simply and becoming more compassionate towards yourself will flow-on into other relationships and areas of your life. You can expect change (see websites p 246 (1), (8), (11)).

Begin to clear out chemicals, by not using pesticides - especially the residual ones that lurk awaiting the crawling infant, who puts everything in its mouth, refrain from using the microwave oven except in dire circumstances, avoid all solvents, especially in Mum's case artificial nails and their products, and hair colourants. Attempting to eat organically, or at least as close to natural as possible, will have huge benefits for everyone - and will increase fertility.

See websites p 246 (1), books p 242.

By **detoxifying your immediate environment** well before you are attempt pregnancy, the fertility gamble will be far less likely. Quality sperm take months to produce, and the idea that alcohol binges and cutting down on smokes the month you aim to conceive is to play a very foolish game, with possible permanent deficiencies in the children who are created so haphazardly. Due to the increasing toxic harvest (food looks good enough to eat, keeps longer, where has the taste gone?), Dads today are far less fertile than their own fathers were, and women's bodies have likewise responded to the increase in background toxins by creating any number of dastardly menstrual irregularities, which are then tinkered with in all manner of imbalancing chemical and surgical fashions.

Visiting a proficient natural therapist and taking herbal tonics, in addition to changing your life towards a slower space to growth/enjoy a baby will mean that the IVF road and its costs in all areas of your life will be less necessary. Doing all these things will also mean that if IVF becomes/is the only solution for you, you will be far more fertile using their methods, far more likely to conceive and carry a well baby, far less thrown about by the whole process and side effects, and thus far less out of pocket.

Reviewing pp 34-5, 38, 41 will allow you to see how what you do impacts at every stage of your lives. By acquainting yourself with the common sense, easily understood simplified acupuncture framework you will breeze through the following action section.

Taking charge means that even if you do require extensive medical help, you will know what to do to promote easy recovery.

CARING FOR MUM

Pregnancy is a time of inner remodelling. In the initial few months of pregnancy, especially if Mum has been working, and/or hasn't left several years between pregnancies and/or has been previously not in perfect health, it is likely that her body will have its own ideas - a self healing schedule. It may be, that at Kidney time (see p 59) or even the middle of day, it is almost impossible for her to stay awake. Ideally, we would pay attention to body wisdom, and sleep, to recharge, to continue on.

It is important to allow the body to redesign its inner plumbing and circulation, laying the foundation for further expansion later. It is also important to realise that the preconception notions of fitness, exercise and diet may be at odds with a body intent on making an appropriate nest for the coming baby. Work hours **may** have been managed prior to pregnancy, and may now cut severely into the effort needed to prioritize active baby preparation.

Having expectant Dad take over the domestic work as his contribution to the equation is very sensible.

All cleaning, washing and kitchen duties in addition to working full time, **and** growing a new body to support the massive changes later in pregnancy, are too much to lay on one person. As couples are rarely able financially to allow Mum to take maternal leave to **grow the baby**, Dad has to be flexible enough to take on everything else she does, except her paid job. This will also pay dividends later, as Dad will then have the domestic and time management skills to take over the domestic work as needed when Mum is exhausted from the drain on her body from fulltime mothering.

Whilst pregnant, and especially in the later stages, leaning towards self reflection, of allowing self to become more intuitive, going inside, getting in touch with self, throwing out old beliefs, and becoming ready for the new life event are vital. If Mum has been in a highly organised, busy job, focussing on image and corporal/intellectual advancement, the adjustment needed to support and nurture the new being may create massive problems if she does not reorganise herself - a bit like a computer requiring defragmentation.

The current epidemic of isolated new mothers, whose only sense of self worth **was** job related, ensures that new baby is highly likely to be parked in day care, so Mum feels comfortable, back together (at work) again.

Mum needs to change gears. It makes sense that if the seeds are well nurtured, the saplings sheltered and well provided for, the trees will be vigorous and productive.

Where is the point in having baby at all? (See p 164-5).

Babies need constancy initially to develop their appropriate emotional and social maturity. They are firstly mammals. We are too. **The bonding rituals are the same everywhere - sense of smell, touch and hearing are all finely attuned to the establishment of a healthy intact unit that will allow the continued survival of the newborn.**

The entire family revolves around Mum's ability to stay calm. Please review the role of blood energy (p 32). **Mum needs to repair herself sufficiently BEFORE baby's arrival to have enough reserves** to breeze through the changes that will be wrought in her body, on her person and in her life. This is just another form of pregnancy insurance.

LETHARGY/EXTREME TIREDNESS/EXHAUSTION

These may be a feature of the initial stages of pregnancy, as Mum's body changes all aspects of qi and blood flow, and production. Her Jing and Kidney Qi become involved in pre-set patterns that they may never have practiced before (p 168). Looking at page 68 it can be seen that these are patterns that overlay normal, and can be altered easily. This is assuming common sense is being used, and Mum is not trying to be superwoman, as that act costs too much, as seen on pp 35, 36.

Sometimes the body may go into total remake mode. The amount of inner activity (and this is whilst the fetus is minute), may mean that Mum has little left over to function as usual, possibly resulting in horrendous "morning" sickness if she tries. **This is one way of ensuring she pays attention.** If you read the symptoms on pp 100, 102, 118 and see any applying to her, now is the time to act, rather than wait until a threatened miscarriage, extreme back problem or another 'normal' complication of pregnancy develops. These are never instant - it is simply a matter of watching the body wander off course, and be ready to redirect back, supporting and enhancing healthy well being.

Pregnancy is not a disease state. It does bring with it imbalances that are specific and necessary for the pregnancy to develop, and these may impact on the balance she maintained before (p 68). Her previous state of health (adaptability in the face of change see p 12) is now on display. Please review the role of healthy Liver Qi (p 44) and what happens when we become blocked in self expression. (pp 48-54)

The digestive disorders that are considered common in pregnancy are a combination of food habits (p 104) and the 'stress' (Stuck Liver Qi) invading normal digestive flow.

The first three months may require the most patience on everyone's part, and lay the foundation for later - both the rest of the pregnancy and lactation, and probably the rest of her life. Once the template for pregnancy functioning is laid, her body gears up, with the digestive system working far better than normal - if she has been given the time to repair well. The middle three months are usually easy; before the baby is really creating space issues within her, and the allowed preparation over the last three months has offered a temporary, well-earned, state of grace.

The last few months see a massive physical outward expansion, as the baby matures and lays down the fat required to regulate its own temperature, ready for the outside adventure. The strain on Mum's Kidney Yang - as the ultimate source of her and baby's qi and blood production, and her future - may mean that again she feels the need for extra sleep - especially in the mid afternoon (p 59).

Factoring this into life, or at least only working part time, preferably alternate days, rather than only a half a week, will allow maximum use of time off (growing baby). It also allows for a **habit of self care and giving**. This will be invaluable when baby arrives, and breast feeding and baby learning how to sleep, eat and poo all eat into the day, becoming a round of activity independent of the sun and its movement.

Mum should not be exhausted in the middle trimester, if she is, she needs to stop work, and rest. She also should receive well body treatment, as this is the time to bloom, not barely cope. The medical profession tend to regard iron tablets as some form of miracle cure, but these themselves require the Spleen Yang and Liver Qi to be working as designed, (pp 58-9)

EATING IN PREGNANCY

The entire digestive process works better when pregnant – in areas where food is not plentiful, and possibly where women were fed last, it was a biological imperative that the growing life was nourished, hence the assimilative processes go into overdrive mode, in pregnancy. This may help explain why even when retaining little due to vomiting, weight loss may not be dramatic. It also explains why constipation is possible – much more fluids, especially clean water, may be needed as the newly pregnant body creates more blood volume, and builds the infrastructure to allow the last few months of pregnancy to go smoothly.

The stoppage of the previously normal menstrual cycle, and now the apparent excess contents of the lower abdomen - the local pooling of blood (placental sac, minute fetus), may create a temporary feeling of distention, or bloating, until the body adjusts, and the baby grows large enough to make more use the 'nest' that has been prepared.

Not eating cold, raw or sweet foods and fluids may assist the early transition into a well pregnancy. Not eating cereals, breads and pastas may have a dramatic reduction in nausea and digestive problems, as most of us overuse these convenience foods, and a temporary ban on gluten containing foods – all with rye, oats, barley or wheat will not hurt.

When first pregnant, an increase in the sense of smell may help create the tendency to nausea, so the pregnant woman is not being 'precious' when previous situations are now beyond her.

A well varied diet may not be possible in early pregnancy, due to apparent maternal 'pickiness'. Good pre pregnancy preparation, especially liver and gall bladder cleansing,

can greatly reduce the likelihood of pregnancy digestive disturbances. Looking to the page 104-5 will show how these can be remedied.

Cravings for certain foods may indicate possible nutritional deficiencies, optimally adjusted prior to conception. If she has no cravings, it may be that her diet/body was fairly well balanced before conception. Using **liquid Zinc** and a comprehensive non supermarket line **multi vitamin** (not folic acid alone, as this imbalances all the other B group, as folic acid is used in synergy, and folic acid is part of any multi or B supplement) BEFORE needing it is preferable (p 61).

Choosing small, bland snacks NOT eating three meals will help energy levels stay constant, and retard any tendencies towards morning sickness. Commonly eaten foods may well tip the digestive balance over when pregnant regardless of her chosen preferences. The key is moderation, variety and enjoyment. Please review pp 58-9.

Eating protein and leftovers, as a heated breakfast rather than gluten and dairy based - often cold and raw also - choices will provide a solid foundation for the day and a great habit to foster before breast feeding. Ensuring that sweet choices are banned will assist the Spleen Yang to work efficiently. When the Spleen qi is extremely out of balance, the sweet taste is craved. When the Spleen qi is working well, it is not an issue, and a more savoury palate is present.

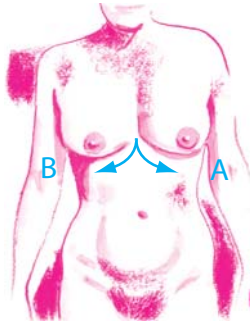
It is likely that Mum may not be used to **drinking water**. A squeeze of lemon or lime may help make it both more palatable and more digestible for some. It may need to have the chill taken off it in winter, and never be taken cold. Mum must get used to drinking BEFORE she feels thirsty (p 235).

ABDOMINAL SELF MASSAGE

Our entire being depends upon an abundant supply and subsequent circulation of qi and blood, through our digestive organs. To assist this, it is possible to spend five minutes every morning, whilst still in bed, lovingly massaging our inner food/energy production unit (pp 58-9). This may only be possible for the first 12 weeks or so of the pregnancy, as Mum soon after then will be able to discern a bump, on the edge of her pubic bone. As long as she doesn't try to push this out of the way, the well functioning of the gut and bowels can only be enhanced by all the attention. It may be that doing this prior to conception, and in the early weeks will lessen the amount of 'morning' sickness' felt.

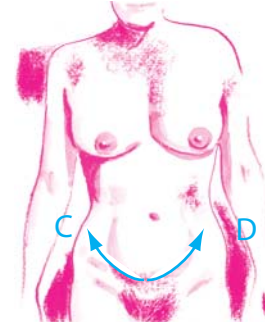
1ST STEP -

1. Lie on your back, with your knees drawn up, possibly with a pillow or two under them, to relieve the lower back, and release the abdominal muscles, so you are not fighting against yourself.
2. Feet slightly apart, the knees will fall into each other, without effort.
3. Press the pads/flats (not the tips) of the fingers of both hands in the centre at the top of your abdomen directly under the bump (zyphoid bone).
4. Begin pressing and sliding across under the diaphragm, to the left under the ribs, (A) imagining you are moving stuff before your fingers. It may be that you can feel something a little like toothpaste there.
5. Whilst breathing in gently, rest in position keeping up the pressure.
6. Whilst breathing out slowly move the fingers down, and gradually over to the side of your body, pressing and moving gently and consistently.
7. Repeat 3 times.

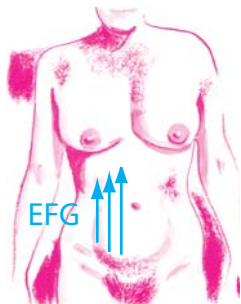


2ND STEP

1. Return to the midline beneath the ribs, and repeat the movement under the right ribs, (B) beginning with light pressure, each of the 3 strokes becoming more firm
2. Starting at the bottom right, in the midline, at the level of the top edge of the pubic bone [C] (well oiled first, to avoid dragging across the hairs), press lightly with the pads/flats of the fingers, and move outwards, sliding gently across on the out breath.
3. As you breathe in, pause, then continue whilst slowly breathing out, until you run up the inside edge of the hip bone, stopping at the side of the body.
4. Repeat 3 times.
5. Go gently and superficially at first, as this may be a lifetime's worth of sluggish lymph you are reminding to move on. If you experience any pain, ease off the pressure, but continue the movement. If there is a frank obstruction, flip over it.
6. Repeat on the other side (D).



3RD STEP



1. Position your hands on the lower right abdomen, next to the hip bone, at the edge of the pubic bone (E).
2. With each out breath, move gently and consistently pressing down as you gradually move up the abdomen slowly, eventually returning to under the ribs, pressing gently all the while. (It is not a race, the slower you go, the more useful the move).
3. With each in breath, hold your position and relax.
4. Start another line (F), closer to the midline, making 3 passes in total up the right side moving in ever closer lines (G) to the centreline, following the course of the ascending colon.

4TH STEP



1. In the centre, beginning underneath the junction of the ribs, **move down** (H) the mid line, pressing ahead gently and slowly as before, moving whatever you feel in front of your fingers, **WITHOUT** forcing. If there is pain, or lumpiness, just ease off the pressure, and move over that area, returning to continue the line, as before, until you reach the pubic bone.
2. As before, make 3 sweeps down the left side of the abdomen (I), gradually moving to the left of the middle to the extreme left, (J, K) all the time, working **downwards**, following the course of the descending colon.
3. Repeat this process, one wave from right to left, (steps 3 & 4) 3 times in total, each time exerting slightly more pressure.
4. Return now to any places where you felt discomfort or pain.
5. As you breathe out, exert pressure on the edge of such spots, gently moving whatever is under your fingers, in a general circular movement, clockwise towards the bottom left abdominal quadrant.

Practising this daily will gradually reduce the intensity and existence of these 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. The time invested daily, initially for a month will create a supple and healthy abdomen, that will reward you with regular, easy bowel movements, a healthy appetite and more abundant energy.

WHY DO ANYTHING?

I believe that the role of an acupuncturist is to ensure energy flows as the blueprint intended, restoring and supplementing as required. It is life respecting and affirming. However, this may be outside your normal mode of being with your bodies, as our culture's biomedical approach is disease or illness orientated.

This means that unless something is obviously and seriously wrong, it is considered to be unworthy of attention. This is due in part to there being a lack of tools in the medical kit, and to the dominant paradigm being not centred around well living.

Rather than wait for problems resulting from minor movements from perfect functioning to register on the medical scales, (pp 6, 9) it is possible to intercept the small messages the body gives out, reinterpreting them as the warnings that they are, and adjusting the imbalances, instead of trying to cope with the consequences of the eventual breakdowns.

This would be much like taking the family car in for regular checkups/tuneups rather than waiting for mechanical dramas. We realise that with cars, if a little rattle starts, there is something needing eventual attention. If we ignore the small, intermittent noises, maybe turning the music up, so we can't hear them, there are usually more expensive and problems of greater consequence, than had we paid attention when the first warning sounded.

Blockages in the energy fields in the form of emotional and climatic and traumatic Stuck Qi and Blood can be seen as the different 'problems' reveal themselves, in pregnancy, labour and beyond. This is not as nature intended, but a result of the life the person has lead, without general maintenance, tune-ups or service checks. We do not treat our cars with the neglect and misuse we suffer unto our bodies.

During Mum's life she probably has had occasions where she has treated her body/been treated less than respectfully, and possibly in the self image/sexual area she has sustained some fairly major hits - even if it is just the contraceptive tinkering that does such a good job of stopping junior coming before being 'needed', but creating in the meantime massive shifts in the balance of her levels of Qi and Blood, and thus all aspects of her being and behaviour (pp 32, 44).

If she has used chemical contraceptive measures to delay baby's arrival till now, or particularly if she has needed reproductive technology to assist in becoming pregnant, the accumulation on every level of stored emotional and energy obstructions, plus the chemical residues need shifting. This ensures optimal ability of her body to automatically move from one stage of the hormonal opera to another.

Most assume once pregnancy is achieved, the game is 'won'. As many discover, becoming pregnant 'so easily' often allows an equally easy loss - either miscarriage or eventual less than perfect outcome. After conscious preparation for conception, the next stage is to ensure that Mum is in the best condition all through the pregnancy, when baby is being actually MADE.

Performing the various preparation techniques, possibly prioritizing them before more mundane domestic duties is to **really change the relationship she has with herself, and thus the one she has with you. This is likely to bond you both together far more than you can currently imagine. Thinking that you are doing this for her is to totally miss the point.**

If she has a less than natural physiological birth, all of your life is likely to be altered forever - far more than just the disruption of having a baby, and all that entails.

Women who do not feel maternal - who go through the motions of looking after baby, who do not enjoy breast feeding, who wish to 'return to their lives' and who in their private moments feel vast shame and guilt at not truly 'loving' their baby - are all paying the ongoing cost of not having the birth/bonding after physical separation that nature had in store for the two of them. Ewes who are given epidurals at birth do not accept their lambs (p 242 Michel Odent). We can not tinker with biology and believe it has no consequences. The medical staff do not wear them - you do.

The mother who feels the baby hates her - that s/he is refusing her milk, that there is nothing between them, - on one level is possibly right - something that should be there is not - and she knows the absence of it, viscerally. **Baby is lost also.** Baby was supposed to have the continuation of the security of Mum as protector and major bridge to the world, whilst gradually over the next few years weaning in an emotional separation, just as birth was the physical severance of the ties that bound them together.

The baby who appears 'totally freaked out'. Look to pp 70, 71, 201. The physical manifestations will be very obvious. Is the fear of taking charge worth losing all of this? **Reflux/colic/night screaming are all indications that nature has been violated.** Taking charge is likely to cost less in specialist/pharmacy/sanity costs well into the future.

Your job is to assist Mum to undo herself, so that she doesn't get in the way when the powerful surges wash over her. Your job is to help her stand steady when it is all too much - she is capable of doing it - we all need support, and you being really there, not just going through the motions, will have huge repercussions in the way the rest of your lives

CONSEQUENCES OF "HOPING FOR THE BEST"

meld together. Or not if you don't. Women at birth are primal creatures. They are not in their heads and rational - they are in their guts, and if you help her rid herself of that which blocks her, she will be immensely powerful.

She will then be able to face whatever her body throws at her. With the added information you can arm yourselves with - both in this book, and via the contacts and extra reading in the bibliography, (pp242-6) taking charge will show you that it really is a life you can script for yourselves.

Beyond labour, and lactation, life, and hopefully sex awaits - you will want to resume a sexual relationship; something that is more possible if she feels like it. A tattered perineum, or an anasthetized Caesarean scar extending its wound deep inside and shutting off vaginal sensation is not what you want for her. Neither is her inability to accept the birth she 'had to have'.

Whilst the medical 'shroud waving' regarding possible baby damage/death may unsettle you - **what about a woman who feels no desire/sensation or inclination ever again?** That is not mentioned, and yet very possible.

The price of hoping that nature and medicine will intersect well in your life is to not pay attention to the emotional messes around you. Wake up. Babies are not supposed to be placed in centres whilst Mum is out working. Babies are not supposed to be bottle-fed/ill, and visiting the doctor every week/month. They are brand new. Everything, if treated with respect, should work perfectly.

Take out insurance - become your own resource centre - don't assume everyone knows what they are doing. The only people who really care about your life and what happens in it - are you.

ACUPRESSURE AND MASSAGE TECHNIQUES

I suggest that you will take this manual actually into the birth setting, as a troubleshooting tool. I assume that the general touching and deep sacral massage will have been practiced sufficiently by then, for it to be part of your normal routine. The manual will allow you to open at the page where things are at the time, and instantly be able to find what you could do to help Mum.

Pressure on many of the points is NOT to be exerted until the later stages of pregnancy, in readiness for labour and for use during labour.

To practice months/weeks before, firstly, set the scene – warmth, no breezes, phones and television off, light gentle music playing, maybe candles, possibly both have had a bath together, and this is incorporated into eventually the evening's lovemaking, possibly both of you massaging the other - Dads also have neck/shoulder and back tension that could well do with shifting. Especially for the unaccustomed birthing effort, and after the birth, a baby needs holding.

Mum may be best placed **straddling a chair**, with many pillows between her and the chair back. This is surprisingly comfortable, and Mum will be able to fit, even if 42 plus weeks pregnant.

Breathe from your gut, drawing up from the floor, filling your belly and breathing fully, slowly, abdominally, legs enough apart so that you have a solid foundation. Close your eyes, and **feel yourself connecting with more of yourself**. Pull your focus now slowly into your hands, feel the warmth there, **feel the extra sensitivity that you have created**.

Warm hands are necessary. If they are not, rub them very vigorously together for two minutes, and then place them

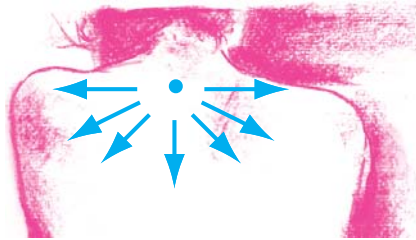
on your kidneys (on your back, either side of the spine, just above waist level). Breathe deeply into that warm space, taking the breath all the way into the belly, feeling it fill you with energy. Cold hands are a symptom of insufficient circulation – you could look to breathing deeply, taking up yoga or Tai Qi, or Qi Gong, to move through your own stuff (see men's work page 245, 247).

Once warm, gradually move through her aura, and energy bodies, don't just crash through THUMP! **Place your hands lightly on her skin**, using all of the palmar surface as contact. **Feel your connection**, close your eyes and be just your hands. **Talk with your hands**, feel the love you feel for this woman flow from the centre of your chest down through the arms, dripping off your fingers and into her being, **suffusing her and your child with your caring**.

Start by **firmly though gently sweeping across from the centre** line at the top of the neck across the shoulders and off down the arms. Following the tracings on the picture opposite, gradually move down the back, always checking that the pressure you have chosen is strong enough. Mum is not fragile, and often very light touch can be annoying. This is another time when both of you could practice speaking up, not hoping for the best.

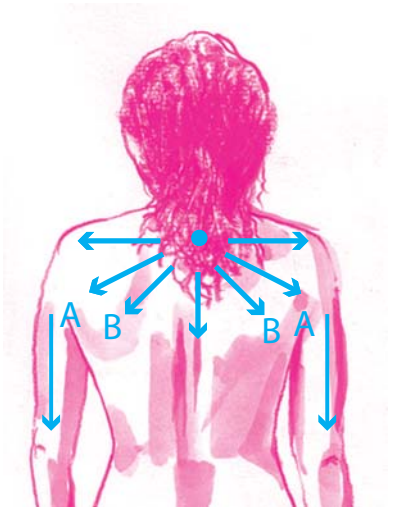
It is not expected that you will feel instantly at home in remedial touching, or in truly intimately relating, if this has not featured in your life to date. Featuring massage and more sensual, non sexual touching in your pre baby life will have the two of you in tune with the other, to dance together through labour (see p 245, 247). The accompanying DVDs have been designed to lead you through this step by step. If you have no copy, contact Heather (see p 247).

BEGINNING BACK MASSAGE



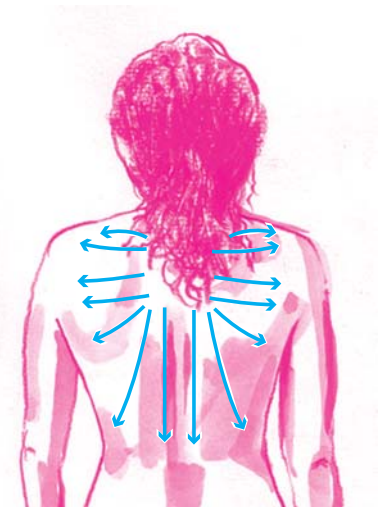
Always start with warm hands, starting with gentle, sweeping movements, beginning at the top, and the centre of the back, **moving outwards and downwards, away from the spine**. When you encounter tightness, don't attack it. Possibly move away slightly from this area, and work back into it, often sweeping away from where you have worked, as though clearing all the stagnant energy out of her body.

As time progresses, hone in on areas that feel different, and using the broad contact of your whole thumb pad - not poking, but squeezing away tension - play with the sore bits - dancing around the edges, sometimes hitting the spot, knowing that circulation above the area is altered by its presence, and that headaches, stiff necks and shoulders are usually best tackled down at the shoulder blade level.



When using your fingers/thumbs, don't quiver or pump, but **use even pressure, checking that you are not too firm as to be painful** - the pressure should be constant, although she may have to brace herself against something to prevent being pushed forward as she relaxes. Straddling a chair is best.

As you are planning to finish off, return to broad sweeps, down and to the sides of the body. As you reach here, flick the extra tension/energy off your fingers and return back to the body to do more broad sweeps.

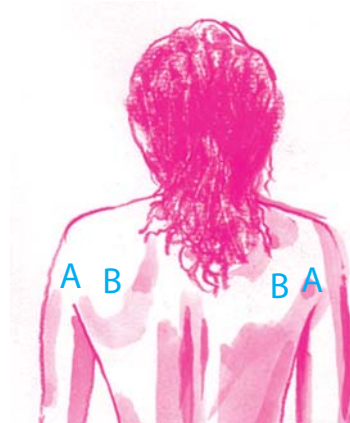


TO RELIEVE GENERAL UPPER BACK TENSION

The pregnancy changes, extra weight, and shift of centre of gravity can all generate general tension in the body, reflected by, and/or created from emotional angst. This structural tension leads to tightening of all areas, leading into more likelihood of pain in labour.

2 - HOWEVER it may be more useful to go straight down to the **pelvic region**, (page 92). Work solidly there, as tension is usually referred elsewhere, and the neck may be too sore to start with - although the hips/bum will probably surprise both of you with the amount of pain initially to be found. **Real relief happens by shifting what has been stored here.** You will probably notice that she walks, moves and seems very different after these sessions.

Do a **little work on the upper back**, following the direction of the arrows. Move to the areas **around Gb 30, in the pelvic area on the opposite page**, then return to do "A" and "B" here.

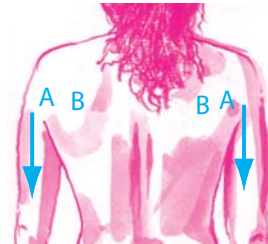


1 - GV 14

Having started with the general release massage you can now hone in on a specific area. **The circulation to the arms and hands starts at the neck, centred around the acupuncture point GV 14.** Any possible carpal tunnel, RSI, tingling or numbness, as well as neck/shoulder tension and headaches/migraines can be relieved by working here.

3 - SI 9 (A) & SI 11 (B)

Slow, sweeping movements, then concentrate on areas **A** and **B**, using thumbs to move the congestion out from the spine towards the upper arms, paying attention to the shoulder blades, later, massaging down the upper arms, finishing with whole hand broad sweeps to hands.

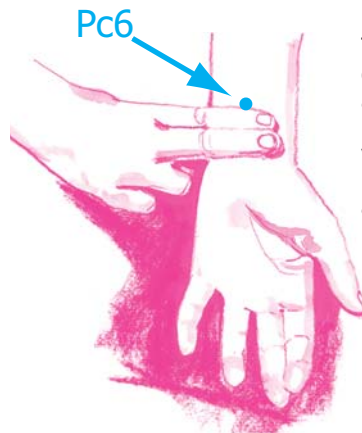
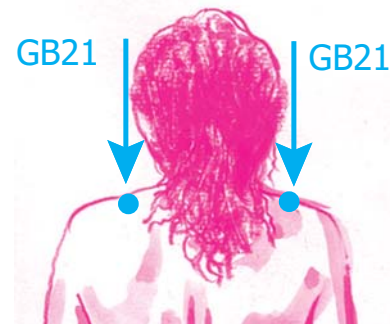


STRONGER DOWNWARDS ACTION TO OPEN CHEST/HELP START LABOUR/RELEASE MILK FLOW

After having completed the last two pages, you may now wish to achieve a stronger effect. **Please note this is for after 36/7 weeks of pregnancy, as this MAY have a labour initiating effect.**

GB 21

In pregnancy, avoid pressing firmly on point GB 21, as it has a downwards action. As the weeks go by, this point becomes more important. By 37 weeks, you will be incorporating it in your daily routine. It has a specific downwards action, and is very good for labour, and more especially to assist the let down response in lactation. **The tension stored in this muscle does not allow free milk flow** (pp 235, 237) and causes massive blockages all through the body, itself reflecting the Stuck Liver Qi.



PC 6

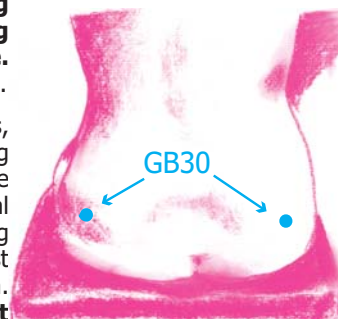
This point is used for opening the chest, and for any emotional calming that may be needed. **Whilst you are pressing it, get Mum to breathe slowly and deeply down into her belly.**

Pumping this point strongly in and out on both arms may also be effective.

GB 30

In conjunction with the point GB 21, using GB 30 may give a stronger action. They are both on the Gall Bladder meridian, thus will hold emotional/sexual frustrations in place. **This is what you are working through, by massaging and holding to release.** It has life changing results.

Looking to the next pages, incorporate very strong thumb pressure in the sacral points, paying special attention to GB 30, losing your thumbs up to the first joint, at least in her flesh. **Hold the pressure at least 30 seconds.**



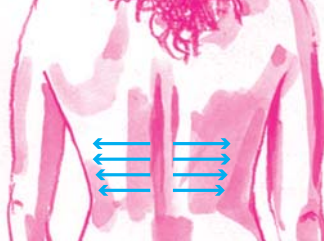
OPEN CHEST MASSAGE

Starting with the **general release** above, spend at least 20 minutes working on the entire back region, paying attention to the **pelvic/hip region**, then the **upper arms/scapula** (shoulder blade) points. If Mum is feeling cold, or has any of the Spleen or Kidney Yang qi symptoms (pp 100, 102, 118), applying **moxa to the sacrum as per page 96, 98 would be useful to move all the qi through the body, before you start the next section.**

Following the thoracic rolling (p 93) to help move the Liver Qi would also be a useful beginning.

Now getting her to roll over, lying on her back (this is perfectly safe, until at least 36 weeks, as long as the knees are drawn up and several pillows are supporting them, and she has many behind her head, so she is in no way flat out. The breathing/possible digestive problems, or back aching will not be aggravated in this position - be guided by Mum and how she feels - if she feels faint, or odd, get her to roll a little to her left side) and using the **point Pc 6**, press it firmly, pumping both sides for a few minutes whilst Mum breathes deeply, rhythmically and slowly right down consciously into all of the belly area.

See opposite page - **Starting at the sternum**, (breast bone) at the middle of the chest, between the breasts, with a little oil on your finger pads, firmly, but gently move along the space between the ribs. The breast tissue is very busy at this time, with milk ducts enlarged, so be sensitive. **This area will probably be very painful** - it is on most people.



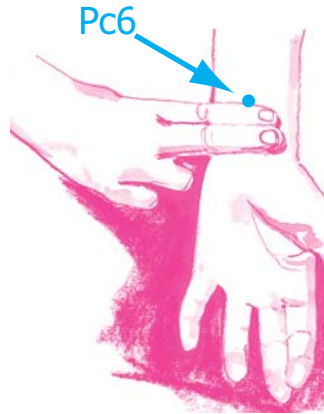
The idea is to open up the meridians that traverse the upper body, allowing the Liver Qi, the lung and the meridian qi to all freely circulate. The ability to breathe freely is largely related to our emotional expression. The heart chakra, may be holding onto deep seated grief/broken heartedness and these sorrows all impact on our ability to thus nourish our very being, and our babies - see p 65.

Because of the likelihood of stirring some of this up (to move, it has to move), **don't bulldoze through**, as it will be 'good for her in the long run'. Similarly, she could explore her relationship to interesting, uncomfortable stimuli, as plenty more awaits her. It is good practice, for her to observe the inner process she falls into, when moved out of complacency, and into feeling.

Repeat this **outwards on both sides at the level** you started at, eventually finding yourself under the clavicle (collarbone).

Return to the middle of the chest, and repeat, going slightly deeper. You can start just slowly skimming the surface, and gradually go down through the different layers. This is excellent to help move congestion off the chest, in conjunction with upper lymphatic drainage - see next page.

You must always start on the back, rather than targeting the area you believe is needing attention. The circulation of the yang qi begins at the perineum, and travels up the spine, over the sacrum. The nerve and blood supply is governed by the spinal nerves, and whether they are freely functioning. (The reason for checking the structure with a good osteopath/cranial chiropractor BEFORE agreeing to take medication for any condition - it may just be that the area is physically being starved of nerve and nutrient supply (review the role of different interventions pp 8, 9).

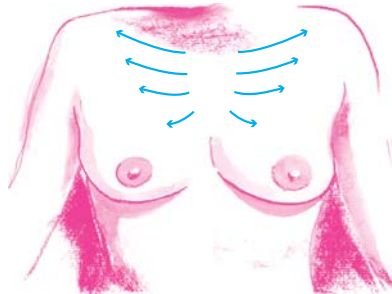
**PC 6**

Opens the chest, and used for settling down emotional states.

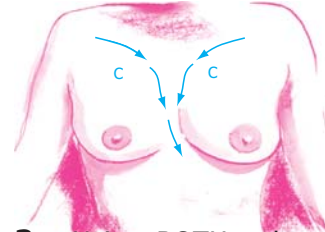
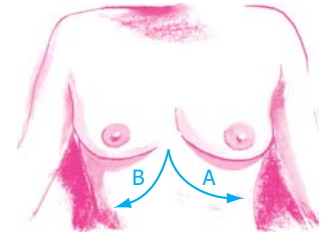
Pump this gently a couple of times between the chest opening and the lymphatic drainage, or before and after all chest action.

CHEST OPENING

BEFORE AND AFTER 1 - 4, GENTLY, THEN DEEPER, MOVE FINGERPADS IN DIRECTIONS SHOWN.

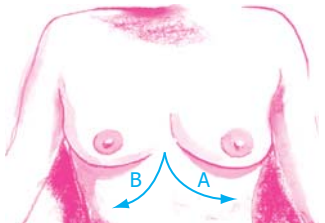
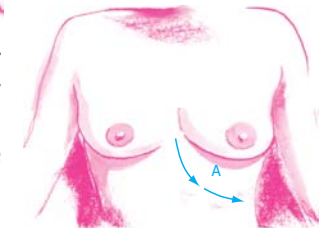
**CHEST LYMPHATIC DRAINAGE**

1 - Complete the back and chest opening preliminaries, making sure Mum is comfortable with her knees up, with possibly several pillows under her head/upper back.



2 - Start at **A**, sliding down **slowly** with a slightly oiled thumb pad. Repeat at **B** and do these movements 3 times, getting slightly deeper.

3 - Using BOTH palms, open wide, starting under the collar bone, **firmly press downwards**, dragging in the direction of the arrows. Avoiding breasts.



4 - Finish off by repeating **A & B**, then the chest opening & **Pc 6**.

Going to the back (p 88) for **Gv 14** action

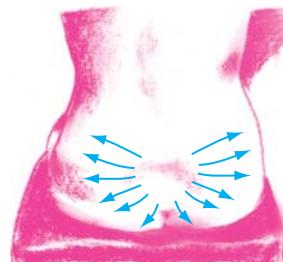
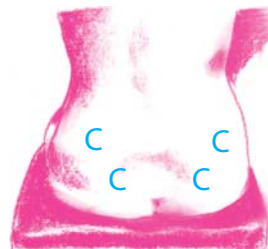
PELVIC OPENING

1 - Continue down entire back, working in stages, till reaching area C, where again, broad sweeps, using thumbs, or elbows to move, initially on the top layers, going gradually deeper into the buttocks.

Be gentle, as many have stored frustrations, aggravations, and energy/emotional and physical injuries which block circulation on all levels, which left there, will argue with labour contractions. **This may also enhance sexual feeling and expression.**

This may be very painful initially, but forms the major component of labour preparation. Be assured that the more she complains at the beginning, the more this would have impeded an easy labour, and the more she needs to allow the opening to be done over time AHEAD of the actual birthing.

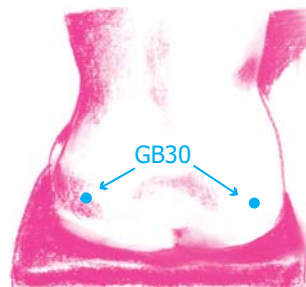
2 - Moving down the back to the sacrum, use broad, sweeping motions from the base of the spine to the hips, warming up the whole area with vigorous rubbing, using **upwards strokes, from the tail bone, systematically sweeping out to the buttocks, fanning upwards** as you go, till you reach the line of the top of the buttocks.



GB 30

This is a major pelvic release point. It covers a wide area. It is more important that you delve around in the general region, playfully and sensitively exploring, as part of the general sweeps and more specific ferreting about. When you find small lumps of residual trapped energy don't force them to release, but work around them, on the fringes. Over time, these will soften and dissipate.

Using moxa (pp 96-7) before working on these points will ease/help move the qi, thus reducing any likely pain.



MID SECTION RELEASE/LIVER QI STUCK



Any digestive or emotional (p 104) issues may be assisted through the strong rolling through this area. If Mum is feeling as though breathing is getting more difficult (contents of the abdomen (especially baby) taking up space), besides addressing the Stuck Liver Qi issues (p 48).

Now move to the **mid thoracic region** (under where her bra strap would go), and start strong rolling movements **OUTWARDS from the centre line** (see p 90).

You may need to start lightly, gradually increasing the amount of skin that you roll up under the fingers in time. **DO NOT PINCH. The action needed here is walking the fingers, with as broad a hand contact as possible and with your finger pads.**

Often this region is very tense, reflecting the state of the Liver Qi, and its longstanding neglect. **It may extremely painful, so don't try to be perfectly following instructions- getting a little deeper each time is fine.**

GB 34

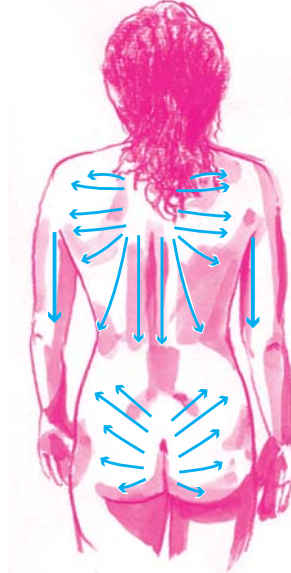
As the major point for relaxing muscles, tendons & ligaments.

Focus here before and during the work you do together.

It is found **under the head of the bone** on the outside of the lower leg. Press firmly, for 30 secs or so.



Finishing the back massage, go back to broad sweeps, starting at the top, running outwards and downwards. Sweeping down the arms as a continuation from drawing all the residual tension from the neck and shoulders, once you reach the hands/fingers, **flick your own hands, to rid yourself of the excess.** This may sound peculiar to you, but the person experiencing the work will feel a great deal lighter and calmer if you do. Similarly, **wash your hands under running water** before touching her or anyone else. There are real energies that are to be felt, and you do not need to recycle them. Babies and young children are particularly sensitive to this - no one has trained them yet to shut down (p 54).



THIS IS WHEN YOUR THUMBS GET DUSTED OFF - AFTER 36 WEEKS

At this stage, it is important that **at least 3 times a week**, and preferably EVERY night, pelvic opening is performed. This may seem like a large investment. Mum can not do it for herself. The spin off should be (using my patient population's results as a guide) **very effective, easy labours**. The other advantages are no or very **minimal medical interventions** - thus allowing natural to assert itself, without the cascade of side effects - post natal depressions/ lactation woes or scarred perineums to sexually negotiate around), and a **woman who FEELS like sex**, as she has been woken out of the Stuck Liver Qi.

It is important that you either watch the accompanying DVD or and/or **pay attention**, and do not think that I am writing for wusses. Being a small woman myself, I regularly attended to many very large pregnant women, demonstrating to their partners and support people how to do this. Those who thought "I'll be right", as they were bigger with larger fingers and thumbs invariably couldn't maintain the work, and begged off it because their thumbs weren't up to it.

You have no idea how long you may be doing this in labour. This may be the only thing that distracts her during birthing. You are likely to be a crucial part of the whole event and need to **CALL THIS OCCUPATIONAL HEALTH & SAFETY TRAINING**.

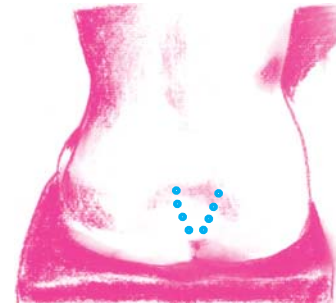
It is a simple matter of leaning with your weight, not using your hands/digits to provide the pressure. Consider yourself as part of the energy fields in the planet. By **being rooted to the spot**, like a tree, with a firm foundation, loose clothing and comfortable surroundings - perched anywhere as long as your circulation is flowing - you will be able to continue to draw up energy through the soles of your feet, to allow the earth's energy - not yours - to do the work.

This means you breathe deeply, and make sure you have both eaten lightly before beginning.

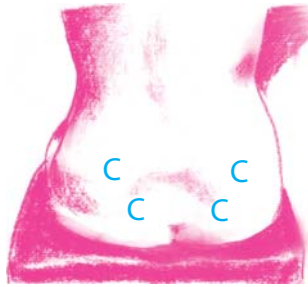
Begin as you would have hopefully for the past several weeks, with general back and pelvic opening. Now using the moxa as a sacral fan, warm the whole sacral area. This will make the massage vastly less painful, and more effective.

Having warmed the whole area, and as the pregnancy is past the 36 week stage, locate the **BI sacral points**. These are in natural depressions - although probably a little hard to visually spot in late pregnancy. You will find your fingers fall into the holes on the sacral bone. Begin by pressing into each set (one of each side of the mid line), firmly for maybe 30 seconds.

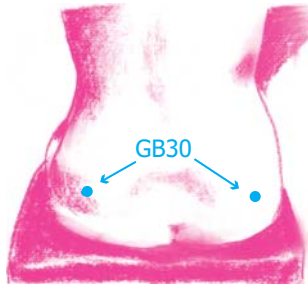
Go into the points (a couple at a time) with even firm pressure. As the weeks go by, you can end up with very deep pressure, starting earlier on more superficially.



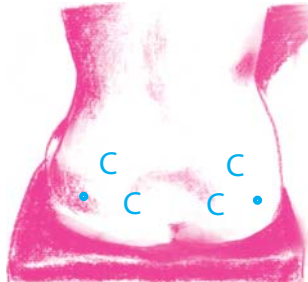
PAST 36 WEEKS PREPARATION



Now you need to oscillate between pressure on the BI sacral points and **deep, penetrating thumb pressure** into the junction between the sacrum (the triangular bone these are in), (C)



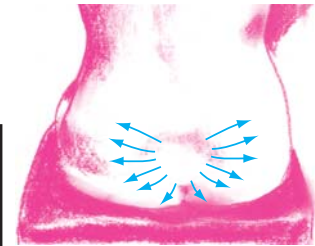
and the adjoining bum/hips) and the BI sacral points above, with occasional forays into extremely deep pressure into **GB 30**. This is **SLOW deep FIRM pressure**.



Mum may want to become very distressed. She is to remember this is not as strong as labour, and being a precious princess is not part of the script. With every whisper of pain, she breathes OUT and then slowly in, all the while YOU watching how and where she tenses. Gently touch with the lightest finger pressure - or your chin as your hands are occupied, to remind her that she is working against herself.

Hold the thumbs in there, gradually and firmly getting deeper.

This is when you can make an immense difference to the rest of your life with this woman, not just in your sex lives and for the baby's birth. Don't make a joke of proceedings. Perhaps she needs to show you this with your rump, for you to understand what is being moved.



Finish off with light sweeping broad strokes, outwards and downwards. Remembering to go back to the upper back, and finishing off with an entire back sweep.

MOXA USAGE

Moxabustion is a common practice used by acupuncturists. **It is a safe and effective method of increasing energy and blood flow into specific areas, enhancing healing and a general sense of well being.** It is very good for clearing out mild cold penetration, and for boosting yang qi. There are many specific pregnancy and lactation applications that you can safely do at home, **IF YOU FOLLOW THE SIMPLE INSTRUCTIONS.**

It is herbal, but not 'dope' - some may need to be reassured of this. Always **use in a ventilated area** (e.g. in a bathroom with an extractor fan). **Be aware of the smoke generated.** It is very penetrating, and lingers far more so than cigarette smoke. **Be aware of smoke detectors**, and turn them off before you start, remembering to switch them back on when you finish.

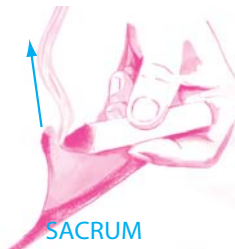
Ensuring that the 'patient' does not get cold, is the top priority. There is no point in attempting to build up yang qi, giving an invasion of cold concurrently. Do not think that this is being soft. The pores of the skin open, moxa is a powerful tool, and requires respect. There is not to be a draught, fans, or air conditioning running near the area moxa is being used. **Mum must be insulated from the floor** - as having bare feet on a cool floor/surface, regardless of how wonderful it feels is one way of creating an immense block of cold lodging in the uterine area, to create all manner of Spleen Yang problems.

Do not use on areas of skin rash, open wounds, or if the person is feeling too hot, aggravated, angry, or either of you are overly hungry or tired.

Before using moxa, **both have a drink of pure, non chilled**

water, as moxa is a dehydrating and heating substance. After using the moxa, regardless of absence of thirst, drink again.

Before using the moxa, if it is the first time, find some aluminium foil to wrap it in afterwards, or a small opening bottle that will allow it to be smothered. Once lit, a stick of moxa smoulders, requiring you to **tap it gently and often**, to remove the ash build up. **TO EXTINGUISH, PLEASE WRAP IN ALFOIL, OR OTHERWISE SMOTHER IT IN AN ENCLOSED SPACE OR BOTTLE NECK.**



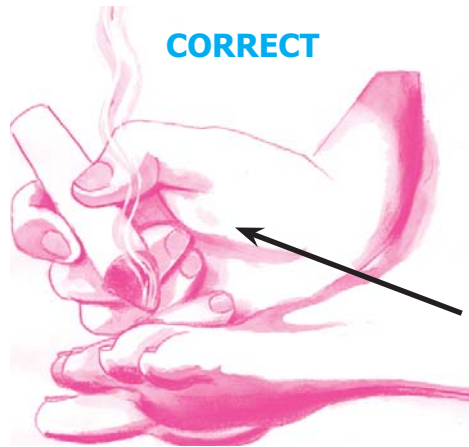
Hold the lit end of the moxa stick **approximately 1 cm away from body, resting your hand against the skin**, to buffer against either of you moving unexpectedly, coughing or otherwise changing position slightly - you don't want to touch the skin with a lit tip.

Even not moving the stick fast enough can create a nasty burn - or if she decides to be a hero, and put up with as much heat as possible - "a bit is good - a lot is better" - as **moxa burns very deeply and takes an age to heal.**

Notice how for this point (**Gv 20**), the hair is pressed back out of the way. Just because there is no actual flame, do not be lulled into thinking this is fun - it is serious therapeutic assistance, and in the wrong hands/time may create further trouble. **Please follow directions - especially when, and when not to use it.** Using moxa on the head must not happen if she has a temper/headache or it is a the time of a full moon.



CORRECT HAND POSITIONING



Note the correct positioning of the hands holding the moxa stick - resting up against Mum's body is necessary, (see opp page).

The stick will look like this with usage. **Initially it is not necessary to pull the coloured paper off the roll - it will gradually burn away.**

POINT BI 67. Be aware that the drawing has depth, and although it looks as though the thumb is being 'smoked', it is possible to hold it in such a way as to avoid this.

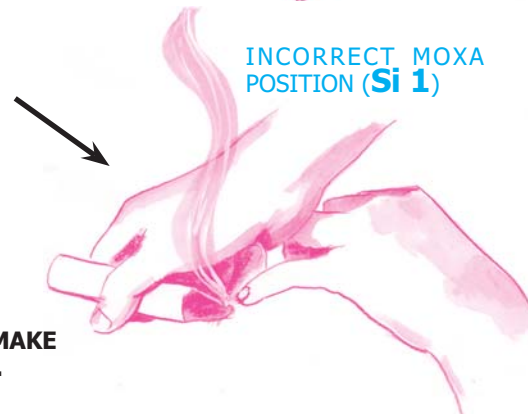
In the example to the right, the lit moxa roll is being held incorrectly. This is allowing the smoke to waft up onto the fleshy pad of the thumb. There is a potent Lung point there. By allowing the smoke to infiltrate this, you will potentially overheat your own lungs - one of the many reasons why smoking cigarettes is so bad - the actual heat inhaled destroys Lung yin (p 19 for general yin qi uses in the body).

Always hold the lit stick so the smoke is not wafting through any part of your thumb - as another highly reactive point is at the root of the thumbnail, and you need to miss that also.

Moxa is a very yang event. You are to count the peaks of heat, & MAKE SURE IT IS ALWAYS AN ODD NUMBER - usually between 3 & 9.



CORRECT MOXA HOLDING POSITION (SAME POINT Si 1)



INCORRECT MOXA POSITION (Si 1)

GENERAL SOOTHING RELAXATION - MOXA

Always start at the bottom of the sacrum, as the Gv (Governing Vessel, or most yang meridian) begins its flow up the back there. It is probably a good idea to massage a bit first, in an outwards and upwards direction (pp 86,92) to get some energy and blood moving first. By using the moxa flow from the base, you are enhancing normal circulation.

Never wave the lit stick up and down - always start near the bum, and move slowly upwards to waist level, and repeat from the bottom.

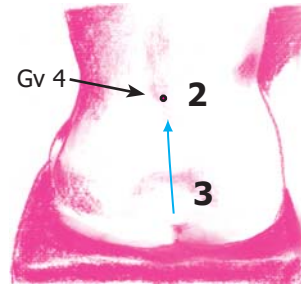
For general strengthening purposes, enhancing normal, ensuring Kidney Yang is supported and the back stays strong, with no other symptoms, twice a week will be wonderful. Mum will feel it as very soothing, and usually will notice a sensation of the uterus relaxing.



1

If circulation in the upper back is blocked - it may not FEEL cool to you, but if you can press on the skin firmly with your palm, and leave a palm print there (try it) - there is cold invasion (see p 20), and this will help create a blocked neck region, that may cause hand/arm problems.

GV 14 Found in the space under the vertebrae that pops up when the head is tilted forward, is the point where all the yang meridians pass through. This makes it a key area, and can be moxed (x5 peaks of heat) after strong massage to help move it. DO NOT DO THIS - if it is a full moon, or she is looking a little Stuck Liver Qi - Liver Yang Rising (see pp 55, 138-9) as moxa near the head is not to be used then.



Gv 4

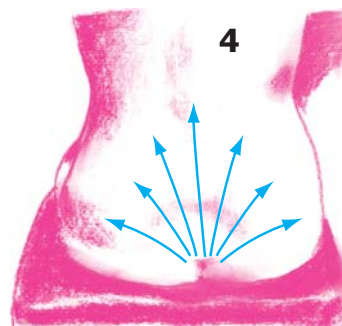
2

3

2 - Hold the moxa above the point **GV 4** until a sensation of 'too hot' is felt.

3 - Move the stick up and away, about 2 cm, wait a few seconds and repeat until 7 peaks of heat have been felt.

3 - Now, starting at the bottom of the spine, slowly move the stick up the sacral area, until you reach GV 4, go back to the base again, working your way upwards, working about 1 cm away from the skin. Repeat until the skin is slightly reddened, or for at least 5 mins.



4

SACRAL FAN

4 - Now fan out, from the base up towards the waist, following the tracings on the figure above. Do this for about 20 minutes in total, remembering to tap the stick occasionally, to rid it of the ash. Mum's back should be reddened and feel warm to touch after this, and she will probably notice her belly and the baby relax.

GENERAL YANG BUILDING/TONIFICATION - MOXA

Please review page 17 for the general yang deficient symptoms, p 46 the general qi deficient ones. You may notice that the difference is the severity and the presence of cold for the more serious yang deficiency type. The reason I have included this section is that most women who came through my clinic, regardless of how well they were, and how well they looked after themselves, occasionally wavered, through climatic change, life experiences, or the ministrations of various medical professionals, to visit these imbalance pictures.

Instead of waiting for an actual disease or drama, you will be able to adjust her body energy back to wellbeing. None of this replaces a good maintenance programme with a qualified (non medical) acupuncturist, **who is working on a health enhancement model, not an 'curing' illness one**. Check to see what your local person does, as acupuncture also has been "improved" to follow the medical model of diagnosing and chasing disease rather than encouraging the body to right itself.

Beyond the protocol above, for relaxation, and body maintenance (pp 96-7), here you need to study pp 100, 102 to decide whether it is the Spleen or the Kidney Yang that is suffering more. It may be both, and if you are not sure, do everything.

Please ensure that you reread the moxa usage section above and preferably watch the appropriate section on the accompanying DVD. If you do not have this, the text is sufficient but you may feel more confident watching the process, and can order the DVD through the web site on the book's cover (or see p 247).

All moxa is to be performed in warmth, without draughts, but

where adequate ventilation is possible. Make sure both of you have drunk a glass of non chilled water before, and after the process, regardless of thirst, as this is a very heating and desiccating treatment. Whilst the smell lingers, and it may seem like a hassle, **using moxa has a profound effect on Mum's health and wellbeing, if used as directed**. Please follow instructions, as it is very powerful.

In the early stages of pregnancy, Mum's body is undergoing immense change. If she is still working, or if she has an already full life, especially without uninterrupted sleep, her body may appear to fall in a heap (p 66).

It is possible that **you can avert the morning sickness/energy drain/back-aching and weakness and frequent trips to the loo, to say nothing of improving your sex life**, by ensuring that Mum NEVER has a cold abdomen. (Feel it with the inside of your arm - is it warm - does the temperature change between above and below the navel?).

As pregnancy is a time of extra heat, and blood in the body, (p 26-7, 68) it may be that Mum's usual cold intolerance has been offset, and any cold symptoms she would normally display are lessened or absent. The key factor in determining if you need to boost Spleen or Kidney yang in her body are obvious if the following picture is present. Review pp 119, 120 first.

Whilst it may appear obvious, it is important to ensure that Mum is not eating ice/ice cream/drinking her favourite fluids out of the fridge - heaping more cold into the system, whilst you spend time coping with the residual moxa smoke to remind you, is futile. **Mum must change her habits, as these are the very things that have lead to her needing treatment in the first place.**

WHEN TO THINK OF KIDNEY QI/YANG TONICS

Common body experiences of depleted Kidney energy the overall ageing phenomenon - where it is expected that:

- teeth
 - hearing
 - eyesight
 - memory
 - brain function
 - hair colour
 - hair quality
 - hair growth
 - bone density
 - lower back and general back integrity
 - sexual feeling
 - sexual appetite
 - sexual abilities, and
 - general spark, zip and vigour
- may all dwindle - the rate and order, and severity dependent on the individual constitution and previous life history.

Kidney Qi losing its edge may also show as:

- up and down at night to pee,
- needing to pee often in the daytime, and/or small quantities,
- leakage of body fluids, inadvertently

This is easily remedied through lifestyle choices that are life giving, rather than comfortable. Enhancing life flow, support ing the digestive and regenerative functions, and taking Chinese herbal tonics as part of a wellness programme, (that may include regular maintenance acupuncture sessions) will all reverse, or at least slow the gradual descent into decline that all expect of their bodies.

In addition, **Common pregnancy issues** that are **simply Kidney Qi or yang deficiency indications are -**

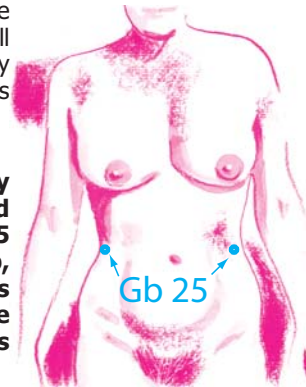
- Tiredness
- Overwhelming exhaustion
- Feeling drained, especially flagging in late afternoon
- Weak back, especially at waist level

As pregnancy is a time where Mum's own Kidney Qi is actively involved in developing baby's constitution, if her own basic constitutional vigour (Kidney Qi) was not blooming to begin with, she is likely to feel some of the above effects as the body scrambles to give baby a good start.

This partially explains why the message of this book is to rest. Yes, Mum can rise above the exhaustion, and operate on will, but this always comes at a later cost to all concerned (pp 36, 37).

If Kidney energy weakness develops further, Kidney Yang, (also see p 118) then Kidney Yin (p 66), and finally Kidney Jing issues arrive (pp 31, 66). All of these are potentially serious. They underpin all the serious pregnancy events, are all preventable, and don't magically appear unannounced. There is always a gradual unfolding.

The state of Mum's Kidney Qi can be roughly gauged by pressing the points GB 25 on the end of the bottom rib, at waist level, at the sides of the body. If these are sore, the Kidney Qi needs boosting/balancing.



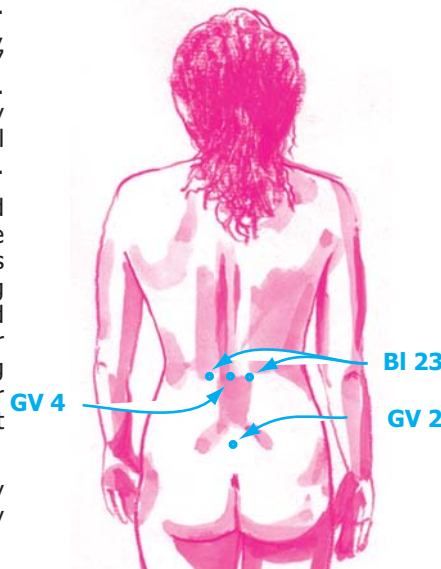
Needing to pee a lot, especially at night. This may be seen as 'normal' in pregnancy, and so it is when the baby is over 7 months along, and taking up a lot of space. However, prior to this, and often in very early pregnancy, women sometimes are up several times a night, or very often during the day.

This is a sign that the Kidney Qi is weakened and needing support (pp 17, 66). The resultant lack of quality sleep, as interruptions occur, weaken her Kidney Qi and thus Jing further - pp 31, 36-7, 66. This is a good and totally appropriate argument for getting older child/ren into stable and separate sleeping arrangements - they are stealing from their younger sibling's own inner bank account (Jing) - pp 31, 34, 37, 203.

Weak, or aching lower back. If very strongly deficient, the knees and legs may also feel unstable and weakened.

May have **cold intolerance, and poor circulation**, with cold hands and feet (see above pregnancy disclaimer).

Lack of any interest whatever in sex. This may become such that there is no feeling at all, even with direct stimulation. Sensual numbness may set in, as the body shuts down non essential (for physical survival) drains on its most precious essence and Kidney Qi.



GV4

Found in the space between the vertebrae at the waist level - natural waistline is at the level of the bottom of the lowest rib.

BL 23

One and a half of Mum's thumb widths out from GV4 on both sides.

KIDNEY YANG TONIFICATION

Mum can either lie on her belly, with pillows under the bulge, or if too large, sitting straddled a chair, or possibly lying on her side. (Although in this position it may be more difficult to establish where the points are).

Starting with the **sacral fan** (p 99), after starting her with at least **general back sweeps**, (p 87) now holding the moxa stick about 2 cms away from the skin, (pp 96 - 7) resting your hand on her back, wait until she feels the heat as too hot, move away and return, repeating 7 times on each point.

Start at **Gv 2**, **Gv 4** then **Bl 23**, each with 7 peaks of heat.

If she is feeling the heat more as you repeat these treatments, 3 peaks of heat may be all that is needed.

Always use an odd number.

This treatment may be done daily, if the woman is feeling exhausted, especially if she is up more than once a night (not applicable once past 8 months) to urinate, and has lower back aching. **ENSURE THAT THERE IS NO HEAT SYMPTOMS PRESENT** - pp 26,27,138-9. **If there are, use less peaks of heat.**

WHEN TO THINK OF SPLEEN QI/YANG TONICS

Body experiences of depleted Spleen qi/yang are

- lethargy, listlessness
- can't be bothered moving - body feels too heavy,
- foggy, slow thinking
- obsessional thoughts/tunes in head
- unexplained increase in weight, diet & exercise aside
- digestive weakness, showing up as allergies, Candida
- desiring sweet taste, especially between/after meals
- bloating
- nausea
- gurgling and gases in gut
- undigested food in stools
- diarrhoea
- swellings and growths
- bleeding, and resultant exhaustion
- varicose veins
- haemorrhoids
- tissues and organs sagging
- prolapses

The body may not have all of these happening at once - our individual make up has us prone to different energy configurations at different seasons and in differing climates.

What we choose to put in our mouths massively affects the state of our Spleen qi, thus our ability to really nourish all aspects of our being. (pp 62-3, 66-7). Also Heather's book "Living In It" (p 247).

In pregnancy, additional issues may be all dampness indications - pp 24,25 . **Dampness is part of the energy overlay of pregnancy (p 68).** If Mum had tendencies to a weak Spleen qi before pregnancy, and especially if the late

pregnancy is in summer, when heat and dampness may be large factors; more, rather than less, natural intervention is desirable to avoid major pregnancy disruptions. Just taking a common Chinese herbal preparation that supports the Spleen Qi and stops the Liver Qi from overwhelming it allows everything to keep to schedule. Fluid retention, fat and extra swelling is not 'normal' for late pregnancy - it is just that Western medicine has no tools to assist (p 9), and must wait for a worsening into pre-eclampsia (p 55, 141) before acting.

In addition to all the common body symptoms, in the opposite column, dampness in pregnancy may show

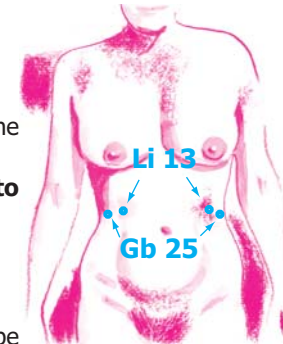
- increased weight gain
- fluid retention
- lots of mucous/saliva
- Candida/thrush infections
- increased vaginal discharges
- muddled thinking,
- possibly going into 'losing the plot'/mania/madness

If very serious & in addition to Kidney yin deficiency

- all high blood pressure,
- pre eclampsia,
- stroke tendencies.

The state of the Spleen Qi can be roughly gauged by pressing the points **Liv 13**, on the edge of the 11th rib - one up from the bottom ones (**GB 25**), just above waist level, and slightly forward of the side of the body.

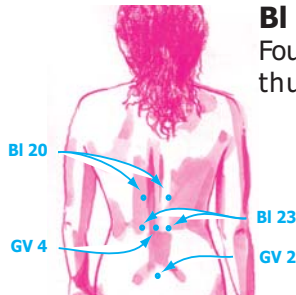
The body's ability when treated with respect, to bounce back, should not be underestimated - **don't despair, fix it.**



WHEN TO THINK OF USING SPLEEN QI/YANG TONICS

BI 20

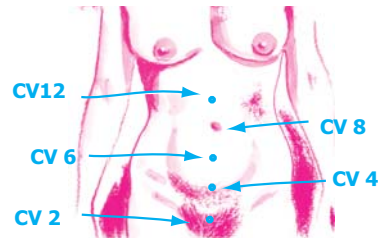
Found one and a half of Mum's thumb widths out from the spine, three spaces up from

GV4.**Gv 2**

Cv 12 half way between navel (**Cv 8**) & the junction of the ribs, at sternum.

Cv6 - 2 of Mum's finger-widths under Cv8.

Cv 4 - 2 fingerwidths up from pubic bone (**Cv 2**)

**St 36**

Found Mum's hand width under the edge of the knee cap, one thumb width out from the outside edge of the leg bone. Use AFTER all the other points, then Mum is to eat & drink, (not cold) as you have given her digestion a large boost.



WITH ALL, AN ODD NUMBER OF PEAKS OF HEAT (between 3 - 9 depending on how long it takes for them to feel hot

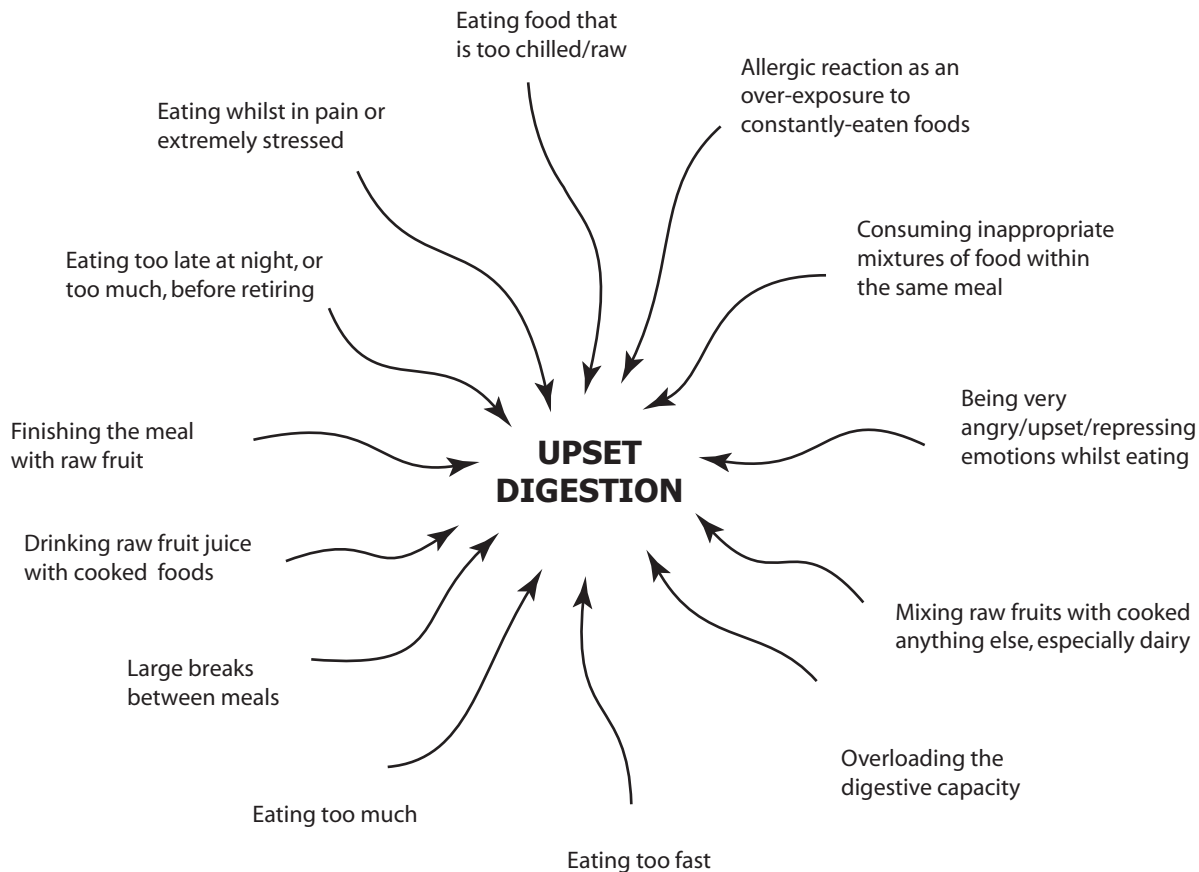
Poor appetite. This may be slightly offset by late pregnancy. If Mum really isn't interested in food, feels vaguely (or frankly) nauseated by even having to think about it, Spleen Yang/Qi needs help. Without a healthy interest in food, the blood energy can not flourish, and the baby will be compromised, at least as Mum will be unlikely to produce abundant good quality milk (pp 234,235,239). Further afield, weak Spleen Qi/Yang is responsible for **prolapses, incontinence, varicosities and haemorrhaging.**

Loose stools/apparent diarrhoea. This may seem normal for her, but unformed stool is a sign that the Spleen Qi is not doing its job of transforming well. Assimilation may thus be lessened (pp 58,113).

Fatigue, especially after eating. The weakened Spleen Qi may be only capable of doing one thing well. Putting the brakes on external activity at least ensures that food is still processed. Maybe also **becoming vague and memory failing** - this is often used as an excuse during pregnancy and breast feeding, but is actually a sign that there is too much load on the Spleen Qi, and 'non essential' (to survival) roles are discarded/lowly prioritized. Blood quality and Jing suffer as a result (pp 31-2, 35-37).

Abdominal distention, gurgling, possibly discomfort and dull pain, especially after eating, as transportation and transformation (digestion), may show signs of Spleen Qi deterioration, which may be a prelude to the conditions above, later in life.

UPSET DIGESTION



HEARTBURN/DIGESTIVE DISTRESS

Please study the diagram facing, and eliminate all the things from there that you are both currently doing. This alone may remove all symptoms that are bothering her digestion (and disposition), as a body usually works extremely well when pregnant, when given the opportunity to. Really take note of the combinations of foods, temperatures (see p 22, 58), and state of tension when eating (pp 58-9, 138). Seeing a cranial chiropractor or osteopath may be the easiest way to deal with these issues, if the dietary aspects and the emotional load have been attended to. As with a newborn, it is often the structure being out of shape very slightly, that creates silent and actual reflux, and is easily remedied if you attend the correct health care professional (pp 6, 8, 9).



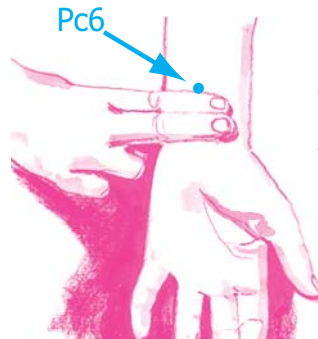
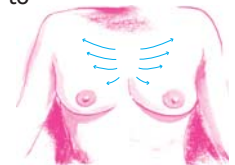
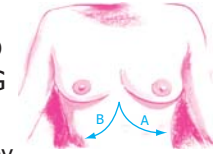
MASSAGE UPPER BACK, ESPECIALLY MID THORACIC, (MID BACK REGION) (P 93).

At level of diaphragm, for a block about 10 cm, SLOWLY sweeping and using deeper pressure going outwards from the spine.

LYMPHATIC AND CHEST OPENING

pp 90, 91.

Lightly SOOTHE by massaging away from the middle to the sides.



PC 6

On the spot gently use a pump action for about 2 minutes.



ST 36

Massage in a downwards movement for about 4 cms starting from the point St 36 located Mum's hand width under the knee, about 2 cm from the edge of the bone to the outside of the leg.

NAUSEA AND VOMITING

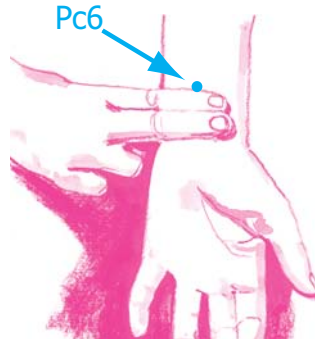
We feel sick if the Stomach Qi is not strong enough to do its job. We vomit if the Stomach Qi loses the battle, and contents forced up. (Stomach Qi is supposed to go downwards).

Mum may have always eaten the way that the previous page suggests not to. Pregnancy is a totally different body state, and things she may previously done (gotten away with) may not be acceptable now to her busy body. No digestive problem can be 'fixed' without attending to has been done to deviate its perfect workings. Babies need your close attendance to the previous page's advice, as their Spleen Qi is naturally weak (see page 202), thus they can easily 'get sick'. It is usually not everyone who 'catches' tummy bugs as they circulate - its the ones who can't fight them off - **lowered immunity = lowered available Yang Qi**, that do.

REASONS FOR NAUSEA

ACTIONS TO COUNTERACT

- | | | |
|---|---|---|
| 1 - Stomach Qi is too weak /or empty (also Spleen Yang weak pp 23,102,103) → | 1 | } - Eat small amounts of easily digested foods, very often. |
| 2 - Stomach Qi is too full. → | 2 | |
| 3 - Stomach Qi is too cold. (also Spleen Yang is weak pp 23,102,103)) → | 3 | - Avoid all cold/chilled/raw foods and fluids , especially when hungry/when stomach is empty, as then the Spleen yang qi is most vulnerable to cold penetration. |
| 4 - Stomach Qi is insulted /assaulted. (over 'ripe'/damaged food). → | 4 | - Avoid 'rubbish'/all toxicity/including odd mixtures/food combinations (p 104). |
| 5 - Stomach Qi is being attacked by Liver Qi Stuck (stressed pp 51, 138). → | 5 | - (Stress) Recognise it , and change especially eat in serene settings. |
| 6 - Abdomen is overfull - Poo OR just that the developing uterus has a different qi flow, and is not yet being fully used by the baby - automatically adjusts as baby grows. → | 6 | - Ensure daily, complete bowel movement. In early pregnancy, the state of Mum's qi is often weak, and herbal tonics may help (pp 108-109), also abdominal self-massage (pp 82-83). |

**PC 6**

Two of Mum's finger-widths up from the wrist crease, between the two tendons.

Pump it firmly.

Also good for asthma, or when the chest needs opening, for breathing or when feeling distressed/anxious.

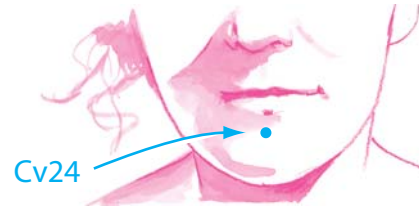
ST 36

Placing Mum's open hand with the index finger just under her kneecap, the point is found on the outer edge of the leg bone at the level of the bottom of her little finger. Now move outwards the width of her thumb. Lightly oil your thumb and massage in a line travelling down the leg very firmly for a distance equal to the width of her hand. Repeat.

If you can tell she is exhausted, with no heat symptoms (pp 100, 102), **moxa 7 peaks of heat** (pp 96-7).



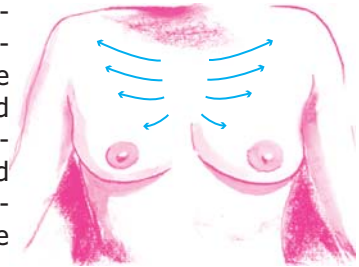
POINTS FOR NAUSEA

**CV 24**

Where the slope changes direction, moving from the chin towards the mouth. **Press thumbnail and drill in many times, or pump it, alternating with Pc 6.**

Opening the chest

starting at the mid-line, massage outwards towards the breasts, not too hard at first, as breast tissue is very busy and sensitive when pregnant, and everyone is usually "stuck", thus sore here. Starting at the top, working between all the ribs, gently move away from the middle, until the area is reddened. **Return to Pc 6, and work that again.**



CONSTIPATION

To pooch well, we must have a good supply and circulation of strong qi, sufficient dietary fluids, fats and fibre and an abdominal cavity that is receiving its appropriate nerve supply (from unimpeded spinal flow), with an unobstructed energy circulation – all organs and tissues in the correct position, and no scarring or other energy blockages.

Every life process relies on qi, and as the **Liver Qi's** (p 44) role is to ensure free flowing at all times, whatever slows this down, (especially emotional issues not dealt with) will also create slowness and irregularities in the gut.

Fluids are physically reabsorbed in the colon. Insufficient inner yin and/or blood energy may either through the ageing process, poor constitution and self maintenance, overwork or underproduction and/or circulation of raw materials, cause a stopping up of the solid waste disposal, as the body reabsorbs what it needs.

Due to insufficient water intake, there may be compensatory fluid reabsorption either due to insufficient pure water being drunk, or trying to cool the resultant toxicity (lack of dilution) **inner heat** down (pp 26, 66). In this case, pellet like stools, or hard dried out ones will emerge, often painfully, sometimes creating haemorrhoids (see following pages). Bad breath and dry lips may be a key (pp 138-9).

Fluids may also be over used, as more are needed to buffer/protect the body, cooling down the potential inner fire, if there are any **heat process (emotional suppression, pp 138-9)** occurring. These may come in the form of holding on, rather than letting go of all life experiences, and will create Liver Qi flow problems, with accompanying inflexibility on all aspects of self – maybe the lack of body suppleness, maybe hardened attitudes and rigid beliefs.

“Stress” – the unresolved life residue (think of all the events and people that stir you up, from the beginning of your life) creates the Stuck Liver Qi problems (pp 48-52). Repressed emotions – especially frustration, resentment, irkedness, irritations and unexpressed anger, create this.

The physical liver/GB may need detoxifying from the usual civilised diet and lifestyle creating an inner mess in conjunction with the factors above. After finishing breast feeding, a Gall Bladder Cleanse (found in Heather's book “Living as Energy” p 247) may be useful. No detoxifying should occur when pregnant, or breast feeding, as stored toxins in the fatty tissues will happily unload their ‘treasures’.

Losing weight or other good intentions flood the stuff Mum's body is throwing out directly into the egg/sperm, baby and then via breast milk (fatty transmission). Until breast-feeding finishes, cleaning up the diet and flushing the body with plentiful non chilled pure water will allow maximum healing, and clearing up old emotional wounds is enough.

Any **abdominal scarring** may require releasing to allow the true qi to circulate fully. These scars dam up the normal supply of all aspects of nourishment above and below the areas concerned. Abdominal self massage techniques, as on page 82-3, may eventually clear the structural blockages, so nourishment in the form of nervous stimulation, qi and blood supply may flow fully again. Possibly consult an acupuncturist, or well trained energy therapist to clear this.

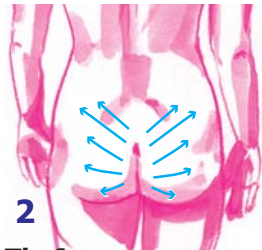
Eating two and a half cups of vegetables daily will help (p 60), plus soaking 6 prunes overnight in a half cup of water, drinking the juice, and then eating the prunes. A half cup of warm water with a half lemon squeezed in it every morning will also help the liver organ to start the day, as will a little Vit C often.



1

Look to p 87, 88, 93 for whole back massage instructions.

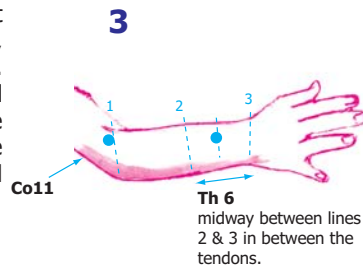
After doing a **whole back warm-up**, hone in on the area that clears Stuck Liver Qi (p 48), although it may be more comfortable for Mum for you to **loosen her buttocks/hip tension** before attempting to resolve the mid thoracic stress.



2

Th 6 is a specific point for helping Stuck Qi, as it affects the gut. **Strong massage and pressure** here, after the back massage, whilst the middle is being moved may help.

Co 11 is a good elimination/cooling point and may be gently massaged.

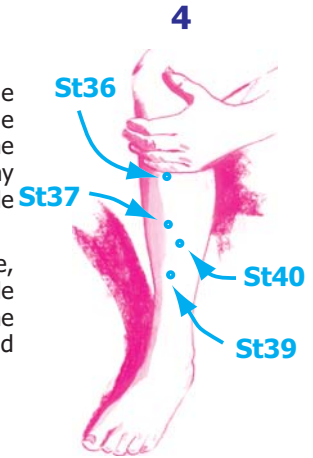


3

Th 6
midway between lines 2 & 3 in between the tendons.

Measuring with your hand the distance between the outside ankle bone and the middle of the knee joint, and take the mid way point, (half way down the outside calf muscle).

Go to the edge of the leg bone, and come back over the muscle 3 of Mum's finger widths, at the level of the midway point, and mark it with a pen.



4

This is the point **ST 40**, (on the Stomach meridian of energy) **which is used to clear all obstructions, phlegm, and anything 'stuck' in the digestive system.**

From here, come up about Mum's thumb width up towards the knee, and in towards the leg bone, and mark this – **St 37**.

Go down the leg from here, the width of Mum's hand (4 knuckle joints), and mark **St 39**.

Both these are for **clearing, and assisting the passage of food and substances through the gut.**

Using strong pressure – unless it is too painful, press these points firmly, then massage downwards, **start St 40, then St 37 & St 39.**

HAEMORRHOIDS/TISSUES FALLING DOWN/PROLAPSE

The body's structural and tissue integrity is provided by the Yang Qi's vigour, allowing the Spleen Qi's role of holding. (p. 23). Anything that compromises this, will create tissue integrity and organ prolapse, premature labour, (pp 122-125) and blood vessel and bleeding problems (p 110). This includes varicosities and general tissue sagging and breakdown and incontinence. (Supposedly all from childbirth injuries).

A lack of yang energy may, depending on a person's own individual energy signature, create a situation where the body prioritizes other more important Spleen energy tasks like keeping digestion together (pp 23, 58-9) - than of holding up tissues/organs or blood or baby in place.

A large component of what will happen in pregnancy is dictated to by how Mum eats. By regulating food choices into the NOURISHING rather than the COMFORT category, much present and future grief can be avoided (p 104).

This can arise through **invasion of cold** into the system pp 20-22) or through exhaustion from relative over work or malnourishment – especially not paying attention to quality food intake in pregnancy, or during pre-pregnancy dieting stages.

Heat in the system – creates reckless blood, as the integrity of the Spleens' holding function is diminished, causing the blood to go reckless, and leak where it shouldn't - (think bleeding in pregnancy – nose, uterine, on rare occasions, cerebral). The source of the heat is either dietary – by insufficient care in food regularity, temperature, vibration (e.g. – curries, chillies, caffeine, alcohol, chemicals in general create massive heat in the body) and/or lack of adequate quality hydration, and/or emotional factors (page 26).

These will all hasten possible constipation (p 108), and/or creating a tendency to haemorrhoids. These don't just appear,

they are created by neglect of basic self care.

Becoming exhausted – just being pregnant, and working outside the home, and having a weak body (not ill or diseased, just not blooming with constitutional vigour – pp 31, 34-5), and/or eating something too hot – curry, spicy, and/or **becoming very agitated and enraged** will create this scenario.

Do not take medical advice, that may be to use ice packs, if the haemorrhoid is acute. **Regardless how inflamed, hot or itchy it is (all signs of heat, which you would think could do with cooling down), any application of cold does more than intended - it also insults the Spleen holding function, and whilst making the area feel better temporarily by numbing it, this creates many more ingrained problems to eradicate.** The same advice applies after birth with a traumatized perineum - short term relief is going to come at a far greater later cost - pp 20, 21, 23.

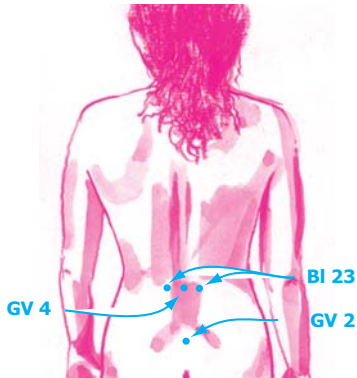
The further the pregnancy progresses, the more stress is placed upon the tissues below the bulging uterus, and the more important having strong yang qi becomes. Avoiding all cold invasion - ice/cold drinks/swims/bare feet will pay off. Prolapsed organs and incontinence, or at least digestive weakness and flabbiness may await those who don't. **Pushing out a baby with a haemorrhoid is no fun. Prevention is easier.**

Homeopathic preparations may assist in both prevention and symptom management; taking **Calcium Fluoride** as a specific HOMEOPATHIC cell salt – from a health food shop. **Vitamin C and bioflavonoids** taken over small multiple daily doses, plus **Vitamin E** may improve nutritional tissue integrity support. (see also p 61) - all in addition to a multivitamin and Zinc.

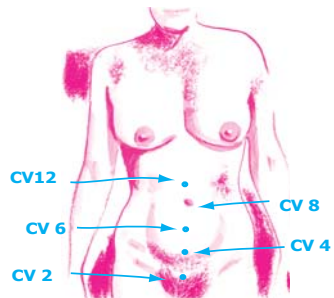
HAEMORRHOIDS/THREATENED MISCARRIAGE/
PREMATURE LABOR/TENDENCY TO PROLAPSE/
INCONTINENCE

What happened? COLD +/-OR EXHAUSTED

Spleen Yang is weakened, and the Spleen holding function is damaged.



Use moxa on all these points, after reading pp 96-7



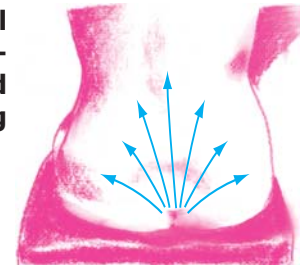
POSSIBLE SELF-HELP

HAEMORRHOIDS/THREATENED MISCARRIAGE/
PREMATURE LABOUR/TENDENCY TO PROLAPSE/
HAEMORRHAGE

What happened? HOT/AGITATED/TOO DRY

Spleen Qi is insulted by the heat in the Liver and this disruption travels over to attack the digestion, at the same time wasting previous yin (pp 138-9).

Gv 20 - at the top of the head, as a lifting point - **not to be moxaed on a full moon, or if Mum is agitated, or has high blood pressure, &/or liver yang rising** (pp 55, 139).



SACRAL FAN



See p 99, 103 for general yang and Spleen Yang tonic instructions - **to be used EXTREMELY cautiously - just do the sacral fan & Gv 20, if she has the symptoms of heat** (p 26) . Visiting a competent acupuncturist may be important to save the pregnancy.

IRRITABLE BOWEL AND OTHER STRESSED GUT PROBLEMS



Please read the stressed/Stuck Liver Qi sections (pp 48-55) and 'upset digestion' p 104.

Ultimately, any gut problem is a combination of what is going in the mouth & the poor flow of Liver Qi ("stress" p 51).

Both of these MUST be resolved, as acupressure is an AID, only - not a cure-all.

We all store immense amounts of grievances - petty build-ups to outsiders, but present nonetheless. At times when there is intense body activity, this stored up mess can become very apparent, as it gets in the way of the now extreme busyness. Unless dealt with appropriately (not just taking antidepressants/sleeping tablets), it can create huge physical and possibly life threatening conditions (pp 55, 138-9).

Women who have particularly lived an early life of emotional and/or sexual abuse, and/or of stifling their true feelings - usually through fear of consequences, now in pregnancy (and as it happens especially if their qi and blood became a little 'unbalanced' premenstrually - see pp 48-50, 150) - may find it almost impossible to NOT become distressed, although there appears to be nothing in their current lives to be triggering this. Part of role of the pelvic opening massage is to release all that which has been so carefully stored - physically as fat/cellulite/fluid.

Mum may thus reach for cigarettes/alcohol/chocolates to try to stifle/swallow her feelings - regardless of the knowing of why one mustn't smoke or introduce chemicals into the (building)

growing site (baby), as the need to silence inner turmoil and retain apparent equilibrium may be too overwhelming.

Much damage done in childhood is revisited on both parents as they prepare to go down the similar path - impending parenthood. Though in a different role, many find at pregnancy that massive relationship and family crises fester, without knowing that it is fairly common, and that pregnancy is not all a time of love and light.

Both of you being aware that we all store emotional and energy residues (shock/guilt/shame/fear) stuff (until a mythical later), and that **doing your homework with these massage moves can loosen the load, being of major benefit in your future lives together.** It may be extremely useful to contact Kalina Rose at www.roseofraphael.com and buy a set of healing vibrational essences to allow both of you to clear the past stuck energy on relation to birthing and parenting. At least invest in some Rescue Remedy and take it.

Gut problems are not just uncomfortable - **they lessen the quality of the available Blood/yin and Jing.** This will create major distress for Mum later, as the fetus may plunder her reserves, leaving her in a depleted state for the rest of her life - especially reducing what is then available for future siblings.

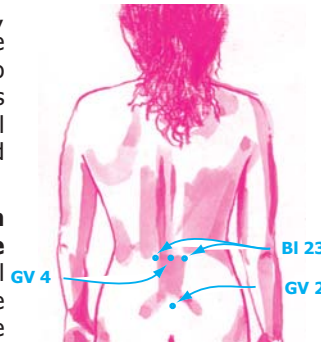
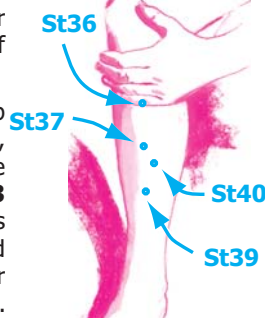
SOLUTION : Find **friendly gut bacteria** stored in refrigeration at a chemist or health food shop. Take as directed, to assist recolonisation of the intestines, esp after taking antibiotics. Take a **small dose of Vitamin C** frequently throughout the day, some **liquid Zinc**, and a good (possibly liquid) source of **multiminerals, and vitamins.** Meditation and yoga are also likely to settle mum's and baby's entire nervous systems.

Leading on from the stressed person into the stressed gut, malabsorption can become a sleeping issue - you may be unaware that the good food consumed is not being used to its maximum. Check the Spleen and general yang symptoms (p 102). If Mum's belly - above or below the navel feels at all cold; especially if she still has cold hands and feet, or a cold bum at night - she probably needs a yang boost (p 99).

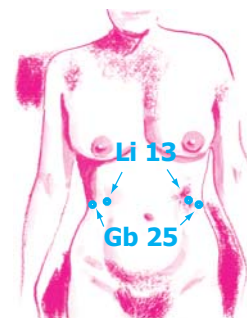
She may also have a **generalised weakness/aching in her lower back** - and this and the **state of digestive weakness** will lessen with your ministrations. She will feel immense relief and comfort from this. It is a case of once fixed, you don't usually need to keep doing it - except the pregnancy/extra load still exists. . . . Be aware that if she is eating or drinking anything cool/cold or raw she is helping to create the problem. If she is finishing a shower with cold water, if she is swimming in unheated pools, if she (or you) persist in having windows open or fans/airconditioners going at night when the Yang Qi is being replenished - she will be recreating the yang deficiency.

Massaging the points St 37, 39 and 40 in a downwards direction, with some oil on finger pads may assist the passage of food through.

Heating St 36 with moxa (p 107) AFTER working on the back, then the front points may alleviate the soreness on the points **Liv 13 and Gb 25** - the end of rib points that show you if (**Li 13 - Sp**) and (**Gb 25 - Ki**) qi are OK (p 123 for positions and further instructions).

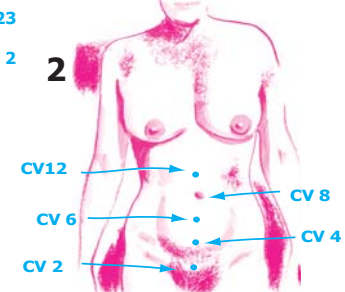


GB 25 Liv 13
They are your guides.
Check the end of rib points - they should feel less bruised/sharp now.



MALABSORPTION AND DIARRHOEA

Starting with the back points, and AFTER some **warmup massage** and the **moxa sacral fan**, heat **Gv 2**, then **Gv 4**, going then onto **BI 23**, followed by **BI 20**. Each receives 3 (or if it takes a while for her to feel the heat 5 or 7) peaks of heat.



ABDOMEN

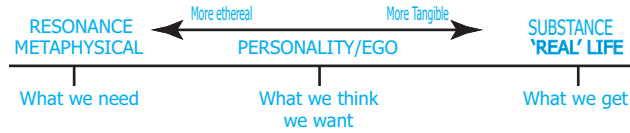
Follow up with heating abdominal points - using the navel point (**Cv 8**) only if the mid belly is cool to touch. **Cv 12** is used only if the upper belly is cool (p 223 for abdominal fan).

Cv 2 is used if it feels cool there, or if there is pubic pain.

Major points - **Cv 6 & Liv 13 and/or Gb 25 themselves** if they are still sore after everything else is adjusted.

EXPECTATIONS/BELIEFS/UNPLANNED OUTCOMES

This may seem a bit too philosophical, but sometimes it is necessary to observe your thinking, rather than keep on reacting the same old ways. Sometimes, especially around pregnancy, things don't go the way you thought they would.

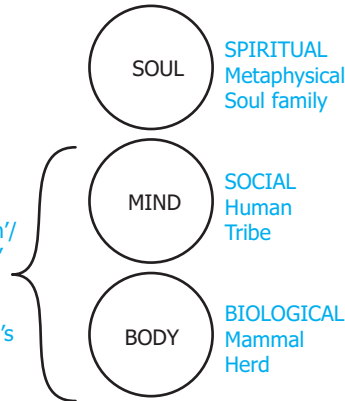


If we stop and observe ourselves, we can see that at each step of our lives, what we expect and believe dictates how we experience, and even how we perceive what we live through. It is our personal choice how we handle all of this. Sometimes we may find that we are presented with experiences where we have no previous knowledge or even awareness of the possibilities, or we may try to hide behind the idea that "these sorts of things happen to other people . . ."

Finding yourself without a life plan or map that works can be unsettling at best, and can often feel quite traumatic.

A 'person'/ 'reality' as per our culture's beliefs

WHO IS 'I'?



Changing focus (pp 6, 7, 228) sometimes helps. Asking a simple question - "Who do 'I' think 'I' am?" May seem odd, but may help you uncover a different approach to the question "What is a Person?"

Taking a step back - what is it that happens here, and why?

Are the memories & the personality and behavioural traits, and expectations enough? Is it just the physical body and the identity?

If this is the first pregnancy after years of trying, perhaps you haven't considered it as just a practice run. Maybe life is testing you out to see how much impetus you need to move off your rigidly held beliefs, and try to loosen up a bit. **Maybe this is an opportunity for change** – you taking charge, rather than hoping for the best, and praying that the nasties won't stop at your door . . . Taking charge is an adult response – you will feel vastly less impotent/hopeless if you do. It may also change you in ways that will make you far more ready to be a parent, as you may become more adaptable (p 228).

Experiment by going outside what you previously considered 'safe'. Maybe the spirit that is in the fetal form within never intended to come through all the way, and is trying on this reality for size – and is here just to get the two of you 'in gear' for the main event – for the one who will be here for the long haul, after this one - the tester - the real event.

What immediately comes up, when you read this? Observe the fears that run away. It is these very fears that allow all sorts of 'medical' interventions against nature to be done - often creating other issues - still with the challenge/necessity for you to have to confront your own inner responsibilities.

Rather than paying rapt attention to everything said in the current medical reality, allowing inner fears to run away with you, you could choose to Stop,

Disengage, and

Consider what's happening in context.

Look at the totality of all of your life, not the bit (now) you have been focussing on, and the bit (what you passionately think you don't want) that seems about to happen.

If you both explore what it would mean to you – if baby died, if baby came early, if the worst case scenario you can possibly imagine, did – and without either of you getting emotionally connected to the resulting words, follow each scenario on large bits of paper, playing with what comes up to see what is really driving you. It may seem highly logical - call it a game.

This may all feel unusual, but if we are going to run a marathon, we usually practice, doing warm ups and dry runs. By placing yourself in the virtual reality of what you fear most, you could take the time to play with what happens next - a bit like a simulated computer game, only with YOUR life.

What is it really that you want out of being pregnant together? Is a baby to be a certain sex, gender orientation, type of person and aspire to whatever you would wish for it? **Maybe hiccups of varying severity are for you to become more grateful for anything.** Loosening up within yourselves can only help you in the real world.

You may need to reread pp 3,4,5 here.

Women when pregnant get to replay their own births/ the births that they have half listened to throughout the ages -

PERSONALITY CHANGES/SANITY/SLEEPING

and fear of what MIGHT happen is so apparent in our culture, that it is usual for others, and the 'self' deep inside to want to hand over - to imagine that all those experts in white coats can somehow 'win' against the randomness of nature.

What is never spelt out is the importance of the emotional/psychic health of the mother, her baby, and their ongoing bonds of love - and it is these very things that pregnancy is for. Mum in late pregnancy has plenty of time to ruminate over these issues, and it is very likely that if she hasn't a history of facing difficulty head on, she will want to opt for what appears to be 'safe' now. The problem is her biology has its own knowing.

Looking at different sites, such as www.bubhub.com may allow you to explore the others - www.gentlebirthing/ [www.birthingnaturally](http://www.birthingnaturally.com) - all say the same thing - **Mum left in peace is unlikely to fall into the pieces** she will probably do so, if given over into the 'safe' keeping of the highly medicalised birth that awaits as a supposed preventative' (pp 242-6).

If Mum has strong Blood energy (p 32), and has healthy flowing Liver Qi (p 44), and is not clogged up with Damp and Phlegm (pp 24-5), she will probably work through this herself. To assist, the vibrational essences specifically designed for pregnancy/conception and birthing and women's healing (www.roseofraphael.com) may be invaluable.

If Mum is looking as though she fits into many of the categories above (it is very unusual to be clearly one over all others), attending to the underlying issues will make baby's life, and your's after birth, immeasurably easier.

FEARFULNESS/ANXIETY

In acupuncture, our emotional and mental health and stability are seen to be intimately allied to the state of our blood energy, pp 32, 56 -7) - hence our digestive strength (providing us with the appropriate, abundant and good quality raw ingredients to make our foundation ingredients), see p 58 and our ability to express what we feel. (pp 44-5, 52). A previously anxious newly pregnant woman, if not really attending to self nurturing in her pregnancy, is likely to **recreate this nervousness energy pattern in her baby** [p 246 primalhealthresearch (2)].

Looking back to the 'impact of life influences', p 70 - it can be seen that the **first third of our own life experience** is gained within our Mum's body, **the second third**, usually totally bound within her energy, emotions and behaviours. Thus 'choice' of mother absolutely shapes who we all are - even if taken from her at birth, there is still the formative period that has been under her spell. It is possible to greatly moderate the influence even a patchy emotional start has imprinted on baby already, **if considerable effort is spent within the pregnancy treating Mum and baby, as they together are linked.**

Women who before conception may have been emotionally 'together' may change under the energy shifts that occur in a normal pregnancy (p 68). Having to be exposed to various medical possibilities by listening to the myriad things that 'might go wrong' - now considered to be 'informed choice' - is to severely abuse both Mum and child. **Words carry energy.**

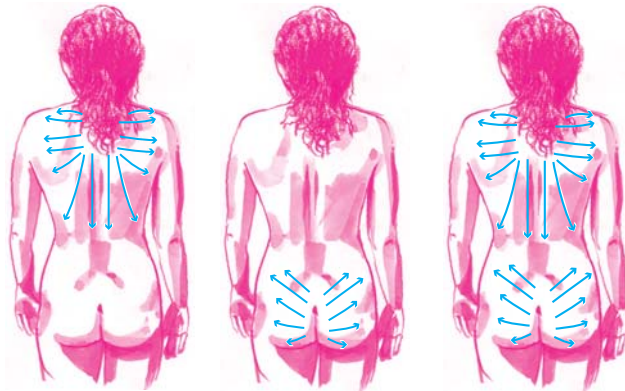
Please review p 28 - Mum's Shen needs to be calm, her Blood energy strengthened, and her qi flowing well. **Yoga and meditation** are excellent at allowing her to tap into the

inner resources that are so easily available. **Chinese herbs** are exceptional at gently though powerfully strengthening all aspects of a being. They need to be prescribed by a practitioner, rather than bought over a counter or given generically, as we all have our own energy signatures, strengths/weaknesses and obstructions to be cleared.

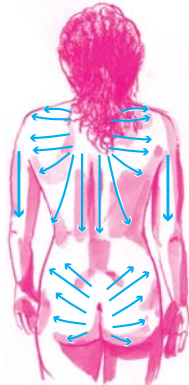
Vitamin B group - not (necessarily part of a specially marketed pregnancy package), supports all nervous system and mental wellbeing. Taking extra **Magnesium** supplementation, preferably as a powder/liquid, will ease most nervous and muscular tension, and prepare the body for birthing. **Symptoms of Magnesium deficiency** include anxiousness, irritability, headaches and migraines, excessive neck and shoulder discomfort, twitching, cramping, feeling uncomfortable (especially when trying to sleep), and experiencing, rather than just observing, or even not even being aware of the Braxton - Hicks contractions, inability to settle to sleep, and general sleeping disturbances.

Rescue Remedy (available at most health food shops) taken a few drops in all drinking water, will ease underlying old shocks/traumas/upsets that are surfacing at this time. **Specific vibrational essences** (www.roseofraphael.com) would be the first choice here, as birth specific issues - Mum's own placental trauma/own loss of oxytocic bonding to her own mother/own birth residue all require to be shed.

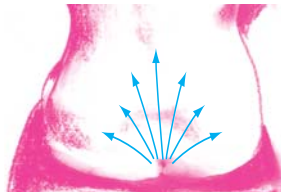
Gentle **osteopathic or cranial chiropractic** work can to clear patterns of old memories held within the body, allowing the normal flow of nervous and blood flow, and cerebrospinal fluids to bathe the spinal cord and brain as nature designed and intended. This may also greatly enhance easy birthing.



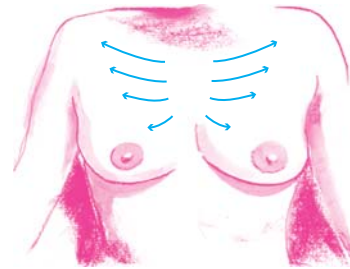
Begin with a full back massage, gently sweeping away whatever tension there is - do not start pummeling, or digging deeply - this comes after much preparation.



Use the moxa stick (p 96), to warm, soothe and relax the entire being , following the lines on the sacrum.



Fearfulness/anxiety/obsessive thoughts and sleeping and emotional difficulties all have their roots in blood energy depletion. This may not mean iron tablets, so much as Chinese herbs, acupuncture and good nutrition.

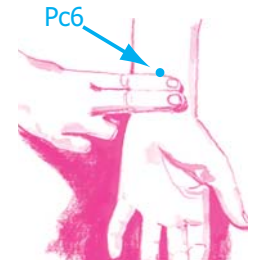


After back massage. With Pc 6, gently open the chest . Moxa may be used on point Cv 17 (see p 239).

Pump Pc 6 strongly, either pressing and getting Mum to breathe in slowly, consciously into her belly.



Ht 7 - Press firmly, massaging gently as needed. Point is found at the edge of the junction between the hand bones and the arm, under the bone at the crease



KIDNEY YANG DEFICIENCY

The symptoms listed on p 17 in general yang deficiency are a guide only. As pregnancy is a time of extra heat, and blood in the body, (p 68) **it may be that Mum's usual cold intolerance has been offset, and any cold symptoms she would normally display are lessened or absent.**

The key factor in determining if you need to boost Spleen or Kidney yang in her body are obvious if the following picture is present. Review pp 16, 17, 100 -2 first.

KIDNEY YANG DEFICIENT SYMPTOMS

Needing to pee a lot, especially at night. This may be seen as 'normal' in pregnancy, and so it is when the baby is over 7 months along, and taking up a lot of space. However, prior to this, and often in very early pregnancy, women sometimes are up several times a night, or very often during the day.

This not only is a sign that the **Kidney Qi** is weakened and needing support, but the **lack of quality sleep, as interruptions are occurring, weakens her kidney qi and thus Jing further.** (Good argument for getting older child/ren into stable and separate sleeping arrangements).

Weak, or aching lower back. If very strongly deficient, the knees and legs may also feel unstable and weakened. Whilst she may see this as being normal - for her - it is actually the beginnings of an overall depletion of her inner resources, hastening the ageing process. She may have **cold intolerance, and poor circulation**, with cold hands and feet (see above general pregnancy disclaimer).

Lack of any interest whatever in sex. This may become such that there is no feeling at all, even with direct stimulation. Sensual numbness may set in, as the body shuts down non essential (for physical survival) drains on its most precious essence and Kidney Qi.

SPLEEN YANG DEFICIENCY

Spleen Yang deficiency shows in any of the yang qi functions seen on pp 17, 18 except temperature regulation - that is more the Kidney and Lung Yang role.

SPLEEN YANG DEFICIENCY SYMPTOMS

Poor appetite. This may be slightly offset by late pregnancy. If Mum really isn't interested in food, feels vaguely (or frankly) nauseated by even having to think about it, Spleen Yang/Qi needs help. Without a healthy interest in food, the blood energy can not flourish, and the baby will be compromised, at least as Mum will be unlikely to produce abundant good quality milk. (pp 237, 239). Further afield, weak Spleen Qi/Yang is responsible for prolapses, incontinence and haemorrhaging (pp 102-3).

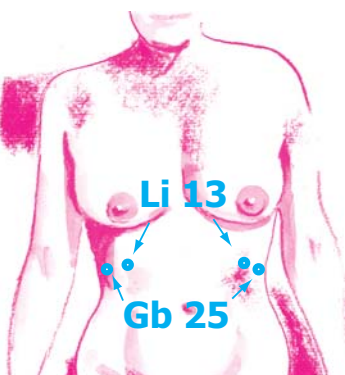
Loose stools/apparent diarrhoea. This may seem normal to her, but unformed stool is a sign that the Spleen Qi is not doing its job of transforming well. Assimilation may thus be lessened. (pp 53, 103).

Fatigue, especially after eating. The weakened Spleen Qi may be only capable of doing one thing well. Putting the brakes on external activity at least ensures that food is still processed. Maybe also **becoming vague and memory failing** - this is often used as an excuse during pregnancy and breast feeding, but is actually a sign that there is too much load on the Spleen Qi, and 'non essential' (to survival) roles are discarded/lowly prioritised. Blood quality and Jing suffer as a result (pp 62, 67).

Abdominal distention, gurgling, possibly discomfort and dull pain, especially after eating, as transportation and transformation (digestion), may show signs of weakening and deterioration.

KIDNEY YIN DEFICIENCY

This is very serious if left untreated. Usually shows up in pregnancy with hot blood (see p 67). Medical advice is to rest, and hope everything resolves itself. This is a little like a broken leg 300 years ago - it would depend on the luck of circumstances as to whether you lived/had a leg that worked at the end of the waiting. Similarly, waiting for nature is only happening in this situation as there is nothing MEDICAL that is going to help. This does not mean you need to sit it out.



By pressing the points on the ends of the ribs - which may be a little hard to locate on a very pregnant or well padded woman - you can tell if it is more a case of Spleen yang deficiency (**Liv 13** - the point at the end of the 11th rib) or the Kidney Qi/Yang/Yin deficiency (**Gb 25** - the point at the end of the 12th rib, nearest the waist line, and more towards the back).

Looking at the symptoms on the opposite page, you will get a fair idea of what to do - if in doubt - do the lot.

Mum MUST stop work, rest, indulge in no sexual matters, relaxing into being pregnant. Warm, nourishing foods, plenty of water, no caffeine, chocolate, alcohol, cigarettes, sugar or cool/cold/raw foods or fluids are to be consumed. Changing gear into being a 'jersey cow' may be the way to stay well.

HEAT ENERGY IN THE BLOOD

It is also highly important that the two of you become a team working towards a family, rather than you going off to 'bring home the bacon' or dissolving into 'I can't cope with all this extra pressure'.

Not only is the health of the pregnancy and the baby at stake, but Mum's future carrying capacity and her health into her older age. If you have needed IVF to conceive, it is even more essential that Mum is not trying to repay debts incurred, as the IVF process is extremely costly to her Jing and Kidney Qi - which was probably not good to begin with, which is why IVF was needed at all. All this leads to the likelihood of premature labour/failure to thrive/possibly compromised infant.

It is avoidable, but not through hoping for the best, and putting faith in medical interventions. **You need nature on your side, and you need to work with it, not assume that there are modern answers - they come at undisclosed costs.** Visit www.birthmatters.org, read anything by Michel Odent.

Kidney Yin deficiency (p 66) leads onto heat on the blood, or arises from it (pp 26, 27, 67). This then compromises all the reproductive planning, as heat/toxins directly DESTROY yin/jing. Women who miscarry/have premature labours could choose to live their lives differently - **we create our own realities, and we thus can alter the consequences by taking charge.**

Harbouring grudges, having family wars, attempting to overthrow businesses/finish assignments/decide whether to leave the job/marriage/country or otherwise change life is going to have emotional heat created and is thus going to assist in creating pregnancy and health instability.

SPOTTING/BLEEDING/THREATENED MISCARRIAGE

Bleeding, whether brown or red discharge, back aching and /or abdominal pain are not part of a well pregnancy. In the initial three months, they may signal pregnancy disruption. They are likely to be indications of the issues numbered below. (Read preceding pages first).

Bleeding/spotting after the first trimester should be medically investigated to ensure that the placenta is not separating from the uterus. If this happens, it is possible - usually in late pregnancy - that the mother can potentially bleed out in a few minutes. The leakage of red blood, with or without pain, requires medical investigation. Having ruled out dangerous problems, acupuncture intervention is then very effective.

Aside from fetal damage (which may have been/can be averted through careful pre-pregnancy preparation and good natural pregnancy support (especially acupuncture and Chinese herbs), **maternal health issues** (often pre pregnancy energy imbalances) are the major trigger of early contraction/bleeding states (pp 56, 60, 68, 78, 150).

Looking acupuncturally, unscheduled bleeding in any situation (including early onset of labour) is when separately or in combination -

1 - Qi/Yang is not strong enough (in this case body has prioritised Mum's body's needs over pregnancy, and is terminating as a self preservation mode). **SOLUTION** - Stop work, stay in bed, don't do housework, stop feeling guilty, no sex (pp 66, 100) and grow a well baby. (pp 195 -6).

This may have been **triggered** from overdoing things – in the immediate past - lifting/overworking, or just going about the 'normal' life load, of working and being pregnant, not sleeping

extra to make up the deficit, having children/IVF attempts too close together, and/or invasion of cold/depletion of Spleen Yang Qi – overeating/drinking anything chilled, being cold, walking about on cold surfaces, sleeping in a draught, finishing a shower with cold water (pp 20,21).

2 - Insufficient Jing (pp 31, 34-7, 66). This is a continuation from above, and is more severe. **SOLUTION** - Extreme shut down from 'normal' workload. Pregnancy may struggle on, and Mum will find some reserves somewhere, but this is at the expense of growing a superb baby, and her own health. Acupuncture and Chinese herbs are very effective.

3 – There is heat (energy) in the Blood (pp 26-7, 67-8). Heat in the Blood causes it to go reckless, and leak out of the tissues. We create heat by becoming emotionally constipated, and by not expressing anger as it arises, or resolving the issues behind it. Resentment, irritations, festering bitterness and rage cause a mass of inner chaos. It is also a continuation from above.

We choose to ingest a toxic load – through choice of hot vibration substances (curries, chillies, over chemicalised intake, too much sugar/alcohol, coffee), by not drinking enough pure water and/or through common exposure to the myriad environmental additives which are outside our control or desire. **SOLUTION** - Resolve and don't dwell on 'problems', take up meditation, yoga. Drink a lot of non chilled water, eat pure, bland and naturally. See an acupuncturist.

4 – There is presence of Stuck Blood – (p 49) Often conception is achieved, and everyone assumes that this guarantees the body will progress uneventfully through the normal stages. However, women these days are very messed

up gynaecologically speaking, as there are often decades between puberty and pregnancy, with multiple partners, and the resultant emotional turmoil (p 150).

Contraceptive measures lend their own flavour to pre existing Stuck Liver Qi and Blood (pp 48-9) scenarios created with all the 'out of sync' life that predate conception (p 150).

SOLUTION - Preferably all period/surgical repercussions have been attended to prior to pregnancy. Find a competent acupuncturist. Massage as per the Action section (p 86-103).

GENERALLY - The **heart/uterus connection** (p 65) is an energetic link that is real. **Anything that has distressed Mum will be felt by baby.** Mum's blood energy may not be strong. (p 56-7, 116). If she is frightened, if she has taken to watching/reading horror/thrillers - stop her. Kidney Qi is damaged through the fear/terror/shock route. She needs to feel loved/supported and protected at this time (p 74-5).

Women when pregnant often have immense inner travels to complete before baby emerges. This is one way of ensuring a beginning of this process. She may have any number of perfect excuses to not rest and switch down several gears. She has choices (see pages 8,19).

As a healer, I have very rarely seen a threatened miscarriage not go on to a full term healthy baby, regardless of how dire the outcome appeared medically. The outcome has always depended on how well the woman heeds the advice, follows instructions, and settles into being a Mum, rather than a stressed out (however successful) being.

It is a warning, not an inevitability - listen to her body.

WHAT TO DO

MUM & DAD - Whilst actively creating your own reality – consider focussing on what you want, rather than what you don't. (What is worry if not attracting/drawing in what you don't want?) What harm can it do, to operate differently – for maybe just 5 minutes?

Put on relaxing/reflective music, place yourself in a calm **meditative state**, and move your focus of emotional and panicked parent on to effective-helper-responsible-for-baby-and-its-highest-possible-good. Do not listen to the possible "logic" tapes/chatter that may come into consciousness. There are many realities, and baby is less form and more spirit as this point (pp 3, 14).

Visualise a golden light, and a web of energy being spun around the uterus to support its precious load. Find a picture of a pregnant uterus, enlarge it, colour this in with a golden safety net, and put it where you walk past it all day, as a constant reminder of 'perfect'. **FOCUS ON WHAT YOU WANT.**

Communicate (with your inside senses), to the baby's spirit, surround it with love, and light, support its journey to be, or not, with loving unconditional compassion.

Change gear and prioritise baby and Mum above anything else (pp 148, 164-5). Often a miscarriage scare is nothing but a wake up call, for you to consciously get on with the next stage of your life.

A few drops of **Rescue Remedy** could be dispensed in all water drunk, for the foreseeable future, for both parents, especially the carer, who may mistakenly see himself as coping, or "too busy/manly " Mum worries about you too.

SLIPPERY FETUS (MISCARRIAGE) ACTION

Go out and get **Folic Acid tablets**. They should not be taken in pregnancy without a good **Multivitamin, or B Complex tablet** (Folic Acid always included). There is no need in pregnancy, or beforehand, to take separate Folic Acid it is in all Multis and B group tablets as a matter of course. Folic Acid is a specific to assist threatened miscarriage/early labour (p 61).

Get Mum to take 3 of these with a **half B vitamin**, and a **Vitamin C** tablet, **four times a day**. **These are therapeutic doses of substances that SPECIFICALLY deal with the nutritional issues that underlie the current issue**. As the symptoms reduce, the dosage can be modified. - Initially the number of Folic Acid each dose, eventually just 1 Folic Acid with one B and one Vitamin C three times daily, for at least a week after everything has settled down. After this, **cut out the Folic Acid, retaining the 3 B and C daily**.

Taking **Vitamin C** - a little often possibly 500 mg every two hours is also recommended. **Vit C is involved in collagen repair and elasticity and tissue integrity**. (Not oranges or orange juice – oranges have very little Vit C and carry a hot energy vibration and may worsen the condition).

Chinese herbs individually prescribed in your woman's case would also be wonderful. **This is AS WELL AS** - this is not an academic exercise to see what worked - I have already done that part of the deal, and these are the results - just do it all. How much is this pregnancy/baby worth to you?

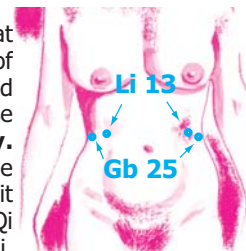
Magnesium supplementation – to calm down both Mum's "nerves", help her sleeping and assuage the muscle spasms – which in themselves may be due to severe Magnesium depletion (p 124).

If you have not engaged an acupuncturist, who has experienced

in this field, continue. Ideally you would be guided by them directly, as to home support.

Decide which category of energy disharmony is prevalent at present. It may be a bit of everything, and usually is. Essentially you need to establish if she has heat. (pp 26-7, 67), **as if this is the case, moxa is to be used very sparingly**. Looking at p 26 - does she seem more like this, or is there some of Stuck Liver Qi/Liver Yang Rising? (pp 48, 55, 138-9).

If you **press the point GB 25**, at the end of the 12th ribs, at the side of the body, coming from the front, and they are VERY painful, this is a case of **Kidney Yin/Yang deficiency**. (pp 100, 118-9). If the ends of the 11th ribs (**Liver 13**) are more sore, it is probably a case of Spleen Yang Qi deficiency (p 102), or Stuck Liver Qi, with some other liver issues. Usually both points are tender.

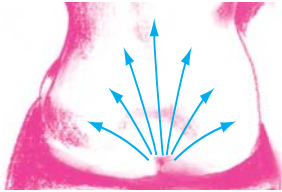


If neither are (I have never had this happen personally) this MAYBE a case where there is fetal abnormality, not a Mum issue, as these others are). If this is the case, I would consult a health care professional - scans, and acupuncturist as back up.

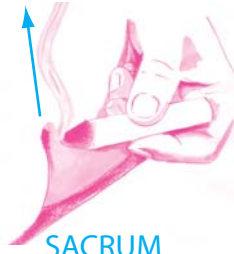
Having done all of the above, **be aware that Mum should at no stage feel cold** - (yang qi is what we are trying to support - it is wasted by cold). Protect this likelihood before you begin ministering aid.

Moxa is only to be used after hydrating with non chilled water, and to be finished off with yet another drink - both of you - please reread pp 96-7 first.

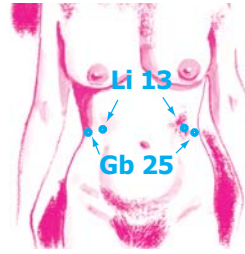
1



Moxa up sacral area (see page 96-99) then **BI 23, Gv 4** [the Kidney tonic points] and **BI 20/Gv2** [the Spleen tonic points] if **Liv 13** is tender.



SACRUM



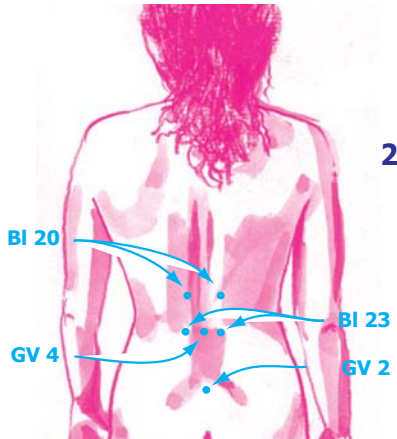
Liv 13 & Gb 25
Before, during & after, check these points to check progress

4



Gv 20 - besides using moxa, pull hair at top of the head (**Gv 20**), whilst visualising an internal lifting sensation, pulling up the essential body energy.

PRESS SP (Liv 13) & KI (Gb 25) ALARM POINTS (opposite page) TO KNOW WHICH IS MORE THE FOCUS.

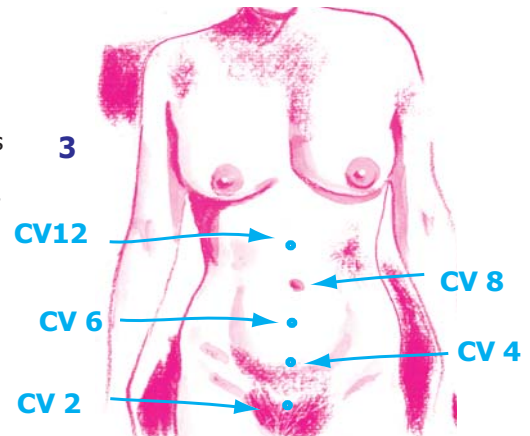


2

Read p 113 first.

Depending on the severity of Liv 13 points and temperature of belly - use **Cv 12** if upper, and **Cv 4** if lower; moxa more (up to 9 peaks of heat) and less (3), depending on coolness, and continued tenderness on alarm point (above).

3



THREATENED EARLY LABOUR

As with the section above, full term pregnancy is likely if the mother's Jing pp 35-39) is sufficient to nourish her and the growing child. **Pregnancy is easily maintained in a well body**, if none of the factors listed are present, it may be that the mother's qi/essence /Blood energy is somehow not strong enough to continue through pregnancy. If for no apparent reason, the process of labour has started, panicking will only hasten what you wish to avoid.

Breathe deeply and slowly to recharge yourself.

Deal with what is happening at the moment, rather than projecting onwards. **Often life events are just tests**, (what are YOU prepared to change?) **to strengthen our resolve and commitment.** The energy leakage through the downwards acting fear energy is sufficient to weaken the Kidney Qi (pp 66, 118-9) which as part of the Yang Qi complex, holds the cervix closed and the pregnancy intact. **Being fearful may at this stage, allow the sphincter (cervix) to open** - much like great fear may liquify our bowels, or open our bladder.

In the more than 25 years experience of supporting pregnancies, I have often seen early waters breaking and healing; often seen gushes of blood eventuate in a settled full term pregnancy and standard birthing scenario, with acupuncture and allied assistance. **Performing all the strategies** mentioned for threatened miscarriage may help.

In none of these cases was the baby compromised - usually the resultant offspring was more vigorous than its siblings, as Mum thoughtfully rested up more, and availed herself for constitutional correctional treatments. It is likely that you may not consider what you have been eating ("she can't

mean that!"), or doing has created this situation; rather than feeling guilty, knowing actually gives you power to change, rather than passively hope things will improve.

Finding a **competent pregnancy acupuncturist** - not a medically trained person who has done a short course - is vitally important at this point. I personally have stopped one of my own children from coming 10 weeks too soon, (at 2 cm dilation) by the use of just 2 acupuncture points. There are many very well children alive due to judicious acupuncture intervention, in such events. It is not difficult to do, using this proven natural re-balancing approach.

If an early labour appears to be unavoidable, you may have access to **Chinese herbalists**, please try to find the boil up preparations, that Mum must drink, as they can improve both Mum's ability to hold on to the pregnancy, and the baby's chances if unblighted survival. The early maturation of baby's lungs can be accelerated with herbs, should birth occur too soon. This is far more useful than the medical drugs, as Chinese herbs are actual life supporting tonics.

Herbs are potent and need to be prescribed specifically for Mum, by a qualified Chinese herbalist. The mixture will probably taste odd - but is far less hassle than weeks spent in neonatal units, going from crisis to crisis. **Similarly, the apparent expense of visiting a pregnancy acupuncturist is minute relative to either the early end of the pregnancy, or the possibility of a compromised baby.**

Follow all the advice in the preceding pages - if Mum is more than 3 months pregnant, with red blood loss, this needs medical investigation, to ensure maternal safety, then following the advice of the acupuncturist, as they are used to seeing

HISTORY OF REPEATED MISCARRIAGE/FAILED IVF ATTEMPTS

apparently hopeless cases changing - we see the medical professions' failures routinely, as desperate people still have the problems, even if there are no apparent solutions. The medical team can only see the issue through the lenses of their training and hence experience. We all have our own piece of the life jigsaw puzzle.

WHAT NEXT? Similarly, **if you have 'failed' and a miscarriage or baby death has occurred** - take this as an opportunity to rethink the whole process. Are you as a couple really doing everything that would allow a very well child its best shot? (see Bibliography p 242, web sites 246-7).

Invariably Dad is the weak link. Whether or not the sperm test says "OK", half of the baby's inheritance is from you. Drinking alcohol/caffeine/smoking cigarettes - **ANY - not just cutting back - will be part of the issue.** Particularly if you have both 'bought' the idea that she has gynaecological problems - you need to be more than 150 % able to over - ride these apparent maternal factors.

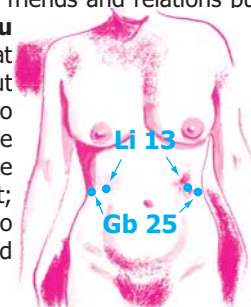
Eating a good cooked breakfast (yes, not having time is a large part of this problem), being too stressed/ill in the mornings to face food (same again), drinking plenty of unchilled pure water - to flush the lifetime's worth of toxic wastes out - and taking daily exercise as part of life - preferably incorporating this with Mum as a couple time out from the grind of making money and 'relaxing' in front of a screen of some kind. No time? Need the substances to calm down? - **THAT'S THE POINT.**

LIFESTYLE ISSUES

In the modern world there are so many traps, and so many obvious (non medical) reasons why so many couples are failing

to easily conceive at will. Please see pages 242, 246 (1) and read Heather's upcoming book "Conscious Conception".

Looking back to Mum's body - are either of these sets of points sore? Are any of the back points, especially upper back very tender, so that you can hardly give them a good work out? **Both of you may be in no shape to be thinking babies** - have you seen the effort friends and relations put in? **It is all preventable - you can have a perfect kid** - one that sleeps and eats and poos without drama - it just requires you BOTH to be well (pp 30,32,35,41,66) before you start its production. Sperm take 3 1/2 months from beginning to exit; so taking a baby-making break, to do a perfect baby preparation is a sound investment for the rest of your life.



There is a reason for 'failure'.

Often it is as simple as finding the right 'alternative hormone' doctor, who really looks into the possible underlying thyroid imbalance - the daily temperature taken 3 times every day - and from there adjusting the metabolic disturbances, hence reproductive 'failures'. This is especially so, if Poly Cystic Ovarian Syndrome is a factor. **Modern life has created HUGE total body hormonal disruptions, and not adjusting these** - instead allowing MORE through desperate baby desires is compounding this. (See web references 'hormonal disruptors' on p 245).

IT IS NOT A MATTER OF CHRONOLOGICAL, BUT OF BIOLOGICAL (reversible) AGE. (see p 31,33,35,61,69).

ABDOMINAL SKIN CARE

Stretch marks and itching are easier to prevent than correct. An eventual stunning stretching/splitting of the skin layers may begin with itching. In some people, who may well have been diligent in oiling, this may appear in shades of reddish purple. The colour will fade in time, but the resultant silvery marks and extra crepey skin may be permanent. This is the result of nutritional deficiencies, possibly combined with a digestive weakness (Spleen Yang/Qi pp 23, 102).

Taking care of the nutritional needs before the baby leaches out what it needs, leaving Mum with the dregs, is a better strategy than hoping this does not happen to your woman. Most of us have house and contents insurance. Few of us ever get to experience a fire razing our homes, but taking a gamble, and choosing to save a few dollars and not take cover is not considered a sensible course of action. Neither is it with pregnancy, and Mum's ongoing good health.

Ignore the standard medical line - that an average diet is adequate and possibly only Folic acid, and iron are needed. Mum should be taking a very good **Multivitamin** (doesn't have to be a specific pregnancy/women's one - pregnancy is a marketers' dream) a few times daily, or halve it and take it twice, plus a preferably **liquid Zinc** supplement (p 62). Incorporate more olive oil into your daily diet.

Vitamin C is necessary for tissue integrity, and allows liver and digestive function. Taking extra **Vitamin E** will help in combination to those already mentioned, to stave off any VARICOSE VEINS OR BLOOD VESSEL DETERIORATION. All preventative measures will have positive ramifications all through Mum's wellbeing/body.

If Mum had a problem with any of these issues in previous pregnancies, starting all suggestions before or at conception,

and following a Spleen Yang support programme (p 103), will probably heal what is there and prevent any further aggravation.

Going to a Health Shop that has homeopathic cell salts. **Calcium Fluoride** is specifically for tissue elasticity. **THIS IS NOT A FLUORIDE TABLET FOR TEETH, AND DO NOT TAKE IT AS SUCH.** Homeopathic doses of certain minerals enhance different aspects of our being. You may find another in combination that may suit Mum even better. Taking the recommended dosage throughout the pregnancy is a good idea. Also, **Zinc** (liquid is best) supplementation, well before conception will enable the digestion to extract all nutrients and is itself indicated in tissue repair.

Rubbing an oil, not moisturiser into the skin on the belly, breasts and buttocks before either of you imagine it is necessary is essential. A good general Multivitamin and varied diet, with a relaxed Mum and good digestive capacity should be all the insurance needed to ensure the skin is able to stretch and spring back to normal. Women are designed for this. Pregnancy is a normal part of being a woman, and we all should be resilient enough to bounce back, and to a higher level than before.

As the **lung energy** in acupuncture is said to nourish the skin - and similarly as nourishment, lubrication and cooling are all yin functions - it would follow (p 19) that adequate hydration, deep complete breathing of pure air (non smoking) - either in yoga, or as part of an exercise regime would also be helpful.

Sometimes, usually in late pregnancy, **itchiness**, (often intense) appears, gradually covering all the stretching skin. **This should not be happening, although maybe often seen in pregnancy, it is a sign of depletion of yin in the**

extra regenerative meridian running up the belly.

Do not believe anyone who wants to believe that 'this is normal', or 'runs in the family'. What is meant is an ignorance of the cause and thus the solution to the problem. What is 'running' in the genes - (Kidney Jing) is an inherent weakness that can be strengthened by those who have the wit to see it as such.

Best action is to follow all the steps on previous page. Get to an acupuncturist urgently and also take Chinese herbs. It is not a matter of the skin being in danger, or of being overly vain, but that it is a warning that other aspects of the body are also crying out for assistance as being under stress and requiring attention (see yin deficiency pp 19, 66).

Formication – the sensation of insects crawling under the skin – is another, more severe sign from your body that help is needed. In the medical model, this will be monitored. Looking through a different lens - acupuncture - mum's body is warning that the Liver Qi has insufficient 'yin' and 'blood' to nourish it, and usually also, has accompanying **heat in the Blood** (and in naturopathic terms – toxicity). This is a continuation of the process outlined on p 26, 48, 51, 66, 139.

Factors that could also be investigated are – are there non food items being consumed – drugs/salt/sugars/chocolate/alcohol? It is highly likely that if there is a deficiency in common minerals, the taste buds are sending craving signals out, and Mum, whilst assuaging these, is probably creating a uterine environment that ensures baby is awash with allergenic substances via her bloodstream at present, building the foundation for him/her to be sensitive, hence affected/allergic/addicted to these when older.

Assuming all has been taken care of as mentioned on the

ITCHY SKIN IN PREGNANCY

previous page, it is important to check the diet again - any favourite snacks/treats that are really not nutritious, and full of chemicals? Often it may be a frequency thing - is Mum gravitating to the same food group, or has a habit of eating exactly the same thing every day? (pp 58 - 61).

Heat-creating (need lots of dilution) substances such as oranges, peanuts and coffee should have been banned long ago. Often itching is due to actual liver organ overload. **SOLUTION** - Avoid what is being craved/eaten immoderately and load up on extra Vitamin C, in small very frequent doses, to assist the liver to cope.

Look to pp 26, 66 to see how we acquire Hot Blood, and how to change this. Also to pp 19, 32 to the functions of yin and Blood energy, and how crucial it is that you allow well functioning to re-establish itself, before the most important last few weeks, when maximum load is felt.

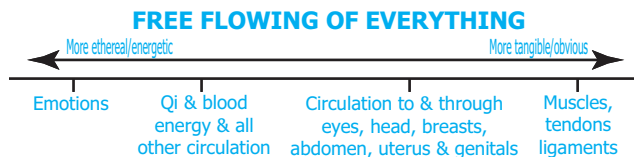
Modern medical and thus dietitians advice is gradually catching up with standard naturopathic knowledge of decades ago. It is far more useful, rather than reading the latest pregnancy book, or listening to the medical specialist (who is NOT trained in either nutrition or the therapeutic use of vitamin and mineral supplementation), to consult a qualified natural therapist.

There are many herbal and homeopathic treatments – not bought over the counter, or suggested by a medical doctor – that will work on the underlying issues that have brought your attention to their existence. To have itching on the skin of the abdomen is a warning that Mum's yin is also depleting (p 66).

Symptoms never exist without underlying causes. The itchy skin is not the major problem, but a warning, for those who can read it (pp 27, 32, 55-7, 67).

PREGNANCY ACHES AND PAINS

It is the role of the **liver energy** (p 44) to allow free flowing of all nourishment to all areas of the body. Thus,



All structural aches and pains in pregnancy are not due to the influence of extra progesterone on the ligaments and tendons, as pregnancy books tell you. But, it is not a matter of waiting till the baby is out, when her body hopefully will be easier to live in again. The medical take on this is due to their reliance on explaining only in the physical realms, thus seeing only part of the picture.

Any weakness, aching or needing/**improving/desiring heat** in the middle of the back (waist level) is due to deficient Kidney Yang energy – and needs at the very least for you to be using moxa there alternate nights (pp 96-103). Chinese herbal tonics specially prescribed for her, and qualified (non medical) acupuncture will ensure strengthen her before birth and lactation further diminish her reserves (pp 37, 41, 69).

Look to all areas – where is the weak link? The adequacy of a 'good' diet is not enough – it is likely that the mother's body is undergoing an overhaul on all levels. **If she is well hydrated and has sufficient nutrients in therapeutic levels in her system, there would be no aches and pains.** Taking out the insurance of allowing her to be pregnant (major reason for stopping her being a work horse, as you will get more miles out of her in the years to come, if she is allowed to remake herself (pp 38-9, 41). The birthing/baby outcome is liable

to be better, if there is an abundance of quality resources, circulating as designed. Aches and pains are a signal that they are not, and there are more problems in store, as the pregnancy/birth advances.

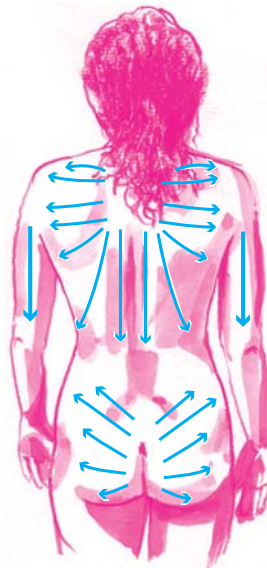
Her real emotional state is the one area that seems overlooked in most literature, especially the glossy pregnancy books. Whist she is being "nice", she is congesting her Liver Qi (pp 44, 47-8, 51).

Is she keeping the peace about your building that boat downstairs/being in that job and knowing she has only three months as a Mum at home before she becomes Mum and Dad again (out there working) whatever – the fling you had six years ago/are pretending is finished, the mother or mother in law who insists on arriving to be helpful at the time she wants to be in her own nest? These are the real CAUSES of pregnancy problems.

Mum may live through feeling and a possibly deep rage that she may be not even consciously be aware she is attempting to cover over. This is very taxing on her body's ability to keep it altogether – reread pp 55, 138-9. This can become expressed as/referred into spasms/tension/muscular aching.

It is far easier to openly uncover all that that is irking her, as pregnancy is a primal time, and fury has no place eventually being unleashed at the most vulnerable member – the baby, when she can not control it/satisfy it – as it is in her heavy/distorted energy and feels frightened – this is all real, not spoken of, and CREATES the energy distortions that feed all the apparently deadly complications of pregnancy – pp 138-9.

Total body massage to allow the whole body to adjust itself is always the first place to start. Unlike being a car mechanic, it can be assumed that the body is working with you to try to put



out everything back into working order as quickly and efficiently as possible.

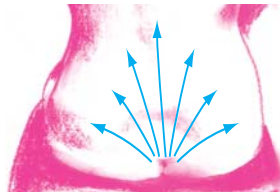
General massage and **sacral moxa fan** may well be all that you need to do.

Looking to cool spots on her body - especially lower back and belly and working via pp 100-103 to ease the cause of these will also allow normal to reassert itself.

MOXA UP SACRUM before massaging strongly pelvic and **GB 30 area**.

Epsom salts bath - Magnesium being absorbed through the skin, and is very soothing.

LOTS of Magnesium/Calcium - flood body with it - usually as a liquid/powder that bypasses the gut's digestive abilities.



SACRAL FAN

Liv 8 as a point to nourish and loosen muscles/tendons. May be too sore to press, but very gentle massage may over time help relieve the Liver Yin deficiency. It is found in front of the two tendons at the edge of the knee, **behind** where the finger is pointing. It is the very sore point - **go gently**.

Massage gently, as this may be very sore. This may be the last thing in a sequence of activities.

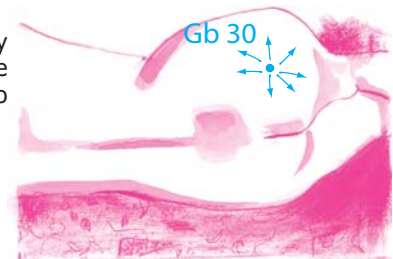


Gb 34 - influential point for muscles, tendons, ligaments.

Massage firmly,

Mum could really dig in whilst you work on other areas - like the hip region.

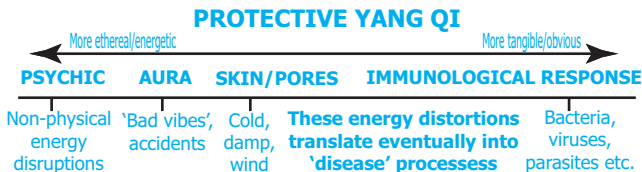
Massage firmly away from the sacrum to the hips, getting stuck into the **GB 30 area**.



"CATCHING THINGS"

Looking back to our working definition of health, on p 12 we see 'the adaptability to change'. We have a superb inner system that automatically adjusts to all conditions as they take us through the day, the year and our lives. We are designed to experience a variety of conditions, and should have a **strongly functioning yang qi** (Wei Qi) system to allow for this.

Looking back to p 16-18 it can be seen that 'protection' is a yang function within the body. This is a multi layered task. **Anything that knocks our ability to handle things**, whether it be a change for the better, or not, can temporarily



imbalance our system. Prolonged exposure to situations we are uncomfortable in is likely to trip the yang qi's balance, leading to the appearance of a 'disease'.

As the yang qi must also handle the digestive and circulatory systems, keep us warm, and hold all tissues, organs, blood and baby in place, there is a lot of inner prioritising that may not appear logical to our eyes. One of the least important issues is keeping us 'well'. It is far better that we experience a head cold, (**protective function compromised**) than start haemorrhaging, (**holding function collapse**) as an example. You can lessen the likelihood of both by protecting yourself from microclimates - air conditioning ducts/cold food.

We have more control of our life circumstances, than we imagine. 'Old wive's tales' of yore were simply observation

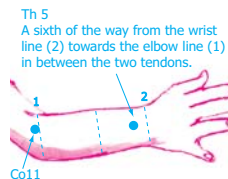
that had been handed down through generations - in a time when antibiotics, good nutrition, clean water, warm housing and sanitation were not commonplace or even available.

Back then, a draught may well polish someone off - hence the maxims - as an example - about not washing one's hair when having a period - she would get cold - no running (let alone hot) water inside the dwelling, the **cold energy getting into the body**, and at a time **when a woman is most vulnerable - during a period** - (especially becoming yang deficient in times of little food and heating); this would have been seen time and again to create bad period pain in some - that felt better when local heat was applied.

Looking after our yang qi (no draughts/cool foods and fluids) and being regular in our eating habits, means that the yang qi we have is not unnecessarily called into action, and wasted in the pursuit of trying to keep our inner equilibrium.



Briskly pinching the skin up on points **Th 5 & Gv 14** may also strengthen the yang's protective focus.



Another aspect is that of being fed up/worn down/expecting to not be heard, and acting accordingly is Stuck Liver Qi. The heat stored within the **Stuck Liver Qi, creates a breeding ground for dysfunction** (pp 55, 138-9). Often the very calm and controlled people are those who have deep wounds; deeply toxic and pregnancy is not the time for pretence - Mum needs to speak her feelings, and you could do well to pay attention.

Pregnancy should be a time when the body is working far better than normally. If Mum is unwell, and the issues are not covered in this manual, please be aware that the most important times of a woman's life fall now.

If she is not presently perfectly healthy, there is every reason to make it so - her body is mobilised to remake everything - thus this is an optimal time for revamping the whole being. She needs to be in top condition to birth, breast feed and mother your baby, and continue living well after these events.

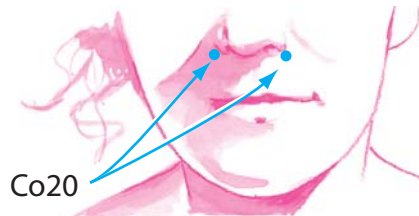
Whilst Mum is unwell, baby is still pulling what it needs out of her system. Sometimes the strain of being pregnant, especially if there are other small children stopping her from really replenishing at night, can slow her healing regenerative process. If Mum is not recovering quickly, it is likely that she may be at least **Zinc deficient**, and this will mean there are not enough maternal stores for baby to tap into either.

This will show when baby may become ill - **not showing vigour and resilience; baby may have digestive system (colic/allergies), skin and mucous membrane problems, and a nervous system that seems overstretched (cranky/massive teething issues/being unsettled in general) and whose hair may be extremely thin/balding/take ages to grow.** Whilst this may look cute, it is a sign that the baby's basic Jing (pp 31, 34, 37-8, 203) is not expressing itself well, and there will be far more serious long reaching effects of this.

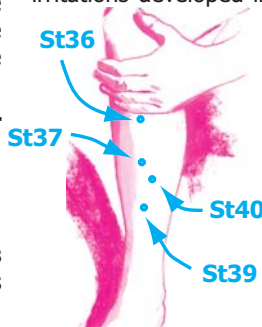
Zinc deficiency is easily remedied - preferably as a liquid supplement - as Zinc deficiency in Mum will test as having a weakened digestive system, less likely to absorb the goodness from tablets, and food, compounding both her and baby's problems and compromising their future wellbeing (pp 61, 202-3).

BEING ILL AND PREGNANT - NASAL ISSUES

Co 20 is a point specially for nasal problems. Press fingernails in very deeply, & you will get almost instant nasal clearance.



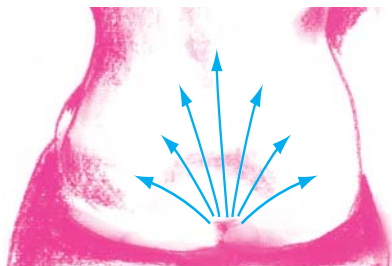
Pregnancy sometimes is a time of nasal blockage, sinus problems and hay fever. Occasionally these minor nasal irritations developed in pregnancy stay on after the baby is born. This is not a case of infection, but body energetics shifting. A very powerful meridian, called the Sea of Blood, travels in a side channel up to the inside of the nose. During pregnancy this can become more full than normal (part of why morning sickness - p 106 - occurs) due to its enhanced functioning. Paying closer attention to the **purity of the digestive system, and by strongly massaging St 37, St 39,** may help.



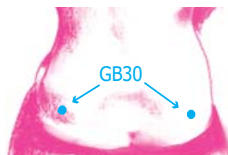
Any maternal illness affects how the baby is maturing - as to be ill - normal is altered. Regardless of the medical framework's relaxed approach, **Mum's body imbalances and less than perfect functioning will impact on her growing baby for the rest of its life.** At least allow Mum's body to rest, to attempt to recover - seek second opinions.

SCIATICA/BACK PAIN

This is a condition that is very well treated by visiting a good acupuncturist and/or chiropractor/osteopath. THIS IS NOT TO BE CONSIDERED A NORMAL CONSEQUENCE OF PREGNANCY, and is best treated promptly to avoid ongoing back problems, and creating birthing dramas, as baby finds a less than optimal place to lodge in the pelvis, awaiting labour. **PLEASE FOLLOW INSTRUCTIONS ON PAGE 92 , THEN CONTINUE HERE.**



Remember that there is always less pain with massage if you moxa the sacrum first.



Following the general relaxing back massage, and heating the sacrum with moxa, attention to the acupuncture point **GB 30** that controls the pelvic region may help.



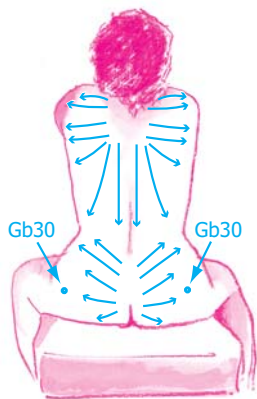
GB 30

WARNING: This may bring on labour, and is part of the cervical ripening process (page 94, 95), so do not use at all if threatened early labour has occurred. Best to not press too deeply until after 37 weeks. Before then it can be massaged as a generalised area to be to alleviate all back and neck problems, especially if the lower back/pelvic girdle is affected.

Either with Mum lying on her side, with the top leg bent, and pregnant belly supported with pillows, another pillow between the knees, or with her sitting straddled a chair, legs splayed out on either side.

Start with strong, sweeping massage strokes from the mid line, out to the buttocks (pp 92-3).

Gradually use more thumb pressure, focussing on the point **Gb 30**, using **outward strokes in all directions.**

**GB 30**

Dig in deeper each session, starting reasonably lightly, as sometimes this is a very painful (stuck residue) site.

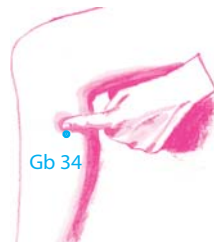
Later on - in birthing preparation - after you have awoken the area as per directions on page 92 with Mum straddling a chair, opening out the pelvis, you should be able to go in deeply enough to lose sight of at least your first thumb joint into the flesh on her hips. See pages 94-5, 150-1.

Magnesium/Calcium

It may be necessary to take therapeutic amounts of minerals - preferably in liquid form. This can magically resolve the aches and pains in later pregnancy, also paving the way for an easier delivery and recovery - **Magnesium assists mental equilibrium & a lack of it causes muscle spasms and cramping.**

**LIV 3**

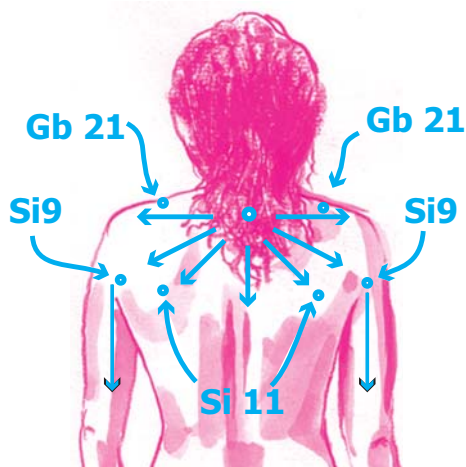
If pregnancy is 37 weeks, or beyond, strong pressure in the junction of the tendons in the foot, between the large and second toe will effectively stop cramping. **This is also a point to help the cervix dilate, so use it with caution before 37 weeks.**

**LEG SPASMS/CRAMPING**

GB 34 is the point that relaxes muscles and tendons, and will help if included in any massage to ease pain and discomfort.

GB 34 If an area cramps, go down the leg to the point found under the side bone outside the knee, on the side of the lower leg, and press that strongly for about a minute.

TINGLING/NUMBNESS IN HANDS/FINGERS



Start with **general massage** as shown on p 88.

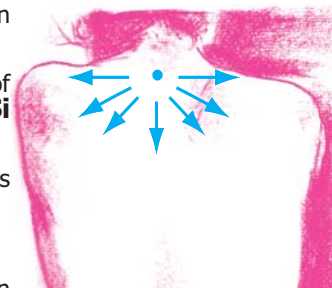
Using **exploratory probing** as part of the massage, see how painful **Si 9, Si 11** are.

Finish with a light sweep. outwards and downwards.

Moxa on point **Gv 14**

Return to repeat from the beginning, then use deep finger pressure and flowing sweeps out from the spine, around the points **Gv 14, Si 9, 11.**

If Mum is 37+ weeks pregnant, use deep pressure on GB 21



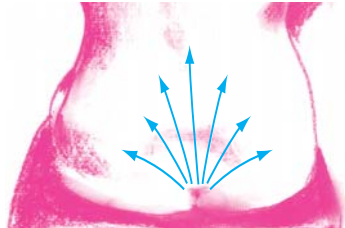
NERVE AND QI CIRCULATION TO THE ARMS AND FINGERS BEGINS AT THE NECK.

If Mum has had any past incidence of whiplash-like injury, or if she sometimes get tingling and/or numbness in the fingers, especially when in bed asleep, from pressure from her pillow, it is likely that working on the upper shoulder and neck area will help. **General tension held here (pp 51, 138) can also thwart normal circulation.**

Taking **two B12/folic acid** supplement tablets **three** times daily in combination with a **good B Complex** at the same time. and a **liquid Magnesium** supplement, coupled with at least **3 Vitamin C** tablets daily will assist the return to healthy circulation.

If the symptoms persist, see a good **acupuncturist and/or osteopath**. **Chinese herbs** may be remarkably effective. If left untreated, it is possible that this may become carpal tunnel syndrome, and it is usually quite preventable, and easily remedied. Whilst it may gradually disappear after delivery, as always with pain, the body is warning you - trying to alert you to another problem - in this case, either a **lack of liver yin/blood to nourish, and/or poor circulation.** Leaving these unattended to will have other ramifications (p 57).

Cramping & pain is usually due to a deficiency in Magnesium, and is remedied by finding an easily palatable Magnesium powder to supplement the diet. This powder will have Calcium with it, and many scoops can be taken a day, to prepare the body for labour. **Braxton – Hicks contractions**, especially those that may be strong enough to interfere with sleeping, can be quietened by supplementation, **as can being uncomfortable in bed, carpal tunnel, and neck/shoulder tension** resulting in/being an outcome of irritability, nervousness, anxiety and tiredness. **Vitamin B**, will also assist calming Mum. Therapeutic doses are much larger than written on the label.



MASSAGE FIRMLY & USE MOXA AS A SACRAL FAN BEFORE WORKING ONTO THE FRONT OF THE BODY.

GB 34 normalises and relaxes muscles and tendons. Pressing this point firmly may aid any muscular aches and pains.

It is found under the head of the bone on the outside of the lower leg. You can easily find it, by running your finger up the side of the leg, with knee bent. The point is where your finger stops. **Massage it firmly.**

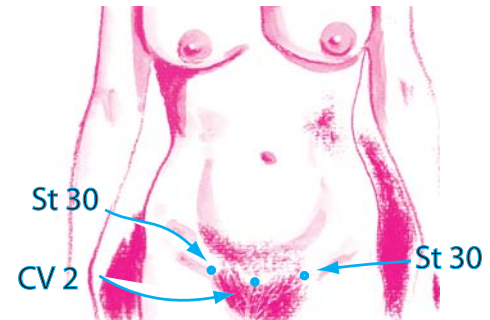


ST 30

Found on the top edge of the pubic bone, halfway between the mid line and the natural nipple line, when the breasts are returned to their usual upright position.

CV 2

On the top edge of the pubic bone, directly underneath the navel.



Using a moxa stick and holding the pubic hair away, heat CV 2 moving towards ST 30, holding the moxa stick about 1 cm away from the skin. Hold it above each point until Mum feels it is too hot. Move it away and bring it back again for 7 peaks of heat on each point. Ensure Mum has a large glass of fluid (NOT cold or chilled) after this process.

BLADDER ISSUES

Physiologically, the bladder is the organ charged with **storing and emptying waste water, and the dissolved body toxins. Our bodies also rid themselves of extra body heat** - whether generated through normal metabolism, or through the extra involved in emotional and toxic stress. Everyone could drink sufficient fluid to not feel thirsty at any stage of the day, to assist their bodies work to maximum. This is specially so in pregnancy.

Fluids chosen in pregnancy must be those that allow the **extra heat and activity** responsible for creating and growing the baby to be discharged, **baby's wastes** to be processed and removed, and to allow the replenishment of the maternal tissues as a side effect of pregnancy – enhancement of who she was, to become an improved model (pp 41, 64, 69).

The heat must be discharged - another reason for drinking sufficient water. Some fluids chosen – coffee which is very toxic due to its manufacture, and requires 4 extra glasses of water each cup to undo its energy effects – caffeine, soft drinks, and those with sugar/salt/sodium in them, all create the need for more water to be consumed to undo their heating influence on the body.

Heat energy left in the body is highly destructive. It causes **bleeding** [possible miscarriage, threatened labour(pp 122, 124)] and **agitation**, (eventually creating the beginnings of pre-eclampsia pp 55, 139, 141) – as the body holds fluid to help cool off/buffer the extra heat that is not being removed, or is being created continually by being very upset) and thus severely damaging the yin energy – that which allows rest, relaxation, regeneration, cooling and nourishment – all

crucially important in pregnancy. If we get very agitated or upset, and internalise; being nice, compliant and civil, the energy of anger/rage/ rebellion that has been thwarted from expression, [probably a pattern all your life], creates heat in the body, which in pregnancy, is not required.

Visiting a doctor/chemist may alleviate the acute symptoms, but will not assist wellbeing. If there are no bacteria present, and the symptoms persist, Mum in her discomfort will have to seek further afield. Chinese herbs, acupuncture and their framework do explain and resolve such problems.

If a **bladder infection** (cystitis) is present, or the feelings of urgency, heat and irritation coincide with urinating, besides possibly taking relevant medication, flushing with much water, to remove the underlying heat – generated possibly from getting “pissed off” with something or someone is needed.

Dribbling or leakage of urine, could be due to either Kidney Qi weakness, perhaps with cold invasion weakening all yang in the body (pp 18, 20, 23) and/or concurrent heat involvement - see pp 26, 27.

If the **bladder appears weak**, with many trips to the loo at night, interfering with sleep, it is likely, especially if this happened from the early weeks of pregnancy, that there is **weak Kidney energy**, (constitutional vigour) which may be helped by the use of moxa as mentioned for general tonic purposes on page 96.

By the eighth month, at least one night loo trip is necessary. If not, it may be that there is either not enough being drunk, and/or the beginning of fluid retention - see pp 138, 140.

EXCESSIVE WEIGHT GAIN

A well body is a well shape. Regardless of the excuses of having been 'large all one's life', 'it runs in the family', 'we all go like this after babies', or whatever, being well means that the body is in balance - no food or substance or taste cravings. Only the amount needed is eaten; only actually nourishing foods are selected - with no taste/desire for the rest.

If since pregnancy Mum's shape has ballooned, and she is not drinking litres of milk (to stop heartburn), indulging in eating everything she can lay her hands onto; because she is using the excuse she feels like it, and she's pregnant (that actually means she is extracting more benefit from food than normally), and eating sensibly (pp 60, 61), not bringing on anything, this could be the time to locate a **good pregnancy acupuncturist**, to readjust back to 'normal' settings.

There may be an energy reason for the weight/fluid gain and this is possible to shift. Please review p 24. Looking at damp, it is possible to see that stress - (p 51) esp unresolved, retriggered anger, late pregnancy in high humidity, and/or not resting, and trying to do everything before baby arrives (rather than resting and allowing nature to heal her as her pregnancy develops) will cause the Spleen and Liver qi to work differently, creating problems.

Often a simple **Chinese herbal tonic** may be taken, in late pregnancy to stop fat, fluid retention, undue swelling and possibly stop the escalation into other problems. Mum may think she will lose the weight easily after birth, but she may find that **without addressing the underlying energy imbalances, pregnancy may herald a new larger self, regardless of effort - forever.**

BLOOD SUGAR/DIABETES

Occasionally the doctor's visit creates a drama, as a 'health concern' is uncovered. If Mum has been resting, eating and exercising sensibly, and has had a well preparation period, rather than stressfully attempting to do IVF, retain her highly paid job/run and around as though pregnancy was a minor inconvenience, there should be no reason that attending a good acupuncturist, following their directions and availing self for treatment couldn't correct them.

In my clinic I personally had a skewed portion of the pregnant population as I dealt with very 'high risk', IVF and 'elderly' first time mothers, and NEVER HAD AN OCCURENCE of this in the decades I was in practice. **My suspicion is that good pregnancy care, taking a sensible supplement approach, and Chinese herbs when 'deviation' from normal begins, is all that is needed.**

Pregnancy has its challenges (see pp 68), and has logical consequences if we do not follow nature and what Mum's body tells her. These are easily remedied, using often simple solutions, common sense and natural products.

Obstetric acupuncture is about supporting normal. It is not in text books, and is not part of the medically orientated courses now available. Look back to the role of a **healthy Liver and Spleen Qi**, and try to correct what is distressing both of these. Now, if you haven't done so, read the initial part of this book.

Often this means reorganising the prior plans to have Mum not be a Mum, but the temporary incubator of your baby. This will not necessarily result in a full term healthy baby, or a sane mother to be your loving life partner. No farmer would fail to give good pasture and calming surrounds to his prize breeding stock - why risk both Mum's and baby's placidity?

CONSEQUENCES OF 'STRESS' (STUCK LIVER QI) IN PREGNANCY

These two pages set out why I have included the more theoretical front section in an apparently action manual. The whole point to continued doctor's visits, especially in later pregnancy, is to MONITOR a process that modern medicine does not fully understand. Their model sees the end result of albinuria (protein in urine = dampness tending towards leakage of yin) and elevated blood pressure (Liver Yang

Rising) leading towards a possible catastrophe - pre eclampsia on into eclampsia (convulsions and possible maternal death). These two markers are those deemed significant within the medical model, yet, at any stage of these deviations from normal functioning, as **you live with Mum - you observe her changing**. You need to know that there are slow, but definite patterns emerging, and where they might lead

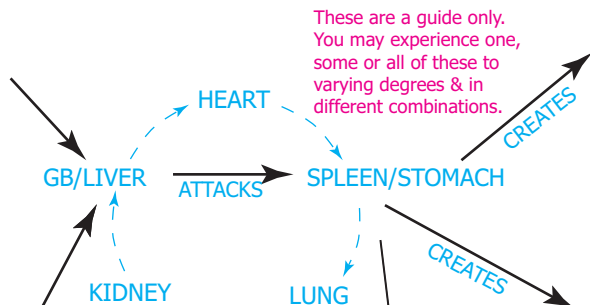
CAUSES

Emotional suppression
Heat from Stuck Liver Qi (see above),
 Toxic diet/substances,
 Insufficient pure water intake,
 Climatic or environmental external heat

UNDERLYING CAUSES

KIDNEY YIN CANNOT NOURISH LIVER YIN
Insufficient regenerative rest,
Over-doing, over-worrying,
Living in constant (possibly low grade) fear
 Toxic diet/substances,
insufficient pure water intake,
 Too many children &/or IVF attempts, &/or miscarriages too close together
 Anything else that weakens Jing (pp 36,38)

CONSEQUENCES OF STUCK LIVER QI, TENDING TOWARDS HEAT



STOMACH FIRE

Indigestion
 Heart burn
 Thirst for cold drinks
 Overly hungry
 Bad breath
 Tooth decay
 Cracks in corner of mouth
 Chapped, dry lips
 Smelly farts
 Constipation with hard stools

WEAKNESS

Lethargy
 Loss of appetite
 Nausea, disinterest in food
 Loose bowels/diarrhorhea
 Gurgling/rumbling gas
 Abdominal bloating
 Fuzzy thinking
 Loss of Qi-holding function (possible prolapse, piles, varicose veins, miscarriage, premature labour, overbleeding)

DAMPNESS

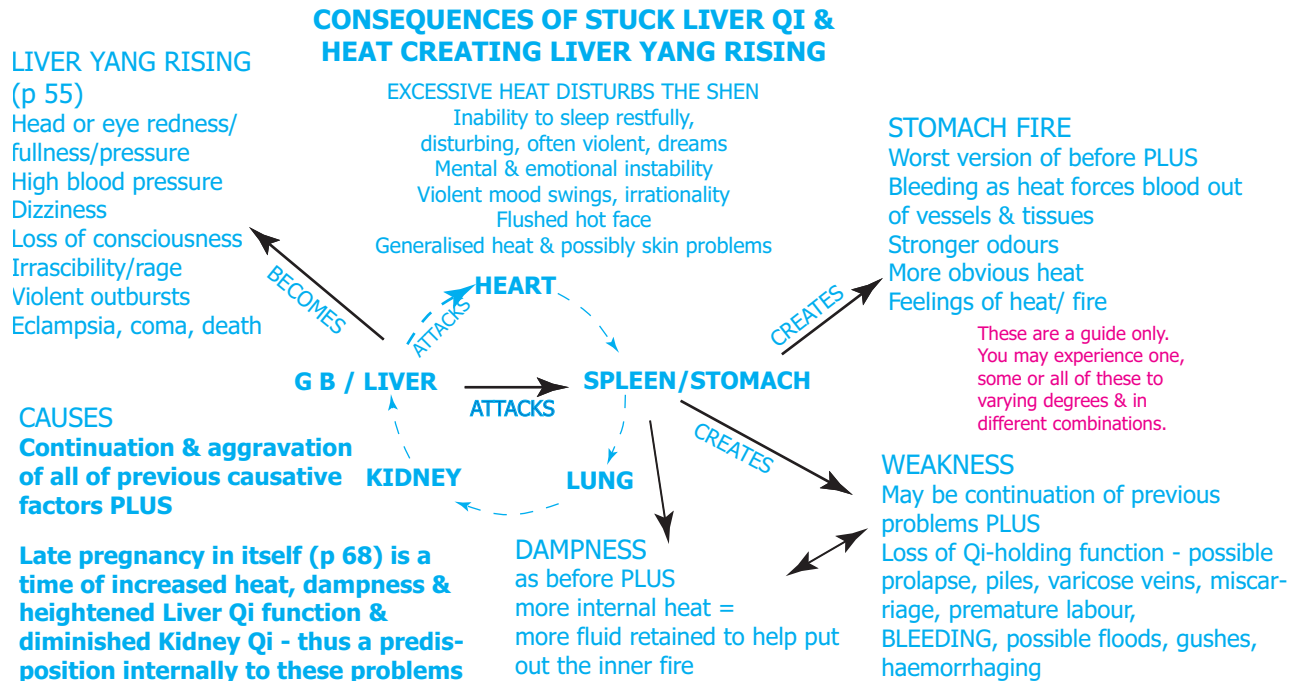
Swelling
 Fluid retention
 Diminished urination
 Mucous, discharges
 Fat, cellulite

POSSIBLE LIFE THREATENING CONSEQUENCES OF "WAIT & SEE"

without assistance back to wellness. Most of the initial movements towards Stuck Liver Qi, weakened Spleen Qi and Yang, and the beginnings of Liver Yang Rising, you notice - she is uncomfortable - you may bear the brunt of her moodiness, complaints, distress, and disrupted sleeping; but until a magic set of medically monitored numbers has been breached, no life changes, or suggestions - other than perhaps to 'rest' are considered within biomedicine.

Unless you know the relevance, you might just put up with it all, not realising that you could actually change the outcome of everything - **if you knew what to do, and when to be concerned.** Waiting for the resolution of pregnancy is not the best course of action. This is not a matter of randomness - you can (and do) watch it all unravel before you.

LOOK TO WHY THESE THINGS HAPPEN - IT IS NOT 'LUCK'



FLUID RETENTION/SWELLING

This condition easily can escalate into a myriad of obstetric complications. If swelling starts in the fingers, toes, ankles, it is important to observe what extra load has been placed on the pregnancy. Any hot weather, particularly summer, with an increase of humidity added to the normal pregnancy 'normal' conditions of internal heat and humidity. If Mum has had a history of extra fluid gain with periods, or if weight is easily piled on, or if she always has felt encumbered by the hot/humid weather. Have her visit an acupuncturist, or at least take preventative Chinese herbal tonics.

PREVENTION

- 1 - Plan pregnancy** away from carrying in the hotter months.
- 2 - Attend to underlying menstrual issues prior to conception**, to minimise the imbalances that will be also on board during pregnancy.
- 3 - Plan for Mum to stop working early in the pregnancy**, or cut down to part time, to allow the inner maternal changes that must happen to occur.
- 4 - Get off her off her feet** - sit instead of standing, lie down, when sitting is not essential.
- 5 - Ensure adequate hydration** - water is to be constantly drunk - not just if feeling thirsty - as by then, the fluid restrictions have already started influencing well functioning.

Nothing is to be drunk chilled (remember that cold energy stops circulation, causes the digestion to slow down, and creates pain and spasms). The cold stays inside the body

(see p 20), and will be part of the inner landscape during labour and recovery.

MUM'S SOLUTIONS

Elevate the bottom of the bed, just 1 – 2 cm, to assist lymphatic drainage, overnight.

Rediscover all emotional 'sleeping dogs' and air them.

Look to the pp 44-5, 50, 54, 74-5 to see what can be done about being more in line with how feelings really are. The Liver Qi attacks the Spleen Qi, with little provocation, and in late pregnancy, all the little things she usually festers quietly in the corner with, may start inner bush fires and small volcanoes. The women who have apparently out-of-the-blue dire medical emergencies are unlikely to have shown no warning - it is just that the medical system isn't perfect (see following pages).

Avoid over indulging in eating, especially sweet as the maternal digestive system works better in pregnancy, and requires small frequent body building, rather than comfort foods.

Reducing salt intake, all chemically enhanced 'foods' and fluids, all caffeine, sugar, chocolate and cold, raw substances will assist both the liver heat and the Spleen Qi weakness issues. Avoid all oranges and orange juice, and peanuts (other citrus and nuts are fine) - these are very heating for the Liver Qi.

Similarly, **revisiting p 22 and assisting the digestive/ fluid metabolism** (Spleen Qi) in every way possible will reduce all possible pregnancy, and later lactation problems.

HIGH BLOOD PRESSURE

The reasons behind the rise in the blood pressure in Chinese medicine are acknowledged and remedied, rather than the end result ('condition') being held at bay. Please review pp 48-55. This is totally preventable 'health' in a pregnancy and a life situation - **but it requires you to change (heal).**

In Chinese medicine, high blood pressure is viewed as being due either separately or together, to the following situations - **habitual emotional suppression**, leading into depressed Liver Qi flow, **excessive consumption of cold/raw/sweet foods/fluids** (Spleen Qi weakness, and thus creates inner dampness) AND/OR **the Liver Yang Rising** (pp 55, 138-9) becoming too strong for the (pregnancy weakened, or insufficient maternal Jing) mother's Kidney Yin.

Whilst these happen outside pregnancy - and people rather than changing their lives, and their responses to it, may be trained into choosing to take drugs for the rest of their lives - but medicine can not take such a cavalier approach in late pregnancy.

If blood pressure is slightly elevated, protein is appearing in the urine, and MORE IMPORTANTLY, swelling is noted in the fingers, toes and ankles, **see your acupuncturist.** Simple Chinese herbs also work as a preventative, ensuring the easy Liver Qi flow - hence least inner heat build up and strengthening the Spleen Qi, against dampness tendencies.

Waiting for the inevitable end result of the 'rattle' that develops (opposite and following pages) is not sensible car ownership, and is inappropriate in a medical profession.

If it were simple or easy, it would have not been left to get

PRE-ECLAMPSIA

to this in the first place. Taking responsibility for every aspect of your life - and thus healthy existence on all levels - is not usually the first, or the most comfortable choice.

This book aims to give you more life possibilities - it is up to you - you can choose to relax and hand over pregnancy/health/life to a framework that is wonderful at crisis management, and stunning at rescuing - once breakdowns occur - but not so hot on wellbeing maintenance and prevention strategies. You can equally choose to become aware and actually LIVE in your life, being responsible at all levels.

Continuing to have Mum swell up, eating what she feels like, being even less inclined to exercise, letting more and more hassles pile up, or threaten to swamp her, is not AT ANY TIME healthy, and especially not in late pregnancy. **Look back to healthy pregnancy care, Dad's action, and BE PART OF THE SOLUTION.**

Once blood pressure is **consistently up**, and if you both have attended to all factors, it may be important to follow medical advice. Be aware though, that blood pressure, and all of Mum's physiology is actually manipulated by the placenta, for baby's survival, and temporary blood pressure elevations, along with consistently low late pregnancy iron levels ARE PHYSIOLOGICALLY HEALTHY FOR PREGNANCY - they are signs the placenta, and thus baby are well provided for primalhealthresearch p 246 (2).

Medicine, focussing on illness, is inclined to extrapolate when it should be viewing pregnancy as a HEALTHY physiologically DIFFERENT life stage, with very different reasons for possible otherwise unhealthy changes - (p 68).

BIRTHING MOTHERS ARE NOT ILL - PREGNANCY IS NOT AN DISEASE

What is branded by the biomedical camp as “alternative” is only “alternative” to its own order of things. Natural medicines have been around as long as there have been people - they exist as they have been found effective over time. Orthodox biomedicine has no traditions, no thousands of years of written protocols - unlike acupuncture and Chinese medicine. **Modern medicine focuses on keeping people alive, and hopefully not ‘sick’. It is not geared towards enhancing quality of well being, and has no measures of these.**

In most of the world, a system of native/natural medicine was actively in place attending to the population, well before the introduction of the Western ideas. All models take on, and are part of their parent culture, and its beliefs. Whilst no one system had, or has, all the answers, there could be many opportunities for melding and mutual growth.

There is no argument that the advent of antiseptics, anaesthesia and antibiotics have enhanced the lives of all. The point is that we seem to have lost a lot of the more spiritual connection and have become focused on what can be DONE TO a birthing woman, rather than WHAT SHE CAN DO.

It is as though pregnancy and birthing are now owned by the medical profession, **whose very monitoring creates an alteration in the well energy configurations of what was before.** To return Mum and the whole growing process back to nature, wise women and the caring that can be engendered through the relaxed interplay of the three would be to take individual responsibility and allow Mum to flow with her own life force, listening to and responding as one with the tides of her own pregnancy, labour, lactation and mothering.

This could easily be done in love and acceptance, rather than fear and judgement, which is so alive in the birthing arena today. To take charge, we can not look to our current medical system for answers, as it does not come from a tradition of wellness enhancement and the study of ‘life’. Biomedicine can be seen to have taken ownership of women’s bodies by pedalling fear. The practitioners’ version of ‘right’/normal is provided within the context of an illness model. Alternatives to this tend to be viewed as somehow backward and untrustworthy.

The key is to step outside compliance and see beyond the physical story line into what is running the show – the feelings, the fears, the personality power plays and triggers that muddy clarity of purpose, obstructing the energy that could be used. If we let go the head and will’s hold on ourselves we could allow ourselves to feel, and the heart and spirit free. (Please read all of “Spiritual Midwifery” p 242).

The acupuncture and Chinese herbal model presented here is shaped through the lens of my own blend of being a women’s health care practitioner and teacher of acupuncturists, as a mother who has had four very different birthing and mothering experiences, and one who has sat in on a large number of home and hospital births, assisting Dads to REALLY BE THERE for their new families.

I would be asked to be there as an acupuncturist, mainly to assist with pain relief, but I used my woman’s gut responses. My original focus was through the obvious truth in the writings of Ina May Gaskin in “Spiritual Midwifery”, how these fit exactly into the missing acupuncture slots (cultural blindness and historical patriarchy at its finest) and how applying

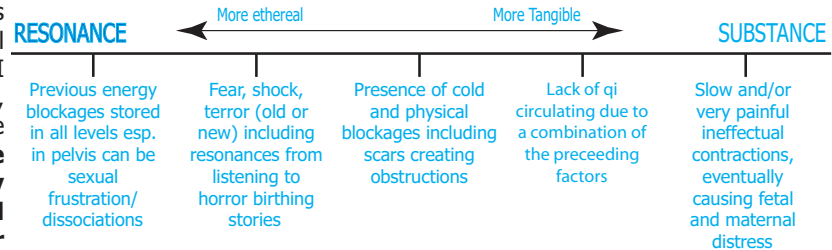
THUS THE MEDICAL MODEL DOESN'T FIT BIRTHING

the Bach Flower essences allowed Mums to quickly move through the emotional blockages that came up in labour, as I administered the appropriate personal mix, moment to moment. I quickly came to see that if I could allow **Mum to adjust where her energy focused, the physicality was rapidly in tow - if she moved through that which was holding her back, the Liver Qi unstuck, and baby arrived - just like that!**

I watched time and again as the apparent difficulties (which is why I was called in), dissolved as the vibrational essences moved the energy, shifting Mum's focus, as the antidotes to Mum's emotional responses to her head spaces altered the need to experience the physical blockages. Pain/blockage and trauma receded. Magic seemed to unfold. Normal asserted itself. **It is all just an energy dance.**

As nature intended means no interventions, however well meaning and in the name of 'making sure'. I am referring here to the medical interventions in the physical and the passing on of fear and danger possibilities - all the 'might happens'.

As **the accepted medical model is fear based**, child birth has become seen in some circles as a potentially fatal event, requiring constant monitoring from conception onwards to ensure nature gets it "right". Those thinking that they are protecting themselves and their families by focusing on the possibility of the worst scenarios, could do well to study the chart above, remembering that energy flows to where we



concentrate our attentions. (We get what we focus on). It is a mammalian thing - we are all programmed to survive, and babies are very good at knowing what is best for them - if we (and our fears) get out of the way.

ANYTHING THAT CREATES DOUBT FOR MUM MAY RESULT IN HER NOT TRUSTING HER BODY/BABY TO KNOW WHAT IS BEST, IMPAIRING THEIR RELATING.

If enough appropriate preparation has occurred, there is no need, to adjust anything, as 'normal' blossoms. Here I am assuming that the pregnant mother is sensible, and listens to her body, not her mortgage commitments and job security - this book is speaking to the essence of mothering.

Allowing nature to unfold as it sees best, flowing through the last few weeks of pregnancy, and resting, eating and moving as the whim takes her should be her only priority. Getting in touch, and welcoming the changes that will happen will make for an easier transition. This is one time in Mum's life when she can just let go - her baby and her body know what to do - if she listens to herself, not to books, or to external experts.

HOW 'SAFE' IS GOING INTO THE MEDICAL BIRTHING ENVIRONMENT?

Studies consistently show that rates of all interventions are lessened when there is **consistent one to one care**. They also show that if a woman is in an environment where she is allowed to do whatever she finds comfortable, with supportive advice, more natural outcomes occur [pp 246 (3), (4)].

Without **the fear of feeling** Mum is able to really clear her own energy fields, allowing a different self to emerge along with the baby. By discarding old beliefs - which have been embedded through the medical illness and 'kill pain' (the messenger) models, Mum can see birthing as dynamic living, not a disease process.

Physical pain means obstruction at some level. In birthing pain is NOT something to be medicated against for comfort's sake. In normal medical settings, staff are trained to see pain and disease going together. Whilst the source of pain may be ignored, numbed or about to be removed through surgery, pain is seen only as 'the enemy' to conquered.

Pain in a birthing context is instructive. It lets us know that something is in the way of normal - the body is giving the pain message to get Mum to fix it. Not to annoy/upset/distress her, so she (with help) blocks the pain, thus the labour. Stopping the pain message getting through effectively silences her body and baby communicating with her.

Whether it is from a physical, energetic or emotional apparent source, playing out for whatever other reason, the **pain shows us that baby is not optimally placed** (pp 154-55, 170), and in nature, without masking sensations, Mum would naturally move to wherever the pain/discomfort lessened. This would afford baby the space to move into a more birthing friendly position; the pain would diminish, labour would hasten, and baby would not be blocked from being

born, thus needing the very 'help' that created the problem.

Baby as an ACTIVE participant of the process will be given space to find its own way out. Birthing baby is a conscious entity who follows the path of least resistance within the confined space inside Mum, and is not a passive lump of flesh. Please consult www.spinningbabies.com and [primalhealthresearch](http://primalhealthresearch.com) (2) p 246.

Being anaesthetised means that Mum may stay comfortable in the least optimal pelvic opening positions, as her comfort/lessening of pain (the way the body warns of difficulties) is no longer paramount - **she can't feel** - (that's what she wanted), but she may not realise the costs. (Read "Sit Up and Take Notice" p 242). **ONCE MUM STOPS FEELING PAIN, SHE LOSES ANY CONTROL SHE WOULD HAVE HAD IN HER BABY'S BIRTHING.**

Women who think they are scared of pain, and want to avoid it lose the immense gratification of falling more strongly in love than at any other time in their lives. As the staff are at work, have much to fit around your birth, you may find that choosing to be within the medical context AND birthing naturally are counterproductive. Women may have 'pain relief' foisted upon them, little realising the massive trade-offs they have unwittingly agreed to.

Birthing is prolonged - something is preventing it. An epidural may possibly allow Mum to stop fighting contractions, and let her rest, BUT it also immobilises her - cutting her off from knowing what it is that will help dislodge stuck baby. Baby is on hold until the decision to cut him/her out. Blocked from feeling, Mum is no longer an active participant, baby can't be, and the medical staff eventually must swing into action, thus 'saving' them from the very state they placed them into.

WHAT DOES A 'SAFE' BIRTH MEAN/LOOK LIKE?

For baby, the most important thing is to safely arrive.

To be birthed BY MUM.

Not FROM Mum, Not to DAD, Not to the doctors and not to be made 'respectable'/weighed and cleaned up.

Dad is Mum's support person. It is not him whose body must shut down blood circulation and devolve a now non-nesting uterus. It is not him who is to create and exude a magical life affirming substance, unique as the next breath (lactate), and continue to be there as the baby's life support system until s/he is developed enough to take independent sustenance. It is not him whose total being is now at the disposal of another's apparent 'whim'. It is not his body that needs to know its offspring on a cellular, hormonal, mammalian level. It is not his body that is baby's sanctuary.

Bonding to Mum so that the smell of her, the touch of her - her very being, her energy and its resonance means life for baby. How dare we wash and hide the unique bonding material (Mum's blood) off baby, before allowing the formal introduction? **Stand up and fight for NATURAL to exert itself, however baby came to be born.**

Even **if Mum is unconscious** – baby needs to smell and bond with the vehicle it arrived in and will be nourished by - this is not a logical/mental process (pp 198, 201).

IMPRINTING and bonding must happen.

TO ACHIEVE THE LEAST TRAUMA FOR BABY

Mother and father
connection intact – not playing out roles. A united and bonded front AT ALL LEVELS.

Birthing environment –
Conducive to and respectful of the ability to support natural, peaceful entry into this world, for all players.

Baby allowed to unfold as nature intended.

This may explain why many couples seek out home birthing,

and why those countries who **actively support** this find the lowest birthing difficulties and the highest satisfaction rates [see p 244 (4)].

WHERE IS YOUR BIRTHING FOCUS?

'LIFE' HERE AS A
LEARNING ADVENTURE

MAXIMUM GROWTH
(accepting with grace
what is)

'LIFE' AS EXPERIENCED ONLY THROUGH
OUR PERSONALITY & EGO DESIRES

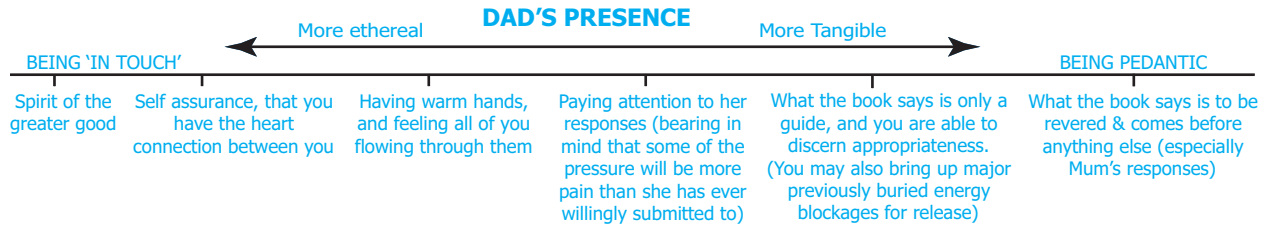
LIFE OR DEATH
Only wanting what we think we want, and holding all others accountable and 'to blame' if and when this does not happen.

What does the concept of **homebirth** bring up for you?

With a system of qualified midwives who believe birthing is a normal transition from pregnancy to lactation, a medical system that is not embroiled in demarcation disputes as to ownership of care, and a culture where it is expected that the pregnant couple greet their baby in the environment its life began, all would be well on the birthing front.

It appears in most Western countries that the medical statistics and what they mean in maternal misery, baby distress, couple catastrophes and actual post natal 'health' events are ignored in preference to medically circulated myths of danger outside a 'specialist' birthing centre, containing state of the art technology.

DAD'S PRESENCE



Babies are not woman's business. This is a joint effort, and you showing up on the extreme LEFT hand side of the line representation above will make all the difference, REGARDLESS of the eventual physical birthing outcome.

(This shift in your being, carried over to all areas of your life would revolutionise every aspect of your reality). Staying together to raise this child, and its siblings is far more likely, if, at this time when Mum is functioning at a primal, mammalian level, she in her heightened state of awareness of the un/subconscious, can detect only trustworthy intentions, love in its purest, and your whole being present there for her (your mate) and your offspring.

The moxa and massage section (pp 84-99) is an opportunity for you to take charge, and run the show – in a very gentle, non intrusive, though masculine way. See p 245 for extra reading and p 247 for contacts.

The whole idea is that the two of you become a working unit, where you are totally connected to her, so as you stand back, you can sense the areas that she has inadvertently tensed, and she is so trusting and used to your presence/connection, that a gentle hand or finger pressure on that area instantly has her focus there, and let it go. You form her bridge out into the world, whilst

she lives in Labour Land, for the duration.

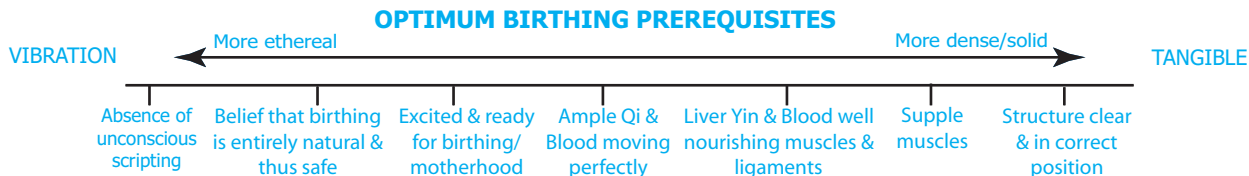
Your heightened awareness of her being will allow you to pick up shifts in her flow, changes to patterns, and give you the trust in yourself to follow through, as needed, with the encouragement and actual assistance that will make her journey into motherhood far more connected and enjoyable. Along the way, you will have taken your position as protector of the family you have created.

On her part, she has the space to be a woman; birthing. She doesn't have to look after how you are feeling, and coping or not. She doesn't have to make everything OK, and keep being nice'. She doesn't have to try and keep 'in charge'. She can just do whatever it takes to birth.

All men I asked, who had attended the training sessions, said they felt more confident - to a man. Each woman I asked - all unprompted - said they felt that they could trust him to know what to do, allowing them to focus on doing their bit.

All men said that (particularly if they had previously attended a birth) - here they felt needed, they could do something to make a huge difference, and often were stunned at how she thought they were doing ANYTHING, as their help came as naturally as breathing. **Mum can't do it easily by herself, as well as when she has loving connection.**

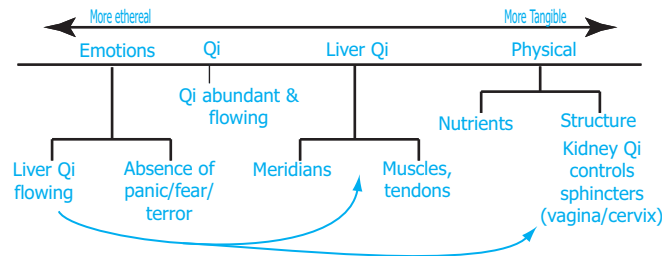
BIRTH



An easy vaginal delivery is far more likely if the woman is surrounded and supported in the expectation of birth being a normal bodily event. Anything that triggers off maternal emotional distress on any level will distort her body's energy systems, which dictate the physical mechanisms of birthing.

Muscles and ligaments are totally under the control and guidance of the Liver Qi, which if well nourished by our Blood and Yin (pp 16-20), and flowing well (pp 44, 50), creates harmony in all things, including easy natural birthing and beyond.

As the pregnancy matures, Mum's body readies itself. The Liver Qi at this point is as full and forceful as it will ever be. The wood element - the Liver's energy - creates/brings forth life. At this time, if Mum is in any way apprehensive/ blocked in herself (p 166), the Liver Qi HAS to move. If she



blocks self expression, by censoring; if she is surrounded by fear mongers, her Stuck Liver Qi will rebel (pp 55, 138-9) and is likely to either create large mischief unconsciously, or effortlessly breeze through all barriers (and she will let EVERYONE know what to do, and where to go in the process).

Any fear component will cause the Kidney Qi to constrict - when this happens, our sphincters tend to shut down. **The cervix is a sphincter.** Having Mum transferred to a strange location, with a primal life experience in progress would shut off any other mammal - if she didn't try to kill you first!

This is the point where sensible, nonmedical/wise woman based home care and support is the most obvious requirement. This is woman's business. We feel, we emote and we have been through the inner journeys, and can urge patience, acceptance and being in the moment. No pressure - the baby will come when the fruit is most ripe - before then, it is not at its best - labour can be MADE to start - but then what? (p 163).

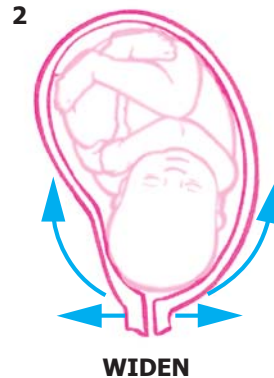
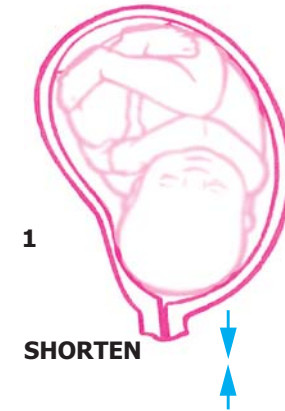
In an unhurried fashion, the unassisted uterus opens according to the messages it receives. **Whether the messages are fearful or joyful is entirely up to you.** This is where remembering oral lips are connected to vaginal lips, and go for deep passionate kissing when your lover gets tensed up and labour gets very active. When upset, closure can happen.

The actual process of the uterus drawing up, allowing the cervix to widen to then release the baby into the external world is as natural as having a pooh.

The cervix (bottom part of the uterus) has to thin out - **effacement**.

This is often achieved quietly, without fanfare. Mum may notice the 'show' or remnants of the mucous plug that sealed the entrance to the uterus, falling out as the cervix thins, ready to begin the opening (dilation).

Dilation, or widening of the cervix usually begins as the body readies itself for labour. Some women may be many centimetres open, and still be unaware of the pre-eminent birth.



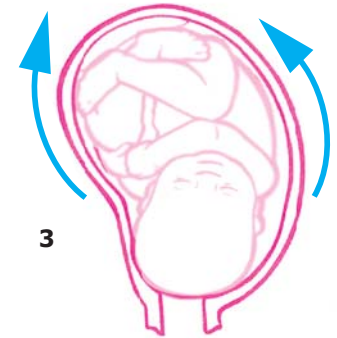
CERVIX OPENING/UTERUS EXPULSION

The active stage of labour is usually noticed by Mum, although occasionally mothers may know they feel different, yet may experience no pain.

The uterus draws up, the lower end - the cervix - naturally opens, and when completely pulled back, baby is able to slide through the opening.

Once the cervix has drawn up completely, the uterus can expel its contents. Very violent surges may occur - the baby is actively ejected, often without Mum's active pushing.

PLEASE NOTE - BABY IS NOT IN OPTIMAL FETAL POSITION - THESE DIAGRAMS ARE TO DISPLAY CERVICAL/UTERINE MOVEMENT



BIRTH PREPARATION

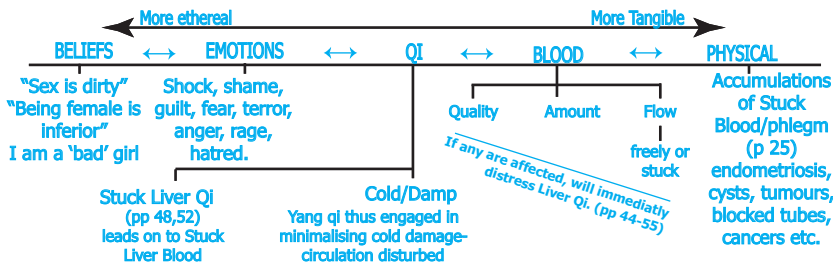
To have cleared the areas affected most - the pelvic region, buttocks and upper body - of residual stuck energy, maybe from many lifetimes of holding patterns, is to arrive in birth prepared. You may be warned as to what may be needed to shift, from knowing her menstrual/sexual history, and/or her trials with conception/body image.

If Mum has had any tendency to hold herself in and 'be nice', these habits founded in distorted energy patterns are likely to confuse and confound the very normal

progression through labour. **Consider undoing this as being labour/birthing insurance** - better to have done it anyway, whether you finally needed to (how would you know anyway) or not. The offshoot is that by opening up her pelvis, and doing all the touching you both will feel more like going into more sexual play, and her backache/sciatica/neck and shoulder tension that stops her sleeping/makes her cranky, may disappear.

Your job is to have undone, gently and thoroughly, these residue experienced memories stored in the flesh, through the birth preparation massage and moxa therapy. Getting the "Conscious Birthing"/"Healing Sexuality" vibrational drops

HOW MENSTRUATION IS AFFECTED BY LIFE

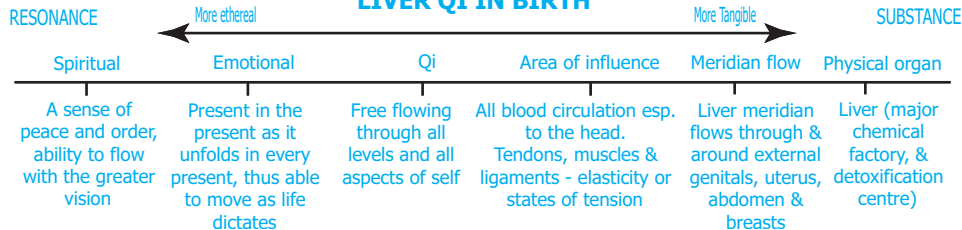


and having her take these, and also possibly you both clearing your own birthing residue/memories/beliefs by taking the "Healing Birth" remedy (invaluable for the baby who screams/startles/is agitated - all for no apparent [physical] reason. www.roseofraphael.com

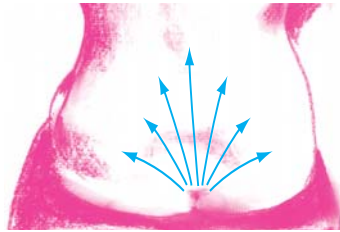
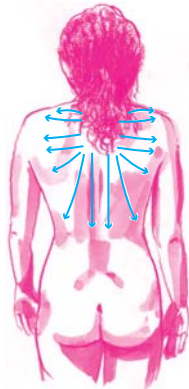
To avoid this preparatory stage is to 'hope for the best' which does sometimes happen. Conversely, occasionally the most comprehensive preparation may appear to give little reward - yet there are many levels of being, and the pure physical is only one aspect.

Enter apparent magic intervention - through meditation, energy and vibrational healing, visualisation, acceptance, surrender and allowing grace and higher selves, to dictate outcomes.

LIVER QI IN BIRTH

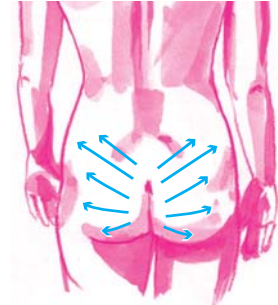


LAST 4 WEEKS PREPARATION

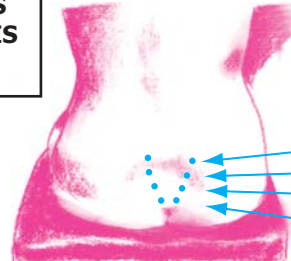


FIRST SEE PAGE 86 ONWARDS, 94-95

USING MOXA FIRST WILL ALWAYS REDUCE THE AMOUNT OF PAIN THIS MAY LIBERATE

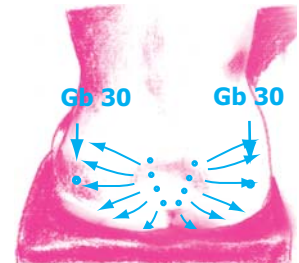


SEVERAL WEEKS PRIOR TO DUE DATE
 Start gentle pelvic and sacral opening (p 92), quickly becoming very strong, with Mum practising breathing out, relaxing and welcoming each new opportunity to release more stuck qi (felt as pain/distressing sensations).



BI 31
 BI 32
 BI 33
 BI 34

A WEEK OFF THE OFFICIAL DUE DATE,
 Vastly heavier sacral massage, with very heavy pressure (digging right into) BI 31, BI 32, BI 33, BI 34 - the 4 sets of sacral points
VERY HEAVY PRESSURE on points Gb 30, and surrounding buttocks, with-out outwards sweeps,
 Very heavy pressure on the point Gb 21 on the tops of the shoulders, all interspersed with strong whole back and pelvic massage.



PERINEAL MASSAGE

The area of skin between the anus and vagina is called the perineum. This is the region that is required to completely open to allow the safe passage of the baby's head. Women's bodies are designed for birthing, and should easily accommodate even a largish head if the perineum is allowed to unfold slowly. If the perineum is not opening naturally as the head descends and pushes against it, a midwife in a more natural birthing setting may oil and gently massage it, but in a medical setting, cutting is far more likely to happen. There may also be grazing, tearing, ripping in addition to being cut (an episiotomy).

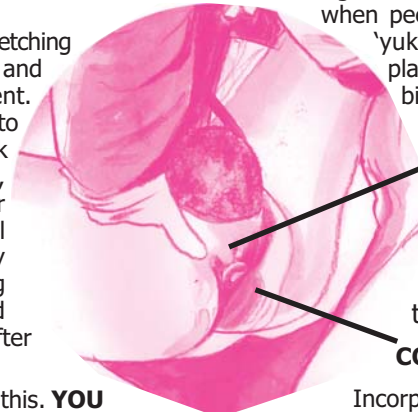
From about 34 weeks, oiling and stretching it twice daily will allow it to soften, and become accustomed to enlargement. The best position **for her** to be in to do this is on the floor, sitting well back on her sacrum, up against a wall, or other hard surface. (Remember to avoid sitting on any cold or cool surface, as the entry of cold energy ensures contraction and hardening of tissues, meaning more pain and disruption at birthing and forever after in the menstrual/sexual areas).

It may be too awkward for her to do this. **YOU DOING THIS WILL SHORTEN YOUR POST BABY CELIBACY PERIOD. Perineal massage is like having a major insurance policy.** Having a soft, pliant, prepared perineum allows the **baby** to easily plop out. It ensures **Mum** is not cut or torn and hence guarantees an easy entry back into being part of a **sexually loving couple**.

Having oil (any type will do, although Vitamin E oil is good),

on the pad of a thumb, she stretches her arm around the back of a leg, and reaching into the vaginal entry, oils and stretches it out with both finger and thumb, till the area feels as though there is stretching to a slight burning sensation. This is a similar feeling to putting your thumb and forefinger in the corners of your mouth and forcing your lips apart, as far as possible.

More oil can be massaged into the clitoral area, and the whole site is under great pressure as the baby's head emerges, and small grazes and tears are highly uncomfortable, afterwards when peeing. Many tell me it is uncomfortable, and 'yukky', yet this small amount of foresight and planning can vastly improve life immediately after birth, and sexual relating from then on.



TOTALLY STRETCHED OUT INTACT PERINEUM

(8 1/2 LB - 3.7 KG BABY & LARGEST FORCEPS) - (no tears, grazes, splits - preparatory massage done 9 weeks prior to birth).

COMPLETELY OPEN ANAL SPHINCTER

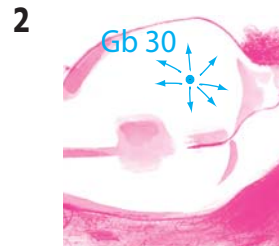
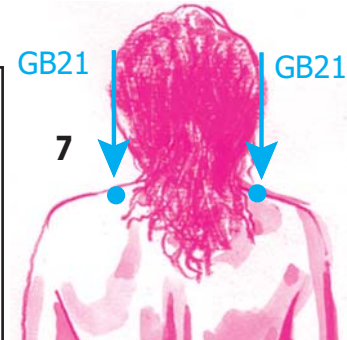
Incorporating pelvic opening and sacral fans into the perineal preparation at least three night a week is an excellent idea - more is even better. After 37 weeks, or earlier if you feel the baby will come sooner, press immensely firmly on the set of points underneath the sacral BI points (pp 94, 95), as this specifically opens the perineum.

TO DO THIS, PRESS IN AN UPWARDS (TOWARDS UTERUS) DIRECTION & HOLD FOR 1 MINUTE.

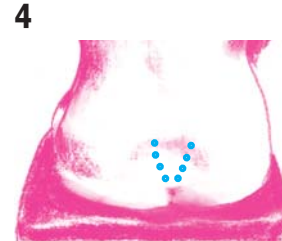
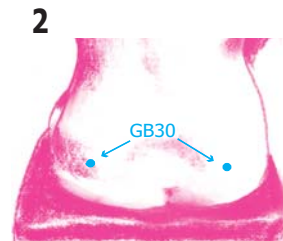
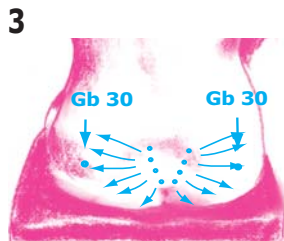
HOW TO HASTEN LABOUR/CERVICAL RIPENING



THE LAST FEW WEEKS OF PREGNANCY ALLOWS YOU TO GO STRONGER AND DEEPER INTO THE POINTS. ENSURE THAT YOU ARE SENSING MUM'S TENSION BUILDUP & ALERTING HER TO LETTING IT GO AS IT BEGINS. YOUR KEY ROLE IS TEACHING HER TO RELAX THROUGH PAIN, SO SHE DOESN'T WORK AGAINST HERSELF IN LABOUR.



Sequence - full back sweeps, sacral moxa fan, THEN strong thumb pressure outwards from sacrum, very strong minute long pressure in sacral points, deep exploratory probing in **Gb 30** areas, more pelvic sweeps, back sweeps, finish with strong downwards pressure on **Gb 21**, gentle pressure on **Liv 3**, massage on **Sp 6**.



OPTIMAL FETAL POSITIONING

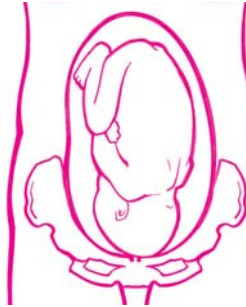
Birthing is like a marathon, or any other project - putting effort in is likely to pay off. There is an excellent book 'Sit Up and Take Notice' (see Bibliography p 242), and a website www.spinningbabies.com to assist you here.

Whilst baby may be 'head down', and you are relieved you are apparently over the first hurdle of fending off a C-section, life is not that simple. At many stages, Mum's posture, activities and structure may make an occipital presentation (O.P.), or even a lateral lie; (across the belly), more comfortable or likely for baby to settle into.

This is then going to increase Mum's chances of a very uncomfortable late pregnancy, and difficult labour, possibly resulting in some form of medical intervention, as baby is 'stuck'. To be easily birthed, baby needs to be head down, AND lying facing Mum's right side - with the back to the Mum's left side, AND have the head well positioned in Mum's pelvis.

If not, baby can't manoeuvre into the Optimal Fetal Position, instead here it feels most labour is bound to be difficult, and vastly more painful, as **PAIN IS DUE TO OBSTRUCTION**, and baby can't descend into the correct starting position (labour beginning 'on time') whilst being prevented from doing so.

This is only because you have not paid attention. Whilst it would be an ideal world where everyone was 100% focused and have pre-empted end results of deviations from 'normal', reality here is that it is your baby, your birth and your life.



Whilst the possibility exists that baby will spontaneously turn during the course of the pregnancy, there are many obvious and non invasive ways Mum can initiate and assist this. Hoping for the best/letting nature decide is a slippery slide of fatalism, and is not the message of this book. By taking charge, you will both also gain insight and skills to help during the labour - so even if baby is already best placed, if baby flips out of position, you have gained the tools to correct this, in labour, making for a far more comfortable labour and natural birthing outcome likely.

Another excellent resource is "The Pink Kit" (p 242), giving audio and visual presentations of exercises to allow baby's easy exit. The central theme there is that **if it hurts - there's obstruction, and movement will relieve the blockage, the pain and the obstructed labour.**

Sometimes, we have expectations that those who are trained to do a job, know every aspect and are perfect at executing it (pp 114, 161, 163, 197). In this case, I am reminding you that it is your baby, your birth and your life. There may be times when for 'hoping for the best' is appropriate - and I personally don't think birthing is one of them.

The professional manual "Optimal Fetal Positioning" may not be part of your birth team's experience. The cost of buying it yourself, as an insurance towards easy labour/birthing is far less than attempting to pick up the pieces after the event.

Being aware and taking action is likely to resolve the issue.

NOT PERFECT POSITIONS - PLUS BABY IN "O.P." POSITION

As Mum's lives have massively altered in the past decades babies are far more likely to settle into the easiest spot - we are all less likely to walk and be active - with correct deportment. Baby being tipped backwards because of poor posture, modern lounging furniture, TV watching, driving sitting in bucket seats, and resting with feet elevated is encouraging gravity to allow baby to drift into the most difficult spot to be born out of.

Posture is not accentuated as it used to be. Women are quite prone to not walking tall, and are not standing 'straight' for a variety of reasons. Visits to a good chiropractor/osteopath may be the beginning of optimally positioning your baby for easy birthing.

Sitting back tilts baby back into the back of the uterus. **Sitting back with legs crossed** closes the pelvis, and baby is very likely to settle in the only place it can facing the front, back of head (occiput) nestled into Mum's sacrum. This gives Mum an uncomfortable time, even before labour begins.

If baby stays here, its **head can not engage easily**, thus **being 'overdue'**, with all its attendant issues, is more likely. Waters are more likely to **spontaneously rupture**, without the benefit of baby's head resting on the cervix, hence the apparent necessity to **'augment'** (use artificial means to try to make labour start - even though the body knows baby isn't able to come out like this. The **labour will limp along**, as baby is not able to help, gravity is thumping baby into Mum's sacrum (hence **massive, un-endurable**



backache labour).

Baby's head not tucked down is larger by 2 cm in diameter; this has to be **massively reduced to squeeze out (extensive head moulding at birth, massive pain and longer, distressing labour felt by Mum** - just what happens to baby, being remodelled to fit?). All of this adds up to a very distressed baby and mother, and the probability of a C-section, instead of the **PAIN being seen as a MESSAGE** that things are not as they should be.

Whilst you could ask what are the professionals doing, standing back, adding more pain numbing concoctions into a now immobile mother who is destined to NOT BIRTH her baby without outside assistance (see previous page).

There is no need to endure long, agonising and ineffectual labours. Whilst I know the massage and moxa techniques in this book are invaluable, and have resulted so far in babies

easily birthing, these have been usually in addition to my acupuncture and herbal support throughout pregnancy. As insurance, I am strongly suggesting being armed with solutions, so BIRTHING (by mother and baby) rather than DELIVERY (by others) occurs, thus allowing both Mum and baby optimal bonding, hence more likely life time loving acceptance. (pp 196, 198).

PAIN IN LABOUR IS INSTRUCTIVE - DON'T SILENCE IT. MUM WILL THEN FIND THE LEAST PAINFUL/MOST USEFUL EXIT AND BABY WILL SLIDE THROUGH.

BREECH - BABY IN 'WRONG' SPOT (ALSO SEE P 171)

The baby is comfortable where it is; which is why it is there. Baby is not trying to be difficult, but following energy patterns. If baby is lying in a 'non optimal' position, there will be a reason for this. As with many life situations, looking to the medical framework, which is illness based rather than life affirming, will not provide helpful answers.

Asking why it is so, may provide clues. Using the acupuncture model, it can be seen often that the energy surrounding the baby is distorted in some way - maybe due to Mum's chronic structural problems - from life, incidents, or operations (however apparently minor - think little nicks in the tissue, as 'exploratory' operations appear on the outside of the skin) that have diverted the flow of qi.

If we change the flow of energy around the baby, to allow circulation to recreate/restore the 'normal' that should have been, the baby will then feel 'out of sync', and will attempt to self-correct. It may also help to have some **inner connection with your child before beginning**, explaining your respectful intentions, as s/he is a totally aware being, and can cooperate. Perhaps also visit a chiropractor who can do the Webster manoeuvre, and consult www.spinningbabies.com.

1 - After having **massaged and 2** - **moxaed the back and sacral areas, and strongly opened the point GB 30**, (have Mum either resting comfortably straddling a chair, leaning forwards with her feet insulated, not on the cold ground (see p 20) or semi reclining on her left side, so you can reach the feet easily). **3** - **Using the moxa stick, target the point BI 67**, which is at the corner of the root of the little toe nail - both feet. This is the end of the meridian

that runs over and through the back area twice, and as such, influences the entire flow of energy around the sacral area, pelvis and the uterus.

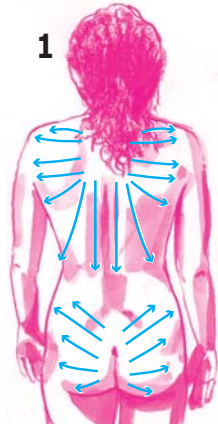
Remembering to tap the stick gently to remove any ash build up, spend 15 minutes on each toe, deliver a peak of heat, move the stick up in the air about 2 cm, bring it back down to within 1 cm from the point, heat, move upwards, and repeat for at least 15 minutes. The point is to be constantly hot, with peaks of heat, rather than becoming unbearably hot, or burning her. Repeat process for the other foot.

Repeat the **sacral fan moxa** (step 2, finishing with massage Step 1) - After the moxa session, **Mum may spend some quiet time**, meditating, reflecting, or walking in nature to centre herself into the transitional period she is in. This may be repeated nightly, at least 3 consecutive times, or stop when the bulge looks or feels differently. Consult your acupuncturist.

There are worse things in life than having a medically deemed necessary Caesarean. Your intention for pregnancy was to bring forth a well, healthy, whole infant. It is possible that the baby in its wisdom knows its cord is too tight/ constricted, and that by turning, or birthing naturally it may be compromised/ strangled. **It is also possible that Mum is often in the wrong position, or needs her energy/structure adjusted so the baby actually fits properly.**

Often exploring the energy that self has set up - see women's stories in "Well Woman's Baby" is all that needs to move - the baby is only an innocent bystander - Mum is in charge her body, and how it runs, which means she can make a difference. Please review birthing websites p 246 (3, 4).

ENCOURAGING BABY TO TURN

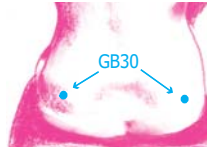


1

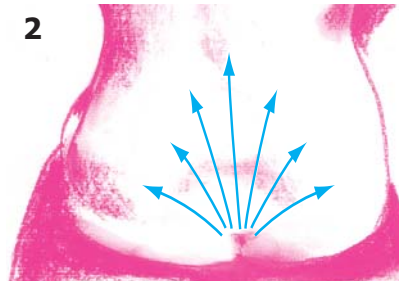
1 - Massage
Mum's back, particularly her bottom, to move the qi - it needs to be pinkened and warm before you start the moxa.



3 - Pelvic Opening

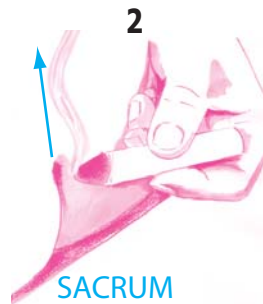


4 - GB 30 - Very firmly press to loosen the pelvic girdle.



2

2 - Moxa as per pp 96, 98 for at least 5 minutes.



2

SACRUM



FROM HERE



TO HERE



5



BL 67

5 - BL 67 MOXA

Both feet- at the outside corner of the root of the littlest toe nail



5

0 - 42 WEEKS - HUMAN GESTATION PERIOD VS 'OVERDUE'

Babies come when they, and Mum, are ready.

Normal gestation is 37-42 weeks, First baby left to its own schedule is typically 2 weeks after 'due' = 40 weeks. Baby is **not overdue** in the middle of the Bell curve of normal deliveries. Baby may be considered to be 'overdue', depending on Mum's maternal history - only after 42 weeks. Bodies have their own wisdoms. Mum learning to slow down, rather than having a plan and rigidly sticking to it, will prepare her/acquaint all with skills that will be required once baby arrives.

From an acupuncture perspective, the pendulum swing from maximum yin (most ripe/heavy/pendulous/torpid/inactive/juicy and full) to maximum yang (activity/movement/expulsion [labour]) is far less likely to happen if Mum has not embraced the change in her being. Becoming more adaptive is a healthy way of becoming ready - inactivity is the key. Resting, enjoying her last few days of relative solitude, allows the yin process to fulfil itself, flipping into the active (labour) yang phase. Mum needs to go within and become still - yoga is excellent as a pathway, to prepare for the inactivity babies enforce.

The current on-demand medical management of pregnancy and birthing, (often aided by the precious princess types who like to be 'in charge'), can set Mum up for major problems in adjusting to mothering and baby states. A 'safe' delivery may be the medical aim - but Mum may spend a large part of the rest of her life rueing the handing over of her body, her baby and her choices to a less than optimal ideal.

There is plenty of evidence based research, for those who need 'proof' that nature knows best - visit www.cordclamping.com or www.birthmatters.org. Nature has its own schedule,

and moving our personality wishes and desires out of the picture may allow for much better long term outcomes. Late pregnancy can be uncomfortable - but ending the baby's maturation process just because Mum is impatient is likely to backfire.

Attending an acupuncturist or chiropractor, who specialises in pregnancy, will allow the last minute health issues to be resolved, (rather than monitored) – and will assist the ripening of the cervix, and allied birth preparation processes, allowing for more comfort, better sleeping and peace of mind.

This may be at odds with the way Mum has run her life to date. **So will motherhood be.** The life culture shock for Mum that awaits can be softened if she realises BEFORE baby arrives that her life is no longer her own. Trying to impose her will onto late pregnancy forms part of the recipe for post natal depression and not coping. She has to change into being-a-mother mode. If Mum is getting agitated/uncomfortable/fed up please see pp 48-55 and 138-9 as a relaxing visit to the acupuncturist can slow her down, allow her yin to build, to hasten the switch into labour.

If baby is likely to be hassled out, or if there is cause to induce labour early, please consult your specialist pregnancy acupuncturist to assist as medical induction reflects its violent nature – often with savage labour contractions, rather than the natural, gradual escalation in to birthing.

If there may be a possibility of medical complications – pre-eclampsia, gestational diabetes etc, consider using natural therapies and therapists to keep the body working in optimal state, re-establishing balance, rather than passively monitoring, well BEFORE the onset of symptoms.

I never saw these problems appear in my 'high risk' clinic.

WHAT MIGHT BE HOLDING BABY BACK?

MUM HOLDING BACK			
RESONANCE	(any of these exacerbating or creating any of the others)		STRUCTURE
Inner blockages on any level - maybe from previous or own birth	Vague anxieties/fears of general mothering, birthing or meeting this one in particular	'Too busy' to stop, wind down, let go and let nature take over	Social factors - need to get past anniversary/Christmas/awaiting relations or Dad to arrive
			Actual physical obstruction - pelvic structure not ready for birthing

herself, her life choices and the state of hormones dictating one course of action, and her will not allowing it to be/happen easily.

Baby meanwhile, may be picking up on all of this, and feeling either through its sensitivity, the angst Mum has yet to face, or the actual physical results of her unwillingness to move forwards into the new relationship.

Often, using vibrational remedies and having a very conscious heart to heart chat - possibly with a self long dead - the teenage version of Mum, who felt betrayed/unloved/neglected, her long dead Grandmother, who may have said unkind things about her own daughter; (the new Mum's Mum) whoever she feels to connect with, can totally (heal) change this.

This may allow movement through the lurking virtual issues so they don't need to play out in the flesh, in real time; recreating family stories, family patterns of 'inheritance', family angst.

Mum may just need to find a quiet space to contact baby, lovingly entering its space, in preparation for their meeting. Mum needs to be allowed the space to just be pregnant. This baby is only given one shot at being gestated (pp 70,71).

If you are at all concerned about baby 'going over' 42 weeks - the normal gestation period, there are possibly a few things that can be done. These all hinge around **baby being in the right spot** (pp 151, 171), and **Mum getting into the right 'gear'** for being a Mum - especially dropping the external veneer of plastic beauty (cosmetics, beauty regimes etc.), and her becoming REAL and present as herself. **Real emotionally, and feeling life.**

She may be totally grossed out at the thought of what lies ahead - whilst you might be able to loosen her bottom, help her breathe through the most savage sacral BI point pressure, and help her relax all previous neck and shoulder knots that often created migraines and tension headaches, it is up to her to let go the need to control all aspects of her body/life.

If she can change into a 'whatever' state, and really live it, baby will have a much easier birth and life with her, and she with the whole business of being a maternal mammal.

This mammalian programme, may create an amount of inner conflict, as different parts of her wage war, sometimes appearing to 'win' and others to recede. Post natal depression is often no more than her inability to face

BABY HOLDING BACK				
RESONANCE	(any of these exacerbating or creating any of the others)			STRUCTURE
Inner blockages on any level	Baby not ready (not 'cooked' enough for whatever reason)	Baby cannot find its way into position because of the distorted state of Mum's Qi, especially relating to BI (fear) & Liv (muscle & tendon elasticity)	Baby cannot get into position because of Mum's posture & habits	Actual physical obstruction - baby cannot lock into correct birthing position

WHAT HAPPENS IF SOMETHING GOES WRONG?

It does - all the time. Mum is encouraged to ignore her own wisdom, her own tides, and to visit and inhabit the land of fear, where only the doctor knows and can protect her and the babe from harm. Beliefs Thoughts Energy Action - a great movie.

The average cascade - begins with the planting of the seed of doubt - **"Your baby is very large"**. Mum's body is designed to open, the babe's head to mould, the perineum to stretch - if allowed to blossom as nature does. **"This baby is so precious"** . . . (left dangling - as though other people's aren't) as though this one (perhaps following a stillbirth or after years of IVF failures) will be more guaranteed of (being at least physically intact) survival by being surgically removed.

Anything that upsets Mum creates a ripple in the Liver Qi. Anything that creates a ripple resets normal, and raises the stakes. Anything that causes Mum to panic/trip into fear brings up all survival instincts. The fight or flight mechanism is on - the Kidney Qi constricts; all sphincters (including vagina and cervix) constrict - and funnily enough, just when they are supposed to open, they clamp down, pretend today's not the day, or just refuse to do it at all, or to do it well. And everyone stands by waiting, asking - has it happened yet?

Imagining sitting in a loo in the middle of a stage in front of a large audience, and peeing on command - some might, and most will probably get an attack of 'nerves'. Why would birthing be any different? Why do we expect women to perform in such plastic/sterilised/unfamiliar environments, and be surprised when they fail? Mum may try to consciously relax. If she has trained herself through "Hypnobirthing", if she is adept at yoga, or another form of going within, if she is in tune enough with herself, and able to screen out the world, she may manage it.

If birthing mothers have no stuck cold/qi/blood or physical obstructions and are able to ride out the intense surges of life force as they wash through them, it should be possible to experience much less trauma than is usually the case. If women have thoughtfully cleared themselves of their life residue before conceiving (p 150), pregnancy and birthing then on into mothering is so much easier.

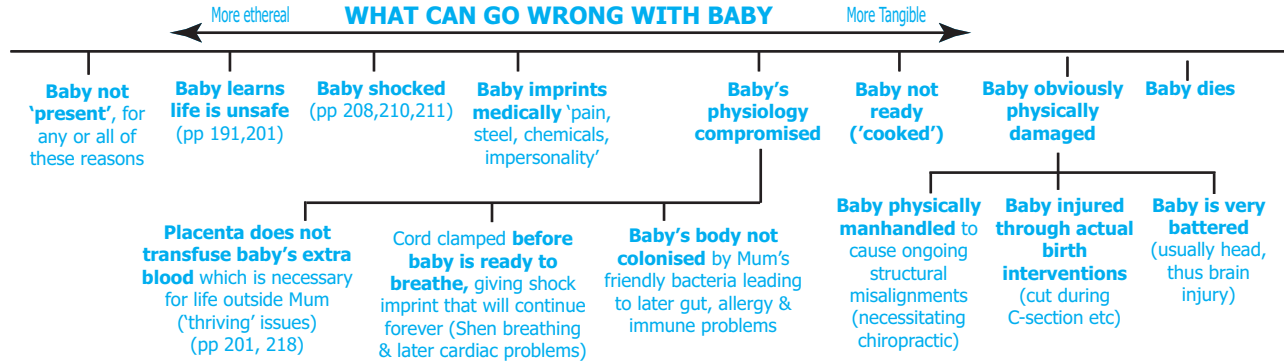
What is it that we try in advance to stop from happening? Why is nature and trusting our own bodies viewed with such fear?

Stop and take the time to define **what 'going right' means to you** - is it just that you want the baby alive and not obviously too beaten up by the experience?

What of mum and baby in a fluid movement going from being one within the other to being within each others' energy, bonded and secure in each other's presence? Using the biological safety nets supplied through hormonal surges and the deep emotional responses to these both Mum and baby dance within, there should be nothing in the way of the most important part of the physical separation - biological imprinting Mum to baby and baby to Mum - **to ensure that they stay psychically and etherically together as a whole unit.**

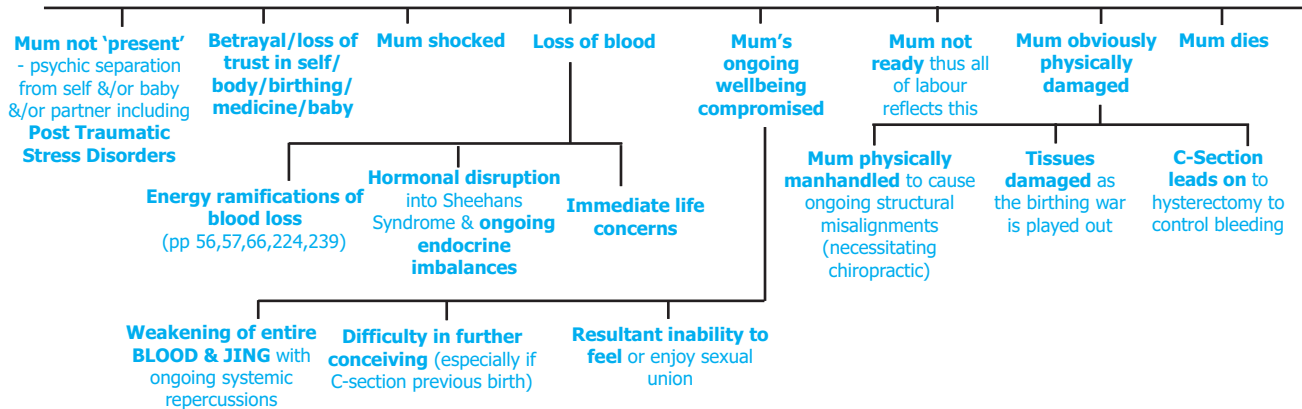
Mothers who are deprived of this know at some level that they have been cheated. We may wonder at the increasing rate of 'post natal depression'- why would a newly in love with her baby mother go through this? We may wonder at the increasing rates of breastfeeding difficulties - were we looking at domestic stock, there is no way the farmer would intervene between Mum and baby - a recipe for disaster - as mother animal needs to accept her young in order to take on the task of keeping it alive, and raising it.

WHAT "WRONGS" CAN HAPPEN?



By hoping to avoid what we DON'T want - extreme right hand choice - we forget about all the shades of grey we MAY get .

WHAT CAN GO WRONG WITH MUM



JUST WHAT DO WE THINK WE ARE DOING?

Having spent many decades attempting to help new mothers (and those whose **birthing wounds are still as new** - often carried through all their lives, in the form of post traumatic stress disorders, misnamed as "post natal depressions", or taken on board by the Mum, and/or her nearest and dearests as non coping behaviour), I have become appalled at how the cost to Mum and baby, of the medical birthing paranoia is taken as being a normal consequence of the 'safe' medical birth.

There is misery visited on the women birthing 'safely' and having to spend the rest of their lives picking up the pieces. The first rule of medicine - "**First do no harm**" seems to have been reinterpreted to become "**First ensure all possible medically culpable decisions/practices are insured against**". Babies, their mothers and their relating are exposed to very unnatural beginnings; the consequences of which they battle through for the rest of their lives (see pp 164, 198, 201, 210).

Fathers see and experience the wreckage to their wives/marriages and families first hand, and wonder if they will ever again have the courage to put their hand up for another baby. The trauma experienced is personal. It is a **savage initiation into motherhood** - those who breeze through the transition from expectancy to mothering are no longer the norm, but the favoured few, whose 'luck' seems disconnected to and independent of the amount of preparation put into it.

This has come about due to medical focus on supposed mortality rates (to avoid litigation), rather than quality dignified entry into this dimension, for a highly sensitive and delicate traveller at pivotal times of both mother and baby's lives (pp 41, 70, 71). Missing also is respect for the shift in

the couple's own life and relationship, as the intimacy that began the baby is overrun in medical procedures that in and of themselves guarantee mother's distress, thus shutting down her natural instincts, allowing the medically induced and then orchestrated domino effects so common today, to occur.

To only focus on 'safety' as evidenced by live births from live mothers is to aim far too low. As part of this fear driven reality, 'giving' Mum until a set date then artificially inducing what should be a naturally crescendoing hormonal tsunami, is to have her in such a freaked out state that she may lose her grip on her birthing, and then grovel for anything, often losing herself in the process.

For the staff to focus on getting the kid out alive, and the room ready for the next one is hardly something to be proud of, regardless of the apparent 'good' mortality (translated as 'best practice' figures) delivered by the modern maternity hospitals. Quality mothering grows from quality bonding at birth.

The process of birth as the most important journey anyone ever undertakes – the **woman** as she dies as a maiden and becomes a woman, the **father** as he is witness to this sacred initiation, the **couple** as they become glued together through the third party 'til death parts them, and the **baby** who becomes a separate being at the moment of first breath - dictating much of its ongoing personality and behavioural signature (see pages 70, 71).

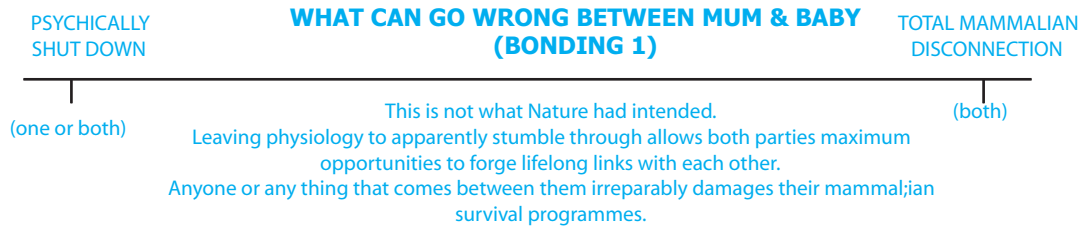
What is a celebration of life does not have to be seen as a disease process or sequence of potential catastrophes, to be insured against. The outcome all want is an intact family unit, safely present on EVERY LEVEL, not just alive on arrival.

WHAT COST THE PRICE OF A 'SAFE' DELIVERY?



Some times you may find yourself so focussed on the fear ball thrown at you that you don't think to ask what game you signed up for by catching it.

WHAT DID YOU EXPECT OF A BABY?



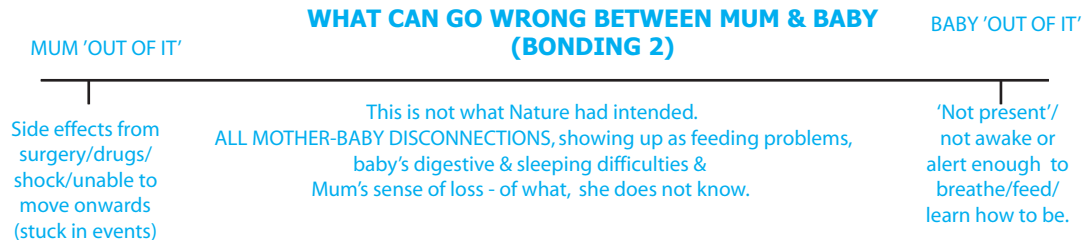
Although we sometimes don't stop and think too deeply as to the consequences of the conception of a new being in our lives, we usually expect that the baby will be cute, a joy to be about, entertaining, and constantly demanding of our time and resources. We assume that feelings of love, attachment and fierce affection, us to them, and them to us will just appear.

They don't always.

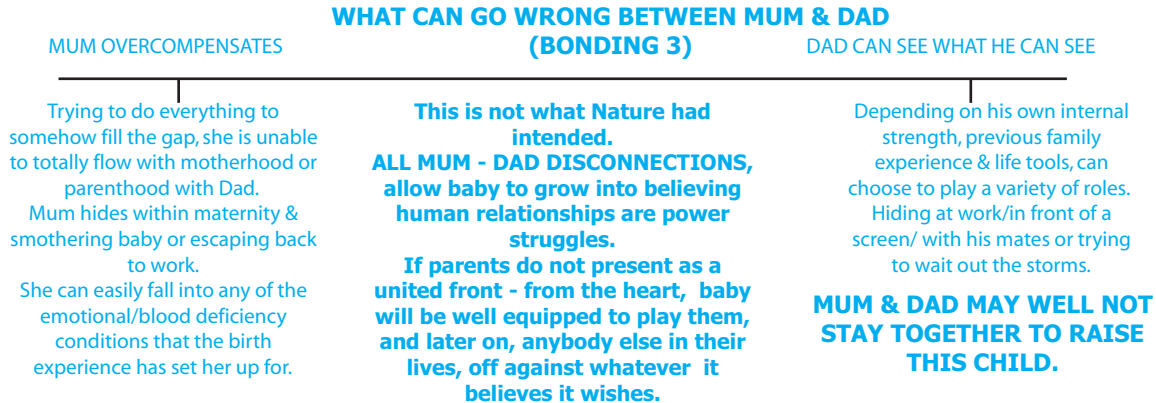
The way to guarantee everything nature set out to ensure babies were nurtured, loved and raised by their parents happens is to keep everything around late pregnancy and birthing as natural, emotionally connected and as real as possible.

Studying 'The Farm' statistics, "Spritual Midwifery" (p 242) it is obvious that being honest, natural, simple and caringly direct as possible bears the type of results we would all want for ourselves - medically uneventful safe births into the arms of an intact mother - particularly notice the breast-feeding and post natal depression rates.

What stops this from being what all women expect and receive in the high cost/high tech Western birthing context?



WHAT WAS THE REASON FOR HAVING THIS BABY?



The reason I wrote this book was to provide an alternative to the glossy P.R. that seems to flood the book shops. I watched countless couples live through needless heartache, and listened to many sad consequences of medical ineptitude, through parental ignorance born of naive hopefulness.

In my specialist pregnancy practice I assisted many couples to conceive - often when all else had failed. Sometimes after many unsuccessful attempts, resting from IVF and either conceiving naturally (with vast 'natural assistance'), or returning to IVF, healthy and invigorated to produce the much wanted pregnancy.

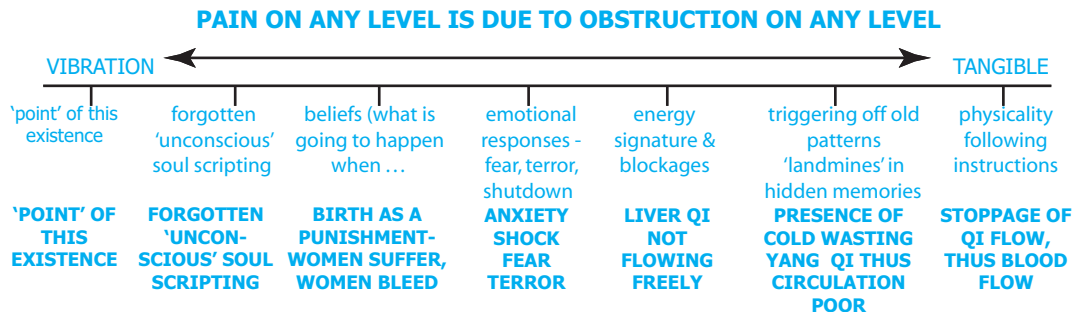
Then I would watch the ball drop. Either pregnant parents thought my 'contract' had expired (and nature - which had required vast help to get them into the game - would now get them around the field unaided), or the medical teams swung into action and 'took over', with pronouncements of doom if every technological advance was not used to its maximum. Nature lost, and fulfilling parenthood became a

hit or miss affair in the midst of screening, scans, possible likelihood of dire problems, physiology denied over the latest medical research/fads and the ever likely 'safe' birth option - the surgical removal of junior.

One after the other, they fell like flies - under the knife, for a myriad creative reasons - few of which would have stood up 20 years ago. Then the cycle of depressed, mastitis ridden, non bonded mothers, often with infections and haemorrhages to recover from; who wondered why they did it; why they can't wait to get back to work, and whether they would do it all again.

It is all so preventable - **birthing is a natural conclusion to pregnancy, naturally left to its own devices, in a supportive, woman-friendly environment**, with Dad as insurance that all is prepared and ready when baby and Mum decree to meet each other - not when doctor looks at the calendar/clock and announces it so.

PAIN = OBSTRUCTION



Pain happens because something is not working properly. Something on some level is obstructing normal function. We feel pain as a message that requires action on our part. The degree of pain spurs us into doing something to change it - we don't like it, and we do whatever it takes to stop it.

If we follow the biomedical framework, we may consider it normal to experience radical period pain, migraines and other bodily warnings of imbalance. But pain is the result of something being awry/not working properly - the pain trying to act as a deterrent - stopping us from repeating the damaging action, or a course of behaviour. The presence of the pain, its severity and possibly its surprise value all mean something, and if we are not in labour, usually ensure that we find the cause of the pain, and resolve it.

We have as a culture become used to taking pain relievers rather than changing what creates our pain - adjusting our lives; our habits; our attitudes, trying to avoid pain altogether,

rather than listening to what the body is actually saying, is to really miss the point in labour.

Labour pain is instructive. If the body has sufficient nutrients, qi flow and structural elasticity, there quite possibly could be no serious sensations until half way through cervical dilation. **Pain and discomfort show up when the body's ability to open is restricted.** This is the key message in this book. If normal is consciously set up to happen, it will.

This is providing baby is in the right place - head down, is only the beginning - see pp 149, 170, 171, and visit www.spinningbabies.com. There is a great deal Mum can do to ensure she has an easy labour, as spelt out in the website above, and in "Sit Up and Take Notice" p 242.

We may see pain in labour as something that can be avoided by taking substances to block the sensations. But this is to miss why the pain is there - pain messages serve a very different role in labour. **They require Mum to change position, alter something - movement, action.**

PAIN RELIEF

Viewed from an energy perspective, the presence of pain can indicate of a blockage/obstruction of something, - energy/emotion/physical insufficiency of blood/oxygen supply/whatever, at some level.

If the obstructions are cleared, there is thus no need for the pain to exist, as it was just an indication of blockage. It does not hurt to poo. It should not hurt to menstruate. When it does, there is a problem with the circulation and production of energy and blood. Similarly, when pain exists in birth, besides the obvious discomfort of a large object squeezing its way through a narrow passage, there is something on some level that is obstructing clear passage. Remember Mum is naturally pumped full of endorphins at this point to dull these 'big' sensations.

Chinese classics teach that when the Shen is peaceful, the (perception of) pain is minute. **This means that if we take out the fear/terror component, the body is just the body, doing what the body must.** Sharing Mum's reality - retaining eye contact - being in her space, sharing each breath, actually being there, second after minute after hour - together - just as you were at baby's conception.

Being scared of pain, thinking that one's pain threshold is minute, wanting to not experience whatever birthing has to offer, is to expect (and probably encounter other) difficulties. Problem isn't resolved by sidestepping labour pain through the intervention of the magic option of the epidural, then onto the Caesarean - these all extract their own costs.

Dad can release the energy sludge that has stayed stagnant in Mum's pelvis, Mum's body and Mum's energy

fields, through regular loving massage and moxa work-outs (pp 88 - 99).

Mum can attend to her beliefs, stored memories and old emotional patterns through taking conscious action. Besides allowing the opening process Dad can do, she can use vibrational essences (www.roseofraphael.com), start journaling her perceptions, find meditation/visualisation and yoga classes, and birthing support groups, and look into any of the natural means to improve her body's resilience, suppleness and wellbeing.

Not allowing the Mum's body or baby to communicate with her, via her pain receptors - either through an epidural option or any other medicated numbing process is to consent to the probable cascade outlined on p 163.

Acupuncture point **Co 4**, strongly pressed with a thumb on top, and forefinger underneath, is a good stand-by if Mum finds herself having to fend for herself in labour - Dad steps out for whatever reason, or a vaginal examination is under way.

Lying on back is the worst position - it reduces the pelvic diameter, causes the very heavy swollen uterine weight to shut the circulation to baby down, and HENCE is very painful - pressing this will take the edge off it.

Don't stay there - especially if she has been medicated, and can not FEEL the trauma it creates (esp. for baby).



RECOGNITION OF LABOUR - WHAT IT IS, AND IS NOT

Early labour can be missed, especially if Mum has had conscious preparation, adequate Magnesium stores, and is fit and relaxed, and views birthing as a natural progression through to motherhood. There are many women who seem able to “pop” babies out, and as it does happen, is likely that this is not luck, so much as awareness and active working towards it.

Mum may possibly be aware of more regular hardening or tightenings, felt either in the lower abdomen, uterus or the lower back. If they are more situated in the back, more moxa and back and pelvic opening is needed.

Check in the book “Sit Up and Take Notice” (p 242), or visit www.spinningbabies.com or possibly ask your midwife/doctor whether the baby is in the optimal fetal position (p 170). If not, s/he may require coaxing into the right presentation to assist actual labour, making late pregnancy far more comfortable, and an easy on time labour more likely.

The mild period like sensations Mum may otherwise feel, will be well masked by both the supplementation of a number of (preferably liquid) natural products, and the pelvic opening work (p 92).

The tightenings should not be painful, and may be totally ignored if there has strong nutritional support. Besides the **extra Magnesium**, which is usually found with calcium and other ingredients - not just stand alone Magnesium, **Vitamin C** - and **different cell salts** that most health food shops sell, plus a **varied and protein rich diet** are essential, also flushing the body with plenty of **pure water - in good preparation for lactation.**

Homeopathic preparations to specifically deal with issues may be sought. There are **Chinese herbal mixes** that strongly support qi and blood flow, ensuring that there is no Stuck Blood (causes pain of severe and fixed location - sounds just the thing!). One of my birthing patients took these and reported that the only contractions that hurt were the ones after she started vomiting the mixture back, in very late labour.

The onset of labour is NOT sharp, sudden, stabbing pains. It is NOT presence of any bleeding - a little mucousy smearing is very different from what looks like a period.

Gushing, or even dribbling of fresh blood or pains as above are to be treated as very serious, and urgent medical attention is required.

IF MUM IS WONDERING IF SHE IS IN LABOUR - p 172

Start with the **solid back massage**, with her straddling a chair. Graduate to **very heavy pressure into the sacral points, strong pressure in GB 30 and occasional deep pressure in GB 21** may either slow her perception of it down - as the body quietly works away, or heighten the process, tipping her into strong labour. Radically increase the amount of liquid Magnesium supplementation at this point will allow any muscular excitability to go back previously under the radar levels - it is not necessary to feel the early labour.

Remember a normal gestation is 42 weeks, and there is no rush - it is your baby, and s/he will be better birthed when Mum and baby are ready to do the dance together, without being pushed.

Birthing is driven by subconscious realms of feeling below logic, in the more primitive parts of the brain. In our fear based modern birthing culture, we seem to have forgotten that **if you don't break something, you don't need to fix it.** It is likely that you will be birthing in a hospital environment, so be aware that your role is very different there, than it would be if you were at home.

Usually women are best left where they have nested - in their own space, We are mammals. **Mammals birth apart, alone and in retreat.** At home, she is not fighting her primitive instincts, as she is AT HOME there. Birthing is vastly easier and more centred around her doing what is coming naturally for her.

All this is lost in hospital - imagine in the middle of ecstatic love-making you get to jump in the car and go off into a different place where people are coming in and going out and giving you instructions, and checking the size of your erection, and the moistness and temperature of her inner being every once and a while, and you will start to understand the enormity of the difficulties women encounter here.

Taking her out of her safe environment when she is in the throes of a peak life experience, on the grounds that it is safer for her and the baby, is a recipe for making it a lot less so. Besides anything else, baby may flip into OP position through Mum sitting in the car seat - with the backwards tilt on her uterus, on the drive in. The likelihood of medical interference grows exponentially with

If Mum is able to replicate nature, whilst in the midst of the medical centre, you have both done a stunning job.

WHERE IS MUM GOING TO BIRTH BEST?

every deviation from the safe, nurturing haven home was.

Your role is to keep her touched, relating and in a cocoon of love, so that the externals do not encroach on her inner peace.

As labour intensifies, the rush of natural hormones can keep pace with the strength of the action. **Your job is to keep her from fighting the process.** The overriding rule is keep her relaxed and comfortable. **Anything that tenses her up is to be shifted.**

This means that you two have to have sorted out who's boss in labour (baby) by communicating through her bodily sensations

and you have to have become as one with her,

and be so attuned to her body and her being that you can anticipate what she's likely to do, and be there to gently and lovingly undo it.

Do your daily homework. This is what will make a stunning delivery experience for you - even if it ends up being the emergency Caesarean route - as you will be doing it together. "When the Shen/spirit is peaceful, the pain is minute". Happy contentment and being tense/tearful and alone do not exist together.

If things go well, Mum may no longer want you to be pressing or even massaging. She may have gone within - it is possible that she may be best left alone, to find her own breathing, moving and be-ing rhythm, with no interruptions as she may

USEFUL LABOUR POSITIONS

Whatever gives the most relief.

Always in an upright, leaning forward direction. One of the most underused positions is on the loo. The position to adopt is **her facing the cistern**, with feet well protected from the cold floor. A pillow can be in front of her. She may become fairly stuck there, as it is surprisingly comfortable. Ensure that between every few contractions she moves around every so often, to avoid her legs from cramping up.

Not only does Mum have unconscious **permission to dribble** whatever there, she **automatically opens the whole pelvic floor** when seated, **is leaning forwards**, and there is plenty of room for Dad to still **massage/press the sacral points**.



The movement getting on and off, swinging the legs about opens the pelvis further. This may also assist the baby to just slip into the right spot. Another similarly massively useful thing may be to get her to march, walk sideways up stairs, or on and off a telephone directory - all to widen the pelvic girdle, to ease baby in, through and out.

The shower is a fine place for early labour. Do not use cold/cool water (pp 20, 21). Of the water is too hot, it is likely to cause Mum's energy to drain away, lengthening the labour. Mum needs to be invigorated, not lethargic.

Providing pain relief of ANY description is not to come at the expense of her powerfulness.

If Mum has been in a water bath, there is no reason to move her. Baby is perfectly capable of breathing when it is safe - nature has MANY safeguards - whether modern medicine has 'discovered' them yet, or not. Do not listen to 'experts' - their stories change with the passage of time. In birthing, if Mum is left with herself, she is the expert, and all others are there to just support her www.waterbirth.org/.

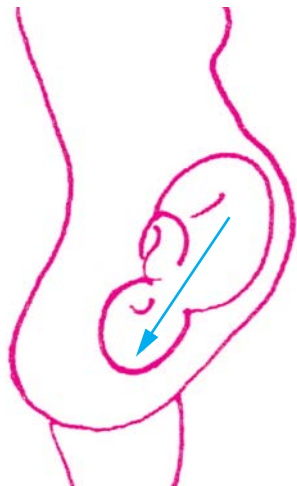
This is not necessarily possible in hospital settings. They have constraints, and an illness model to work with. If you do not break the flow, if you do not tamper with perfect, it proceeds to the next stages, without us 'making sure'.

Remember that birthing is like pooing - the body is working with the process. Review at least www.spinningbabies.com before labour begins. Check if the staff attending the birth have a copy, and are aware of "Optimal Fetal Positioning" (p 242). Be aware that this may be still considered to be 'out here', rather than engineering common sense.

Do not imagine labour mathematics - it may be a very rapid exit once baby and Mum are working together, aligned properly. Regardless of past history, once you have moved the blockage, (on any level) it may be that Mum actually needs to slow down, to allow time to re group to start the more active expulsion phase.

If baby aligns correctly - the 'sweet' spot - the labour should take on a life of its own.

WHAT SHOULD BE HAPPENING



Note the difference in how baby presents in outline, if properly positioned.

Direction of the contraction is downwards, onto Mum's cervix, to encourage opening/birthing.

Mum should be in an **up-right, forwards position.**

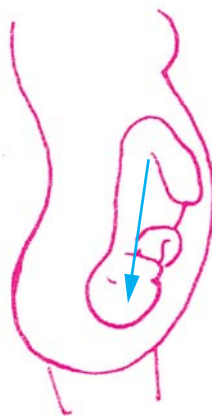
Sitting in a loo, facing the cistern is perfect.

Anything that stops Mum from finding the most comfortable place to be should be ignored, as baby and her body will tell her what to do/where to go.



Baby is snugly moving through the pelvis

IS BABY IN THE RIGHT SPOT?



With baby misaligned, the direction of the contraction is into Mum's pelvis, creating very strong back ache, and longer, more outrageous contractions, which are unproductive, as baby is wedged and needs Mum to help widen and dislodge.

If labour does progress onto birthing, and baby is not obstructed/stuck, substantial head rearrangement to fit must occur.

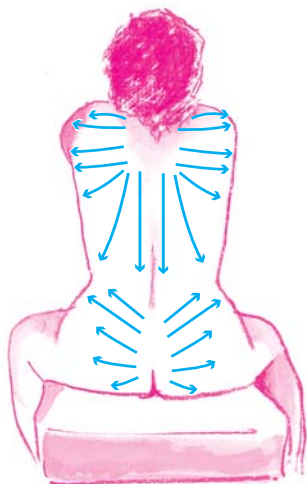
Baby will have to have substantial head moulding to fit through.

It takes time to re-shape a baby's head - its a race to see who gives up first - baby becoming very distressed, or Mum becoming exhausted.



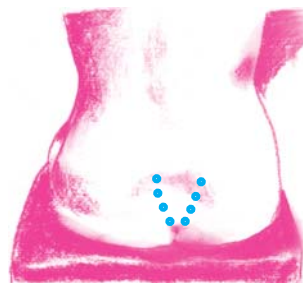
Thanks to Pauline Scott for permission to use these drawings (p 242)

WHAT TO DO TO ENCOURAGE A SPEEDY DELIVERY



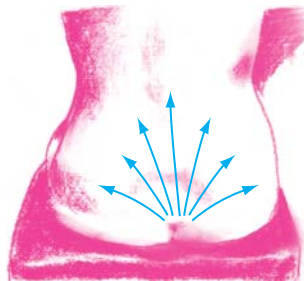
Begin with light, back sweeps, covering all of the back, paying attention to wherever you can feel tension. **She is likely to raise her shoulders unconsciously.** Giving her verbal instructions may NOT work. Gentle touch is all that's needed as a reminder.

Using moxa, lightly travel UP the spine, then OUT in the fan pattern (see pages 96, 97). Don't skip this, as the very deep pressure you will be applying later will not hurt as much if you have mobilized the qi initially.

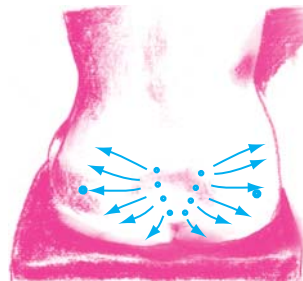


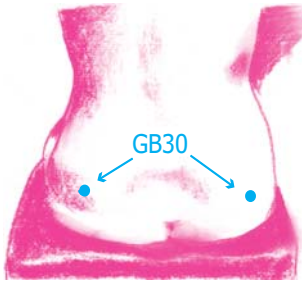
DURING contractions, very deep pressure in back sacral points - choose a set, probably the 1st of 2nd down, & see which give the most relief. As labour progresses, you move lower.

ALL OF THIS IS TO BE DONE BETWEEN CONTRACTIONS.

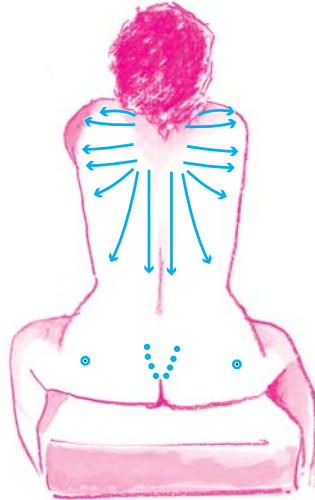


Massage very strongly AWAY from the sacrum, once the whole area is warmed with the moxa.

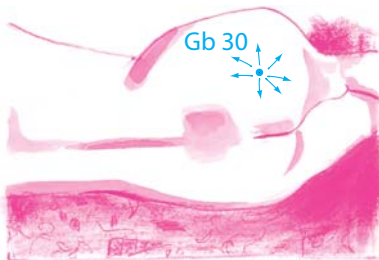




Deep pressure - your 1st thumb joint (at least) disappearing into flesh, and probing deep massage, SLOWLY into the whole GB 30 area, finding any tough/ropy bits and firmly playing around them, till they release.



Occasionally pressing GB 21 very firmly, after plenty of upper body tension release. GB 30 can be prodded after this, as they are connected.



**Remember that ALL of Mum is connected. If there is any upper body tension, Mum tightens her bum.
Loose lips - everywhere is the plan.**



PROGRESSION INTO FULL LABOUR

Everyone handles labour differently. This book **suggests** many points - **these don't all have to be used at once or at all. If the massage/pelvic opening preparation has been well done, and if Mum goes into labour spontaneously, there is every likelihood that the birthing may just require your loving presence.**

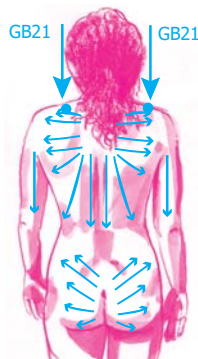
When women are totally at one with the labour process, they sometimes want no interruption from the inner space they find themselves within. These points and suggestions are for the times this does not happen, or if there is a small glitch.

These 'instructions' are to be used judiciously - if Mum can't stand being touched ANYWHERE during a contraction, **there is little point in arguing.** Similarly, if her sacrum has been over enthusiastically attended to before labour, any aggravation there may be unwanted.

This is not to stop you from vigorously spending the last few months of pregnancy actively helping her body undo its stored tensions and irritations. It is to remind you that sensitivity is important.

If you are leaving the house to greet your baby, ideally, wait until labour is very advanced. Very few babies arrive on the journey, and although travelling in very strong labour is unpleasant, it is more rewarding than being too eager in arriving, and being faced a stalled labour.

There is more chance of Mum coming out of labour, or of the contractions faltering and taking several hours to re-establish themselves, by moving her too soon.



In between contractions, light massage wherever you can feel tension building, especially in the upper body.

If you feel Mum could do with a boost of energy and surge of force, you can grasp her foot, with thumb on one point (Ki1) and forefinger on other (Liv 3), and really pump them together.

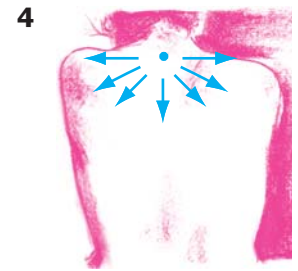


If contractions seem to be tapering off, or getting further apart, massage /press firmly into Sp 6.

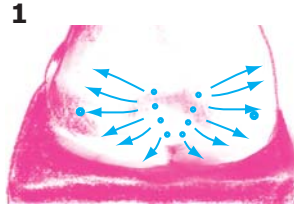


Du Yin (the middle of the mid segment under the pad of the 2nd toe) is a point specifically for difficult labour. **Grind your fingernail strongly into this.**

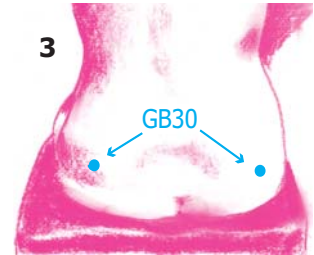
4 - Remember her upper back from time to time, between contractions. If she is loose in the mouth (strong, passionate kissing with work down below very quickly). **Loose lips.**



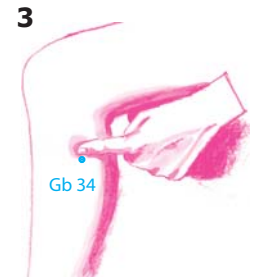
1 - The major points to help pain relief & strengthen the contraction (increase flow of oxygenated blood to the uterus) are **in the sacrum**. Very strong outwards massage from where the bone joins the flesh,

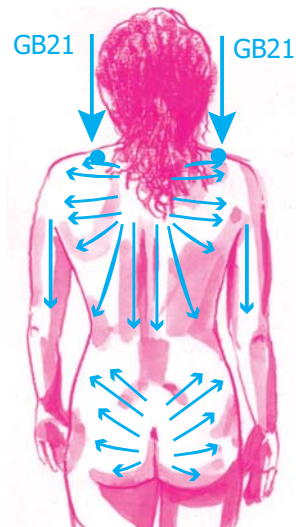


3 - Every so often, especially if baby appears set in position, get Mum to straddled a chair, and heavily lean into the **GB 30 area** - where you feel the most tightness. The point **GB 34** then pressed very firmly should consolidate the loosening effort.



2 - Leading into VERY deep pressure in one set of these points during a contraction. As labour progresses, Mum will get better relief lower.



SLOWNESS/FAILURE TO PROGRESS/DILATE

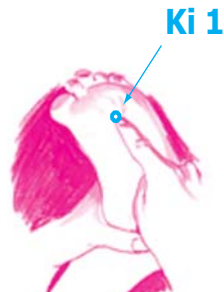
Review this whole book section.
 Something is blocking opening.
 Change position-more active.

Change focus - Take her mind off events - for a walk elsewhere - become somehow more than you have been already.

Or - has she had enough of you/ birthing?

She needs to get really focussed on nothing else happening in her life till she attends to her body/baby/ Birthing.

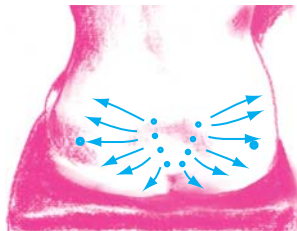
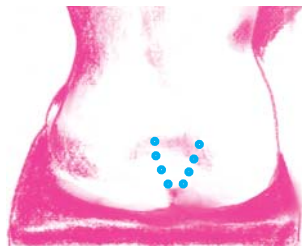
BEFORE CHANGING MUM'S POSITION -



Dig into Ki 1 with strong thumb pressure
TO GIVE ENERGY/OOMPH



**Grind your fingernail/a pen into BI 67.
 TO HELP MOVE BABY'S POSITION**



**Massage Sp 6
 TO NORMALISE UTERINE QI FLOW**

If labour is not progressing as expected, now is the time to review p 171. Besides ensuring baby is positioned correctly (p 170), and you pressing points:

What is going on? Stuck Liver Qi - through being irritated with you (nebulous/whenever) your/her mother waiting outside and the entire family drama that she always buys into/not having the right staff/clothes/music on - **the point is that there are faster ways to straighten out birthing glitches than just attacking the physical - IF BABY IS IN THE RIGHT SPOT**

Go random, and lighten up/do something out of left field/divert her. Now is the time to take a break, if you have other support help, and remember to do something to alter your presence, thus her reality.

Remember the various stories in "Spiritual Midwifery" - what is holding her back from being your baby's mother?

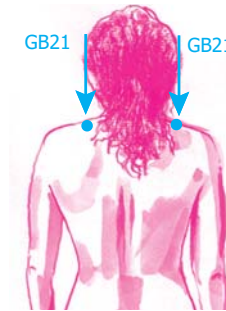
and check position (p 159, 170) again!

GB 41

Specifically for this case. Hit this point hard, after the others, and work it a lot. Visualise the uterus and the muscles all working together, as per p 149.



Gb 41



LI 3

Press with thumb and forefinger; thumb under the sole of the foot, where the two pads join, and press the two digits strongly together.



Liv 3



Sp 6

INCO-ORDINATE CONTRACTIONS

LI 3/GB21

All points interconnected with the liver qi, and its ability to freely flow, nourishing and relaxing muscles and tendons.

SP 6

Will help re-establish normal flow through the uterus.

MUM'S NOT COPING/MATERNAL EXHAUSTION

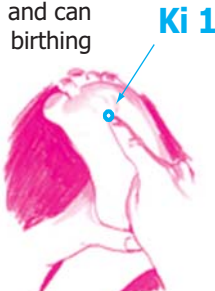
For whatever reason, if Mum starts to panic/lose faith in her ability do this/look as though she wants to 'opt out', **remember that SOMETHING is obstructing the birthing process** (p 196). Whilst the medical options are available, they tend to focus on THEM doing the work, rather than encouraging **Mum** to find better positions and strategies to bring forth the baby herself.

Has Mum been supported to birth, or is she offered pain relief options, and left to hope 'nature' - not supportive midwifery - knows best? In a way - it could be seen as a trial of her way, with their job as backstop now taking over.

If she was very aware of the consequences of interventions, and is only not handling pain - remember - **why is the pain there at all? (p 166)**.

Rescue remedy, homeopathics, Magnesium/Calcium supplements all have their place, but **SOMETHING is stopping natural**. If labour started by itself, and is without "augmentation", it is often just a matter of someone changing inner gears. This is very obvious if you have access to a vibrational essence kit, and can prescribe from this. Apparent physical birthing issues just melt. "The Farm" midwives do it in real time, (see "Spiritual Midwifery" p 242) by getting Mum and Dad to sort themselves out (pp 44, 45, 51, 52).

Take charge, more massage, eye contact, **change position** (pp 170,



171).

Thumbnail in point **Ki 1**, whilst getting her to focus on breathing centering, remembering each relaxed powerful surge brings baby closer into her arms.

Ki 1 can also be attacked, if there is not too much foot swelling, by starting from **Li 3** on the top of the foot, and angling deep pressure with either your thumb or forefinger, visualising them both connecting in the middle of the foot. When a needle is inserted here, angling as though joining one to the other, amazing calmness - probably due to the floods of pain relieving hormones being released.

These tools are not just distractionary tactics. If you follow positional changes, especially ensuring optimal fetal positioning, there is really little to stop baby just falling out.

The point **Du Yin** can be severely ground into using your thumbnail. **This is a point specifically for difficult labour**.

Often it might be that you need freshening up - have you looked after yourself, drinking water and nibbling?



MEDICAL INTERVENTIONS

This is not a mathematical game - even if it DID take 24 hours to dilate 3 cms, the next 6 could just require you two to move through what neither of you want to talk about. What is it costing to stay stuck, as a couple? It may well be you that needs to shift - think about it.

Labour is a like a read-out of how you both dance in your lives - are you prone to being pedantic/believing in other's information over your own/expecting the best and blaming and stamping your feet when it doesn't? Re read opposite page, and pp 5, 50, 84, & pp 245, 247 men's references.

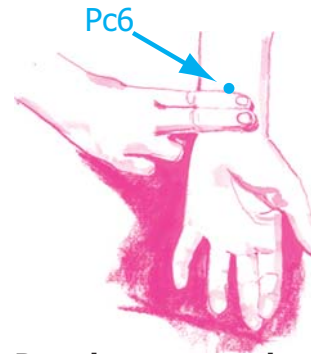
Are you handing over, as a life habit?

Waiting for everyone to do their jobs better?

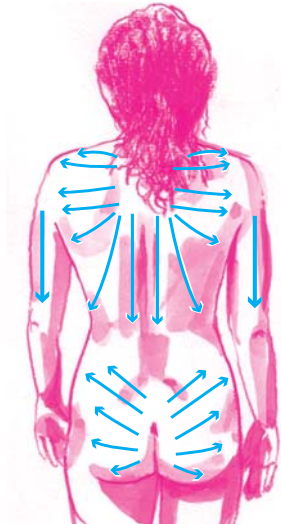
Giving up may only appear easier, short term. What could be holding this up? **Check position again**- baby wants to come out, and gravity is a strong helpful force.

Sometimes a change of energy is a good thing - ACTIVE birth and FORWARDS leaning labour positions are needed.

If Mum appears exhausted, she doesn't need a rest - she needs help to assist baby to slide out .



Pressing or pumping Pc 6 may help her calm. **Light all over back massage** to relax her between contractions.



Strong, deep thorough thumb pressure into sacral points, & all through the pelvic area, whilst Mum is leaning forwards.



If things change, and the medical advice is to go to Plan B, accept that that's not the end of the world, and use what you have so far, to be totally present in every moment, in every way, as you are the bridge she can trust, as she has trusted so far.

TRANSITION

There may be no 'transition' phase - Mum may move straight from active coping with contractions, to pushing, or expelling baby. **Do not expect to have each phase strongly divided, or look any particular way.**

If there has been a gigantic energy shift, there may be a lull. Rest, as it is probably the body giving a small break to change gears. It is the time when the body is changing from opening to expelling.

This is a usually very powerful experience, not only in intensity of contractions. It is about now that the staff look at Mum's anus to see how open it is becoming, as the baby should be passing there, distending all tissues. **She may just be in the middle of dealing with a contraction and move straight onto pushing.** If you have her on the loo, facing the cistern, whip her off, as baby can pop out, in that very open forwards leaning position.

As in all contractions, ALWAYS MAINTAIN EYE CONTACT – SHE NEEDS TO BE GROUNDED IN THIS PLACE – HER BODY NOW, HER LIFE NOW, WITH YOU, HERE NOW.

She may feel like quitting/going home/throwing you out/ not having a baby today/chucking up/ lose focus/demand drugs or a Caesarean this minute. **Relax - its all about to change.**

Now is the time to be doubly patient/helpful and aware that you are witnessing a miracle. The medical staff may wish to tune her down/make it "easier", as they are used to dealing with unprepared hopeful parents-to-be having few skills to deal with intensity.

You are her bridge out to the non birthing world, and without dragging her from the place she needs to be, always be like the light showing the way through. This is when your ability to cope is tested - make sure that you have been nibbling & drinking plenty of water throughout, and doing whatever it takes to keep you present, as now is the time to show up.

Offer sips of Rescue Remedy laced water, take some yourself, with **gentle reassuring touch, get her to slowly and purposefully breathe in deep** draughts of air to the uterus, to flood the muscles with oxygen, the baby with life and peace, and for her to loosen, and let go. Her **BODY** knows what to do. Her **HEAD** doesn't have to.

All you have to do is more of what you have.

Remind her to breathe slowly in and out,

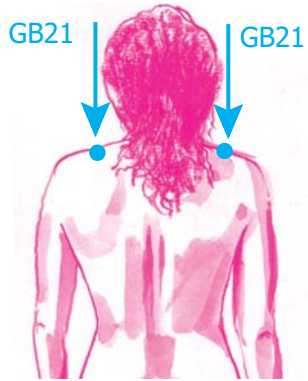
Loosen her bum and thus lips -

always remind her to loosen her bum and lips.

In between contractions do smooth swaying, pretend you are on a romantic cruise and the slow dances are on, open up the mouth and deep kissing – the more of what got junior in, the looser, faster and more juicy the end of labour.

Birthing is sexual – it has been taken over as a serious business. Have fun. Laugh.

This is not how the hospital staff are used to things. They are probably far too busy with other less prepared couples, and happy that you don't need them. This is your baby's birth, and as with his/her conception, it can be a private affair.



Mum may go straight through transition and neither of you notice. If you need to assist, be aware that thinking before doing anything is important, as she is at her most primal now.

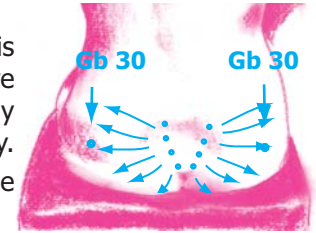
GB 21, Co 4, Sp 6, Li 3

The combination is a matter of choice - which one is less sore from previous use - which one seems to give the most relief?



SACRAL BL POINTS

The lowest set as the action is directed to the area of nerve supply, and baby is nearly out. Press extremely firmly. Alternate with **GB30**, on the bum.



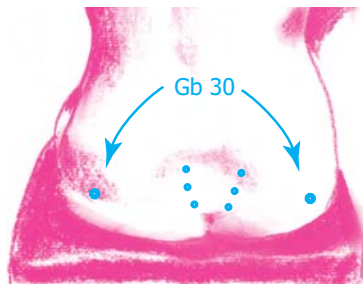
AT THE END OF TRANSITION, SHE WILL EITHER START TO MAKE GRUNTING/GUTSY SOUNDS, OR START STRAINING, OR BE CONVINCED SHE NEEDS TO POOH, AND MAYBE ALL THREE.

BABY'S STUCK (SEE PP 154, 155, 171)

THE BEST POSITION TO ALLOW FREE USE OF ALL THE INNER SPACE AVAILABLE IS FOR MUM TO BE UPRIGHT, AND LEANING FORWARDS, ESPECIALLY DURING EACH CONTRACTION.

If she is doing this, and possibly making small postural adjustments, it is likely that baby will be dislodged. Moving Mum into all fours can help rotate baby, when all else seems to fail.

If Mum is resting on her side, **GB 30** will be more open - if she lets you, between contractions, explore very searching deep thumb, very slow pressure through the buttock region of the point.



To relax tendons and ligaments, press firmly, **GB 34** pump it, or massage strongly - which ever she can handle, between contractions, PLUS BELOW

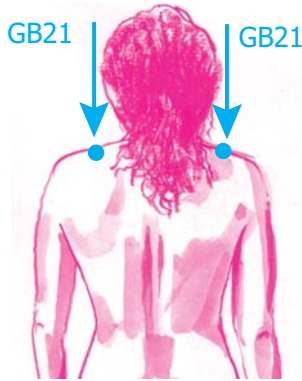
**DU YIN**

At some stage, don't forget to attack this with very strong fingernail pressure.

**GB 30 IN CONJUNCTION WITH SACRAL BL POINTS.**

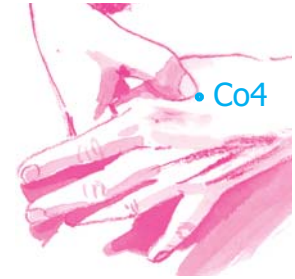
Interchange these - with each contraction, press as firmly as possible into one set of Bl sacral points. These reduce the pain felt, and also provide maximum blood flow to the uterus. Combining this with GB 30, and

IN BETWEEN CONTRACTIONS, get Mum up and moving - sometimes marching on the spot - with knees up will open the pelvic girdle. The mere action involved in going onto all fours may be enough to alter the inner dynamics.



GB 21
For strong downwards action. May have an opening effect, esp when Mum is vertical, for gravity to assist.

CO 4 is a **major pain relief point**, but also acts as an **opening & expelling point**.



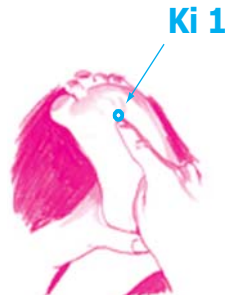
DON'T FORGET
Intersperse with sacral massage

CERVICAL LIP STOPS MUM'S USEFUL PUSHING, REGARDLESS OF HER URGE TO. THIS LAST BIT OF CERVIX MUST BE THINNED AND PULLED UP FOR BABY TO EMERGE.

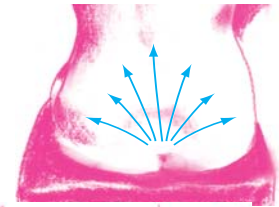
Besides anything else, you pressing very firmly (within reason) will provide a helpful distraction.

THE HARDER THE PRESSURE, THE MORE USEFUL.

SP 6 Works very strongly on all the uterine meridians & may normalise their flow. **Press very firmly.**



Li 3/Ki 1
Strong grip of the foot, and thumb into the junction between the 2 pads of the foot, squeeze the fore-finger and thumb together.



PUSHING

In no way is birthing like pooing out a watermelon. Birthing is like birthing.

Ideally Mum should not have to extend herself pushing, as being upright, and having baby helping, the uterus is a powerful muscle that can take on an apparent life of its own. Mum is to be reminded as she starts pushing to use her uterus - **lightly touch the very top of it, at the beginning of the first few pushing contractions to remind her.**

Before labour, get her to occasionally set her diaphragm and to practice pushing down from there. It is totally different to a pooing motion in the anus - the pooing muscles may automatically engage during birthing but she is to ensure that in all the activity she remembers to let the body part specifically designed for baby expulsion to do it.

If you are asked at this stage what position to push baby out from, **remember that the pelvis is most open** (thus offering less need for baby's head to mould, and less pain for Mum to experience) **when in a forward tilting upright position.**

If she is exhausted, the most easy position is her lying on her left side, with someone holding her right leg up in the air - where she dictates is the most comfortable. This looks and sounds totally improbable but at the end of the first stage of labour it feels amazing, as all she has to do is push - with her body relaxed and supported.

At this stage, with all going well, your acupressure work is over. If there is a lull in contractions (they usually slow down naturally to one every 5 minutes at this point, press Sp 6, and

within 30 seconds, there will be another. Try to have Mum in a variety of positions, especially using gravity.

Below is only if Mum needs help - and ideally the upright position, the prenatal preparation, and the natural baby expulsion urge has all worked perfectly, and the uterus does all the work. **ONLY if Mum needs assistance** - at the beginning of a pushing contraction, as with all contractions,

Get her to welcome it by expelling the air,

Loosening herself,

and then quickly taking a very deep breath,

Setting her chin on her chest, allowing less likelihood to waste the breath in making noise - and if she does, tell her to concentrate her efforts on meeting her baby.

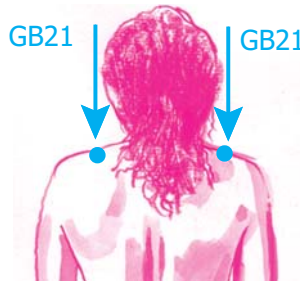
Then **she is to push from above/engage her uterine muscle** (gently touch the top of it to remind her till she automatically does).

Once the breath is used up, quickly expel, draw in another deeply, and push again. Each contraction (usually at five minute intervals) may take three breaths.

As with all contractions, at its end, **get her to breathe out fully and with the breath; notice any tension**, lightly touch, stroke any tightened areas that you can see/sense, and choose a part of her body that needs reminding - often the face, the shoulders or the buttocks, and gently work with them, in a kneading motion until another urge to push overtakes you both. Repeat if/as necessary.

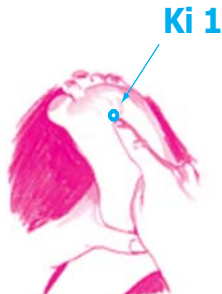
WHEN PUSHING SEEMS TO TAKE FOREVER/CHANGE POSITION

MUM MUST BE IN A FORWARD LEANING, UPRIGHT POSITION. SEMI RECLINING, OR ANY VARIATION OF THIS WILL CLOSE THE PELVIS, REDUCING THE SPACE, SLOWING BIRTH



Strong downward acting happens by pressing **GB 21**. As part of the back massage, lean VERY heavily on these. Hold for several minutes - maybe in between contractions every 30 mins.

USE THESE POINTS AT DIFFERENT TIMES, TO GIVE THE BODY A BREAK. THE PRESSURE YOU ARE USING CAN BE EXTREME.



Press **Liv 3** towards the middle of the sole of the foot. Grip the foot in your hands, with the thumb underneath, in the junction between the 2 pads, activating **Ki 1**, which also grants more staying power.

Press **SP 6** very firmly, when there are big gaps between contractions, or when the severity has eased off.



Du Yin may be attacked with your fingernail



When Mum is desperate - when being examined, and if the pain is more severe, when she wonders **how much longer?** **Co 4** is a point Mum can press as hard as possible herself.



CHANGE POSITION TO UP & FORWARDS

BABY'S COMING

BABY IS ARRIVING

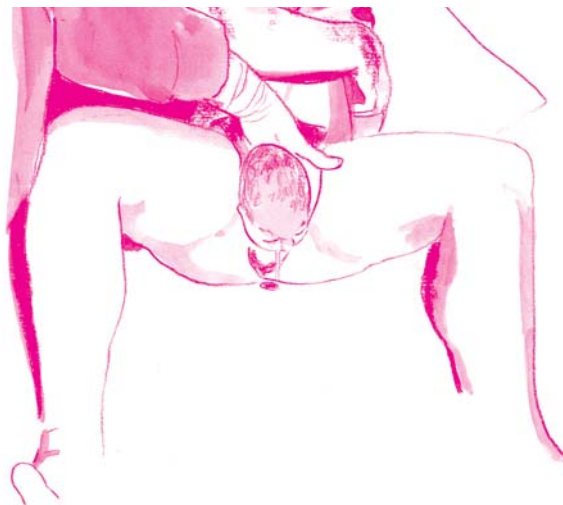
The head is emerging.



**PLEASE BE AWARE THAT I AM NOT
ADVOCATING THESE BIRTHING
POSITIONS - THE INTENTION IS TO
SHOW THE PROCESS OF BABY EMERGING,
ESPECIALLY THE HEAD/BODY ROTATION**

HEAD IS BORN,

Baby's head appears. Note the natural position for drainage of fluids from nose/mouth, as the vaginal walls and uterus firmly squeeze the torso, helping to 'milk' out the swallowed and 'inhaled' liquor.



BABY TURNS

Baby gently rotates, turning to allow the shoulders, to fit through.



BABY IS LIFTED OUT

THESE SEMI RECLINING POSITIONS CLOSE THE PELVIC OPENING BY 28%, FROM FORWARDS AND UPRIGHT. MUM HAS PLENTY OF ROOM IF SHE IS MOBILE AND FINDS THE MOST COMFORTABLE SPOT HERSELF.

MEDICAL DELIVERY



A HIGH FORCEPS/KEILLANDS ROTATION OF A FRANK O.P.

(Baby completely rotated to occiput presenting during labour. Mother used sacral pressure points all through labour, and no - one realised the baby turned in the process. **Always give a break from the BI sacral points** every half hour or so, to avoid not knowing in time to change labour position to avoid this.)



Turned within the uterus and assisted by the doctor as mother pushed with all contractions - through the epidural. Baby's head held by forceps to prevent it from retreating between contractions. Baby pushed, not dragged out.



BABY EMERGING,

(Stretching the well prepared perineum).

Very gradual easing of the perineum, allowing this largish baby, plus the biggest forceps to pass through, without any grazes, tearing or splitting (see p 152).

**BABY'S AIRWAY
BEING 'ASSISTED',**
Using suction to gently
clear away any mucous/
fluids to allow easy tran-
sition into breathing.



BABY LIFTED OUT

Note the dilated anus, and the full
stretch taken by the very elastic, well
prepared perineum.

**THE RESULTS OF NOT HAVING
AWARENESS OF INFORMATION WITHIN
" SIT UP AND TAKE NOTICE", "THE PINK
KIT" (P 242), OR
www.spinningbabies.com**

MOTHER'S BODY, MOTHER'S BABY

The first hour after birth is the peak experience for Mum and baby. Their individual hormonal surges are at full strength - both have been flooded with oxytocin - to ensure they know each other/become attached/dependent on the other, and LOVE. If Mum has been injected with synthetic oxytocin to help the placenta detach 'safely', her own hormones shut down. The mechanical effects of oxytocin are all the medical profession focus upon. The artificial hormone stays local - Mum's own does not course through her limbic (deep emotional centres in her brain), and she and baby are robbed of their primal loving inheritance.

Mum now has to come at mothering from a human/rational/obligatory angle - she has been cheated, and baby is less safe, as Mum is no longer the fiercely protective, instinctual one she could/would/should have been. Ensure Mum has a spontaneous, natural birth, with authentic midwife support - those who only support physiological birthing, not hospital protocols (which are all 'evidence' based, not common sense and patterned on all other mammalian templates).

Mum and baby need to be warm enough - this stops the oxytocic-antagonistic adrenaline family hormones from releasing. Labour and birthing are a time of extreme energy output for Mum. She usually has eaten very little for some time, and immediately after birthing, her qi switches from having a maximum yang focus. Whatever drove her temperature regulation before, has been turned off, and she should be too focused to think of clothing herself.

Mum needs total absorption into baby and looking into baby's eyes. Mum doesn't need 'waking up' from her

surge of love/attachment/bonding hormones, into shivering with cold, thinking, talking or even listening. She needs to stay present as a mammal, on the deeper primitive brain level - imprinting on her offspring.

Baby thus needs **dim lights**, to look around find Mum, and also be entranced. Baby desperately needs to **feel warm**, as its body has not yet learn to take over thermo-regulation, and needs its own oxytocic hormones firing fully, without 'fight or flight' coming in.

This means baby needs **no pain, no frights and no loud noises/smells/feelings** as well as the warmth and dimmed lighting approximating where s/he just arrived from.



Both need to feel and smell each other. Both can easily have skin to skin contact - pre-warmed wraps available to cover naked baby. Birthing fluids left intact - they are part of the chemical signatures that each unconsciously must hold for the other. Not masked by hospital laundry and cleaners chemicals and bleaches, staff's perfumes or even dad's special scents - these are for later.

Baby after birth is using all its independent survival skills for the first time - gravity, breathing, temperature regulation, and ALL sensory routes overloaded. As part of the imprinting, **baby does not require vaccinations, heel pricks, being roughly handled to 'clean up' the blood/birthing liquors** or the vernex (which will re-absorb anyway - to baby's skins advantage) rubbed off.



No pain sources for junior - no probes to draw blood (especially whilst as yet unborn), no premature amputation of placenta, no cord clamping (preferably at all - see www.lotusbirth.com), (pp 198, 201) no 'routine' injections of artificial 'helpers' - as if nature can't be trusted, (see following pages) and no circumcision.

WHAT IS BABY IMPRINTING AS ITS FIRST IMPRESSIONS? This baby is tagged, weighed - the property of the staff. Mum and baby have NOT even seen, let alone felt or smelt each other yet. Baby is experiencing gravity, cold, hardness (metal scales) and no safety/security/anyone to connect to (p 208).

How best to fracture the newborn's faith in Mum as a protector, and this life as being safe?

Being as natural as possible continues with **no external smells/touch to Mum**. It is vital that baby gets it on the primitive brain level - biological imprinting that will always see bub 'default' back to Mum. If foreign (to Mum) food sources, wrappings (what about swaddling baby in one of her garments, or something she has worn without soaps and perfumes, so s/he gets to know Mum intimately?) And environments (sterile baby nurseries) are flooding baby's senses, how is s/he to really know Mum, viscerally? This can be extended into the laundry arena, where very toxic chemicals lurk, supposedly for babies protection (see "The Cot Death Cover up?" p 244).

Mum needs to be with baby, birthing fluids intact, so she gets it also on the primitive brain level - that this is her baby, that she sees it emerge, she feels its heat as it still retains her core temperature, that she feels its mass, sees its sex, and breathes its expired breath.

They both need to forge the mammalian bonds of protective custody and dependency - physical for the baby, and emotional for both of them. This is an aspect of safety at birth that has been COMPLETELY IGNORED through the biomedical panics over intact physical arrival.

The problem here is that "clean" is considered to be also antiseptic, thus chemical, and is totally devoid of Mum's pheromones. Baby and Mum need to be of no doubt that they belong together. No farmer would so foolishly interfere.

PLACENTAL TRANSFUSION

Within the past 25 years, medical wisdom has swung from the previous position of leaving well alone - the cord pulsating, and cutting it after this has stopped, to clamping immediately baby arrives. Please visit www.cordclamping.com.

www.atlaschiro.com/why_do_babies_cry? gives a very good account of the process of fetal switch to 'adult' cardiac and respiratory function. This includes an example of a baby **not breathing for the first 9 MINUTES**, as the cord/intact placenta continued their prebirth functions. This baby gained 100g of weight, as its blood was returned into its body for breathing and life outside Mum.

Whilst 'improving' on nature may give the medical staff - who after all are the emergency team, rather than the guardian angels of natural physiology (how a well body is designed, without any interference to work perfectly) - something to do, and may give the illusion that they are 'on the job', it underlines the problems inherent in the medicalised takeover of what should be following nature's mammalian template.

The first birth I ever witnessed (at home with a supportive midwife), was with newly birthed baby looking about, taking everything in, for quite a while - time stood still, so I don't know for sure how long. I remember thinking that he was an interesting colour and registering that he wasn't crying - and hence not breathing, but rationalised that he was very alert, and scanning the room, made a little noise, and being very present. The cord was still 'feeding' him, and he did not need to do anything - he was unhurried, and could take his time. Some time later, he went a bright pink - started breathing - this is what nature intended for all of us. (See Appendix p 252).

Studies of wellness seem still to be considered 'fringe'. Dr Michel Odent has begun to correlate the difference birthing and immediate post birth incidents with our lives. p 246 (2) primalhealthresearch.com. This is starting to show 'medically' what Dr John Shen, and other life affirming practitioners of natural healing systems have been teaching for decades/centuries.

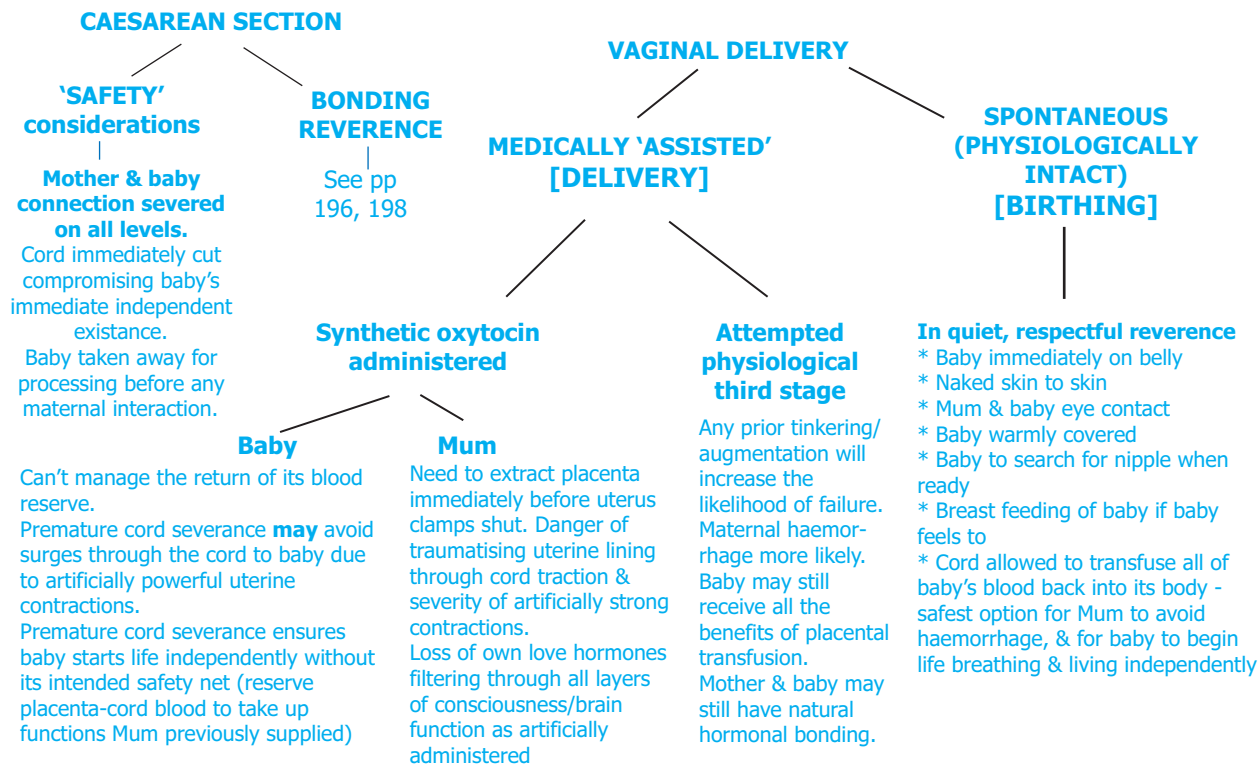
The cord is still baby's life line, after it emerges. Baby does not have to start breathing, just because there is air awaiting. Occasionally, baby may take some time to take the first breath - especially if the conditions are right, and has in no way been shocked. This gentle introduction to life in the world may seem unusual to those raised to think baby MUST breathe immediately - hence the old methods of baby upside down, and slapped on the bottom - but the cord is possibly doing what it did all its life to date. See Appendix 1 p 252.

At birth the placenta is still full of baby's blood, and this is designed to be pumped back to baby in a measured step-like manner, with each post birth uterine contraction. Mum actually needs baby's blood out of her body to reduce the placenta's bulk, thus ease of its expulsion, to assist the placenta shearing off safely, and thus of her not haemorrhaging. This can only happen if she has been allowed to birth naturally, with no interventions up to this point. - Leaving well alone.

Baby needs the 'breathing blood' from the cord - as the immature lungs need the reserve amount that has been 'blood breathing' via the cord to now fill them, to erect their little air sacs to instigate air breathing. **Whilst pulsating, the cord is alive, fulfilling its role in supporting baby's transition between the two worlds.**

BABY'S OUT - WHAT NEXT?

POSSIBLE THIRD STAGE MANAGERMENTS



A MAMMALIAN IMPERATIVE



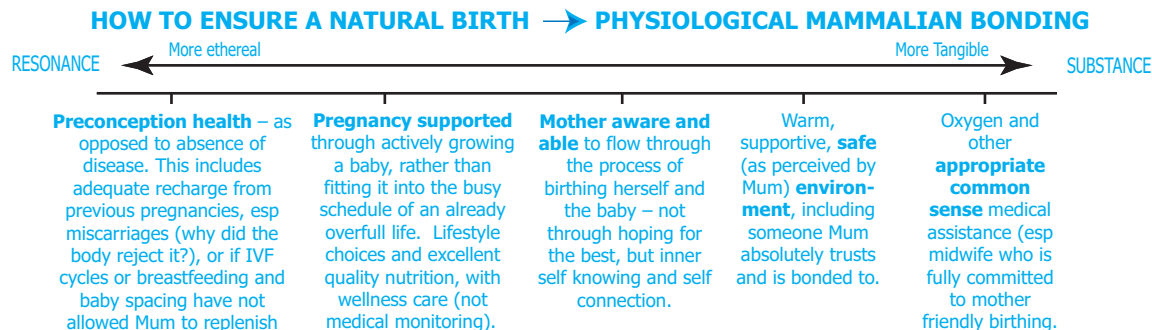
NATURAL BIRTHING - INTACT BONDING

As nature intended means no interventions, however well meaning, to “make sure”. Left alone, nature has to have a balanced, safe entry for both new baby and new Mum - male experts, machines and medicine are very recent additions.

If enough appropriate preparation has occurred, there is no need for any tinkering with nature, as ‘normal’ unfolds. This is where the pregnancy and birth focus becomes apparent.

I am assuming that the pregnant mother has been sensible, and has listened to her body; not her mortgage commitments, her need to appear committed to her career and her job security – this book is speaking to the ideal. Mothering is a mammalian, not a social/logical or technological event.

If all the factors on page 196 have been attended to, Mum and baby are likely to experience nature’s great start - love.



WITH ALL OF THAT – USUALLY EASE OF BIRTHING (although it will, like life itself, always be mysterious).

If all of the above occurs, the pregnancy is likely to proceed unremarkably, needing no medical intervention, no instilling of what happens when ‘Something dreadful happens’ . . .

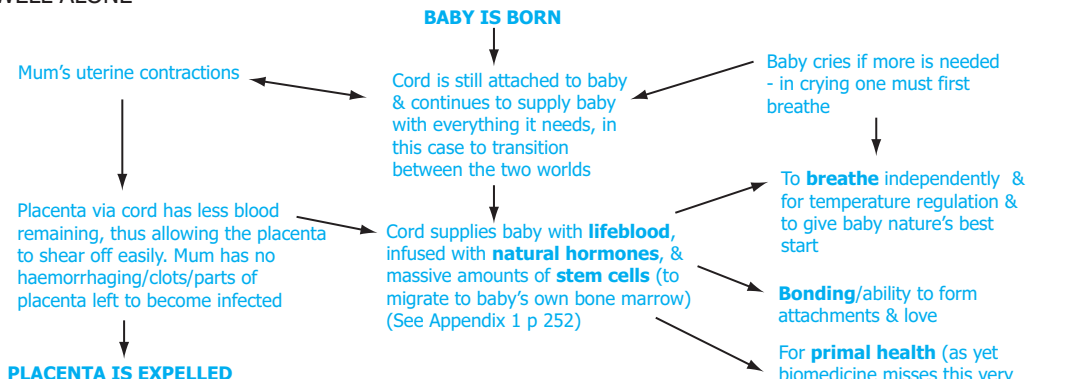
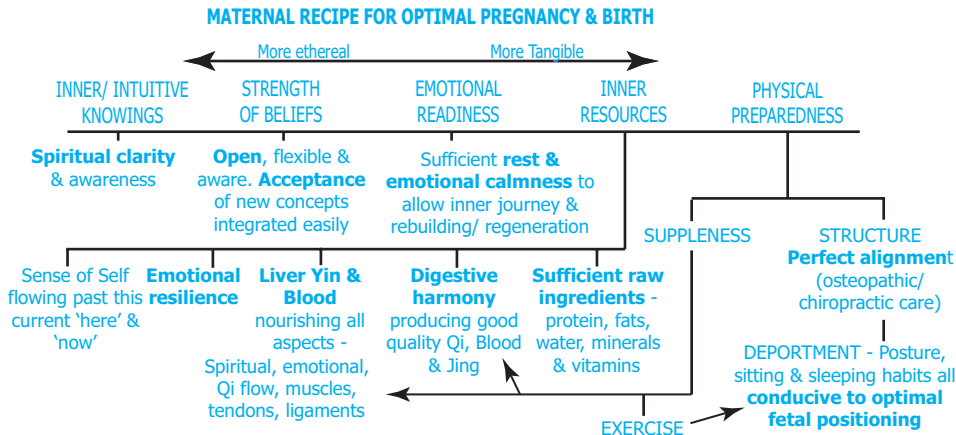
Natural delivery means no synthetic oxytocin (to make sure), no clamping of the cord before baby’s blood is all returned to its body (no cord blood cell donations on behalf of the baby – see Lotus Birth p 201), no injections of possibly helpful hormones, chemicals, neurotoxic substances (additives in vaccines), no anything besides Mum’s being there – leave nature to perfectly manage itself. If Mum has gone through all the stages above, she is highly unlikely to require medical ‘assistance’.

NATURAL (PHYSIOLOGICAL) THIRD STAGE

Now we discover whether all the past months' work has paid off. If all of the factors on the right were attended to, and still there has been medical intervention, be aware that life is random - we can only control what will be to a point.

The likelihood of any of the opposite page needing to happen will be a lot less if you HAVE done all of this.

See p 246 (3), ESP 'LEAVING WELL ALONE'

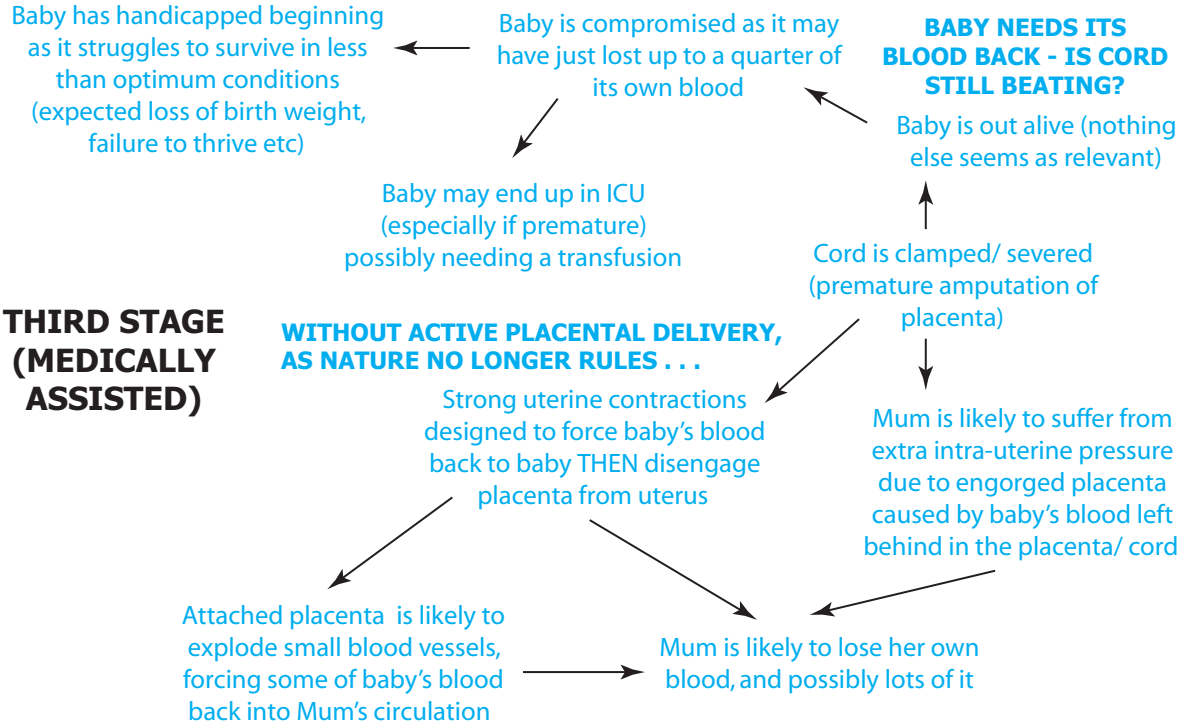


Immediate cord clamping under any situation creates the need for possible resuscitation.

Regardless of method of delivery, even with cord around neck, try to get baby fully transfused by placenta.

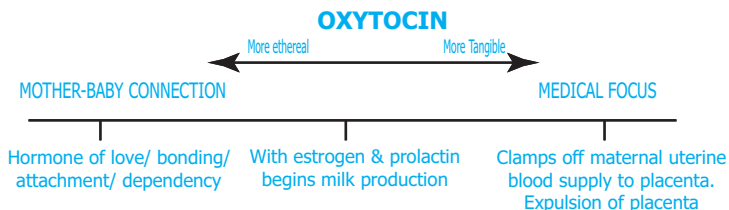
PHYSIOLOGICAL (NATURAL) THIRD STAGE

ASSISTED (ACTIVE MANAGEMENT) THIRD STAGE



THIRD STAGE (MEDICALLY ASSISTED)

BREAST - UTERUS CONNECTIONS

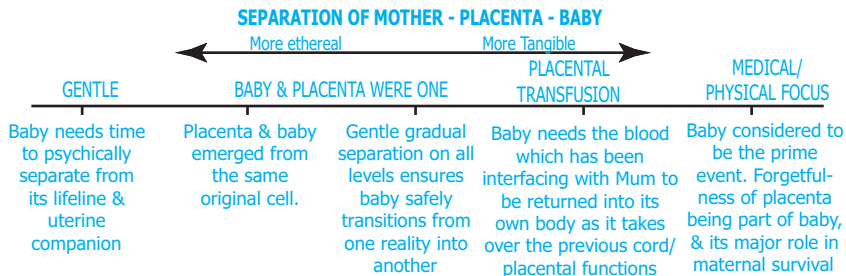


Babies are small mammals. **They have been already programmed as primates, to survive.** They are capable of creeping up Mum's belly, and locating their food source, and latching on, without direction. Problems start as we forget nature has already got everything covered, and attempt to interfere, with our 'bright' ideas. Unfortunately, if a step in the introduction of Mum with baby is mislaid, overlaid or put aside, the consequences are lived outside the medical arena; in your lives.

The primary goal for initial breast feeding is not sustenance, but **acquaintance**, assisting **Mum's uterus to return to normal size** and **colonising baby's gut flora**. Mum needs baby to stimulate the nipples, as strong uterine contractions assist the devolution back to pre-baby uterus size. Suckling enhances this process, also flooding both with 'feel good' hormonal reasons to continue feeding. Baby is not necessarily hungry or thirsty (especially if s/he has had the placental transfusion [pp 192, 218]), but programmed to start Mum's body's milk production system

up. Anything that interferes with Mum and baby at this point radically detrimentally alters the likelihood of easy later feeding patterns being established.

Breastfeeding is a survival instinct. Nature ensures baby finds the breast and gets its first dose of healthy gut flora colonising its entire digestive tract. Baby needs bacteriologically to be only initially in contact with Mum. They share similar systems, as baby has been made WITHIN Mum's body. Baby needs to become at one with Mum on the outside. It is her body that



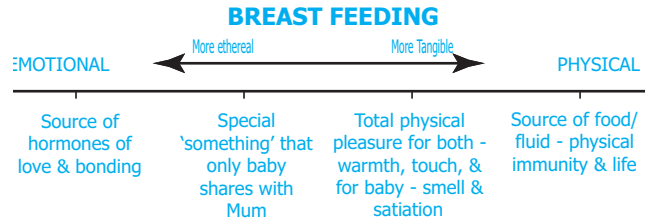
is designed to keep baby alive. It is her body that needs to register on every level, that baby is out, and the next phase of nourishment needs turning on.

Babies are not helpless. They are made so, by external intervention. They are capable of creeping up Mum's chest, raising their heads, and rooting around SUCCESSFULLY to find Mum's nipple. They in so doing, are engaging in foreplay - like its sexual counterpart - **THIS TURNS ON VARIOUS HORMONES THUS FEELINGS THUS BEHAVIOURS.**

BABY - MUM BONDING

Baby, left in its natural condition, is wired into breast feeding. Mum, left in her natural condition, already instinctively knows how to hold and nurture baby. If neither of them were - how else would the species have survived - without men and biomedicine to assist them? Historically birthing was NEVER men's business, or the refuge of rationality.

Babies are capable of finding a breast themselves. Naked Mum and baby is best - especially straight after birth, in a VERY warm environment, baby covered with a pre-warmed (preferably Mum smelling wrap), both of them unhurried, and Mum not pressured into performing. Imagine this is the first time two lovers meet skin to skin - the occasional baby may well want to get to the 'main event', but most will snuffle about, rooting around, nuzzling, licking and smelling the deliciousness of Mum.



This is entirely appropriate. It is part of the mammalian bonding experience, that keeps the two of them wanting to be stuck together, seeking the other constantly. Baby needs to be allowed to explore. Mum will be 'in love' with the experience **IF SHE HAS BEEN ALLOWED THE NATURAL FLOOD OF HER OWN HORMONES TO PROTECT THIS VERY EXPERIENCE.**

In hospitals, the room may be needed immediately, the staff may have waited past their shift to see this baby out, the fire alarm may be sounding - and **this is the only time these two people will ever have this primal experience.** It is irreplaceable. It is not to be judged as not looking the way the staff are used to - it is not to be rushed because baby is seen to 'need' a bath/a weigh/a look over by the paediatrician - **whose baby is this?**

Who has to give up her independence for its care? This is insurance for baby to be always in Mum's sights, and for baby to always know s/he is loved and welcome.

Sitting Mum up, on a possibly bruised perineum or after a major abdominal operation is not sensible. It may look to an observer that the nipple sticks out more in a lap feeding position, but this doesn't mean that baby is programmed to find it like this. Leave them both alone, like new lovers, to discover what is good for them.

Lazy mothers are content. They lounge about, finding the most comfortable position for THEM, and fit baby in accordingly. Lazy mothers have an understanding that when it all feels good, it all flows. Lazy mothers are like jersey cows - it all just happens. All mothers need to look after themselves, and their comfort first, as baby is an extension of their body. If in doubt, look at The Farm, or any home birth or natural midwifery care statistics [p 246 (3, 4)].

Being as natural as possible may follow the "Birth Without Violence" (p 243) script - as long as the warm bath afterwards is postponed, possibly til a couple of days of age - as bonding with Mum, not Dad, is paramount.

PLACENTAL DELIVERY

If Mum been allowed to follow the natural script, has not been exhausted, and is in a more upright position, once baby is out, within the first hour - usually less, the placenta naturally follows. Allowing Mum and baby to get to know each other, baby to nuzzle about and no one getting in between is all that is required.

If you can avoid the injection to make the uterus contract, you will be allowing her body to go about its encoded wisdom in allowing the beginnings of the milk production and the natural imprinting, post birth mood and repair processes to commence. Being slammed into an artificial chemical mode is not what her body needs to provide an easy transition into post natal life, and creates feeding/relating issues.

To cycle backwards from here - it is not just a matter of saying "Stop" when an injection looms. This is about PREVENTION of intervention, through active participation, FROM THE ONSET OF PREGNANCY - finding out everything possible; so that you have REAL informed consent, rather than the medical slant only being heard.

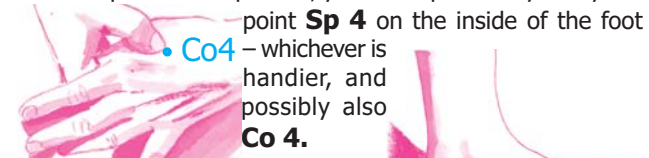
You and Mum are the ones that live through the rest of your lives, with consequences of the fearful/hopeful handing over the reins at this life cross roads - primalhealthresearch p 246 (2).

There is no excuse for the medical overkill. Whilst allowing the bus(y)iness of hospitals to go unaffected by the flowing nature of birthing, it gives rise to the rates of maternal depression, inability to cope, lactation problems, sleeping disturbances, and all around feeling of having been raped – but rationalising that 'we are all alive'.

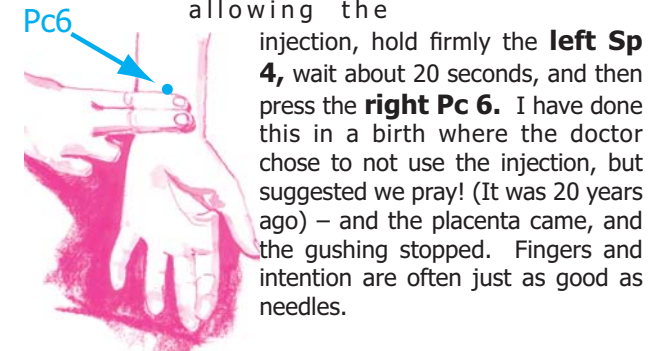
This can be stopped – at least in your life and home - p 246 (4) or reading "Spiritual Midwifery" p 242. Follow nothing that prevents events on p 198 from unfolding.

I am not advocating being foolish. The last thing any woman needs is a sudden loss of blood at the time when her blood energy has to make good quality breast milk, and keep her sane, sleeping and happy. I am suggesting just NOT using a plaster cast, when a band aid is adequate and is more appropriate.

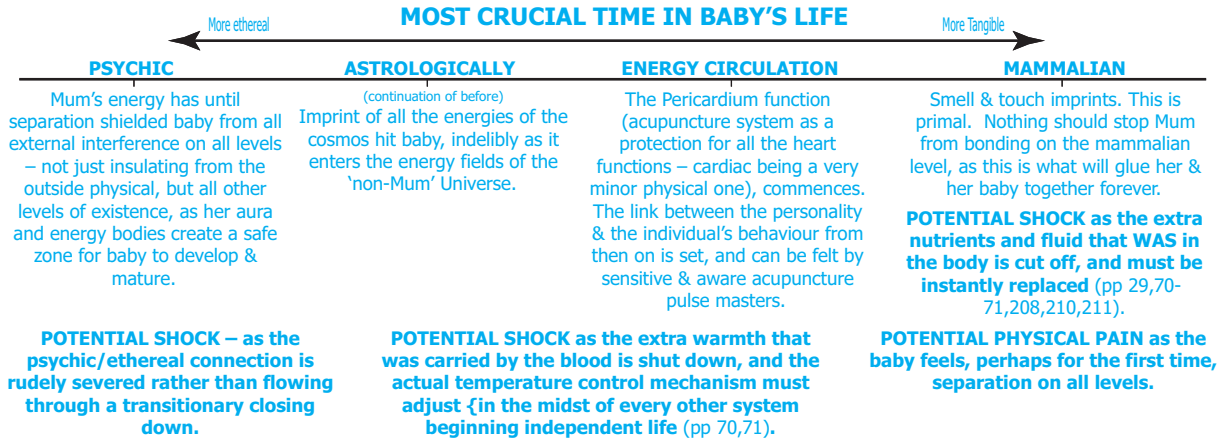
To assist placental expulsion, you could press very firmly the



If there looks like there is gushing/clots/haemorrhaging, besides allowing the



LOTUS BIRTH



The most eventful time of our lives is being born (pp 70,71). Besides the obvious, our whole being undergoes an instant metamorphosis from being physiologically dependent to independent, as our circulatory system switches from fetal, to 'adult' mode - the heart and lungs/liver, gut and kidneys all are switched on.

Allowing nature to continue what it has been doing throughout the pregnancy - dictating maternal and baby physiology is the recipe for perfect health for all. A continuation of placental transfusion is to NOT CUT THE CORD/SEVER BABY'S LIFELINE AT ALL to allow the majority of its blood to return to its body.

Our Shen resides in the blood. The very essence of who we are is found ethereally, as an energy signature in

our blood. Losing some of it, especially at such a vulnerable time in our tender lives, is of huge importance as seen in the acupuncture tradition, playing out over the rest of that person's ENTIRE life.

This is not forgetting comfort, and security, as it is very possible that the baby, being made of exactly the same tissue as the placenta, feels the loss of connection as grief/emptiness, - a very scary place, this outside 'real' world without the security blanket that has been bounced on, and played with, for all of its pre birth existence. We, as beings outside in the 'real' world awaiting the arrival of junior seem to forget all the losses clocked up in arriving here, as we are here, and have totally lost awareness of any other reality.

Please read "Lotus Birth" (Bibliography p 243).

BABY HAS A NATURAL SPLEEN AND YANG QI WEAKNESS

Babies are still immature on arrival. They have relatively weak Spleen Qi and yang. They need very regular small infusions of warm, bland, nourishing food. As they have no teeth, they can not chew, which would allow for partial digestion to occur. They need their food as milk (and as with all of us) taken in a calm, restful environment where they feel safe and can thus digest and utilise it. If there is anything stopping this process, (especially baby feeling distressed/shock/ fear or/and resultant Mum's worry energy) digestion can't nourish baby, and nothing else works well. (Also see pp 16-19, 23).

When baby is calm, sleeping and growing can happen. If baby is not easily settled, this is a major problem, as regardless of parental sleeping and sanity and Mum's ability to breast-feed, baby is not replenishing her/his yin qi, thus is not developing to its potential.

To assist baby's Spleen Qi, try to **keep baby in a horizontal position** so gravity does not pull overly downwards. This may seem silly, but remember that the next very silly thing we all do is squish them into a baby capsule, putting vast pressure in their mid sections, then wonder why the reflux and projectile vomiting problems. A simple structural engineering explanation - too much pressure at the weakest point. Look at the picture - all of the structure is somewhat floppy.

Baby capsules do not allow for the massive head/body disproportion that baby has - and the subsequent lack of head control, due in part

to the weakness of the neck muscles. Couple this with the sideways motions of the suddenly jerky moving vehicle, and the baby's relaxed snoozing, and you start to see why **regular correctional chiropractic/osteopathic care** is essential.

Taking care of shock/distress calms baby allowing the Spleen Yang to process all food properly following into all aspects of development and wellness, with calm parents as a bonus.



Here, it is useful to pause and look back to the earlier parts of the book - yin and yang qi sections pp 16-7. There is a huge difference between metabolic yang qi, and externally or internally heat, that consumes the natural yin of the body.

It is important to understand that it might otherwise look like a mathematical equation - heat (yang) needed there - supplied from over here.

Separate to what you have just learnt on the opposite page, babies are considered overly 'yang' in nature - that is they tend to heat characteristics easily - because of their relative yin deficiency - they are only new, and immature. This is to say that they can be seen as being relatively yin deficient. This translates as - easy to become hyperstimulated/easily upset/quick to become ill - and recover, easily overheated and irritated; with possible restlessness and sleeping difficulties.

What this means to the parents is that they have to be vigilant. Babies need a very bland environment and diet - which means Mum does too, whilst she is the source of sustenance. Foods with no extra sugar/salt flavour enhancers and other stimulants are to be avoided. If babies are exposed to these, the reactions are more marked than with older children, whose systems

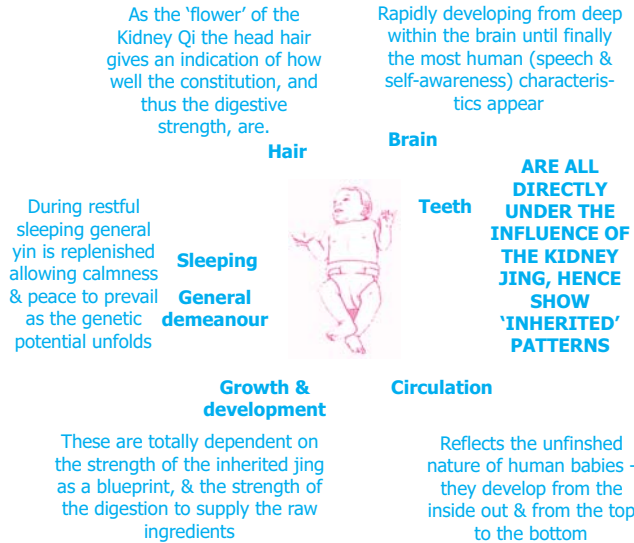
are more developed.

Babies have unique food requirements - they need vast amounts of protein, to grow and develop, and fat - to line their neurological systems and to use to mature their brains, and to provide the basis for all hormones in their bodies. The last thing to worry about is baby fat - especially when breast-fed - they need it.

Any tendency to overheating, any emotional stagnation - baby becoming very angry - and the shocked/interfered with ones do - will start the processes of heat being generated, Stuck Liver Qi, and difficulties to visit your house - difficult baby.

Once disordered, and at that early age, if not corrected - not through controlled crying, and behavioural management, but by **actively pursuing a return to the blueprint baby would have had** - all manner of 'less than perfect's' emerge.

Anything that stops baby from restfully sleeping needs instant attention. All the possibilities of growing into his/her potential is lessened the more digestive strength is compromised by distress (pp 70, 71, 208, 210, 211).



SWADDLING

Newborns are used to being tightly constrained. It is the comfort and security they have grown in, and the only reality we can recreate for them, whilst their bodies become adept at being separate from us.



An alternative, newborn is totally inconsolable, is to return it to another position it knows well - folded over. Without nappy, and naked, in a very warm environment, baby will instantly settle, regardless of how weird this looks to the observer - this is what baby knows as 'reality' from before 'arriving'.

They also instantly settle if we calmly and securely wrap them snugly. They also no longer have awkward bits jutting out, and become a manageable parcel for anyone unused to handling them.

Baby calmness is necessary for easy digestion of food. If a baby is distressed, the first thing that is affected is digestion, with a vicious cycle easily becoming established if Mum takes it personally, and she considers, for example that her milk is upsetting junior. She can then sleep less, upset her own digestion, to create less volume, or quality milk, AND the disrupted energy from the guilt/ shame/fears /worries that all are prone to, can consolidate with the highly sensitive baby acting like a finely tuned antennae, picking up the signal, and responding by him/her freaking out further.

Return baby to baby security – physically recreating what its structure remembers. Using a soft length of lawn, if in hot weather, or a knitted (Grandmother) shawl, or a long square of soft natural fabric, place baby in the centre, with neck along the longest edge. Wrap one side very tightly across baby, tucking under the back, over the arms, then take the other side, repeat. Now fold and tuck the bottom, long end, up to the feet level, and wrap all of the sides around the



back of baby. You will now have a baby parcel, easily held.

SWADDLING

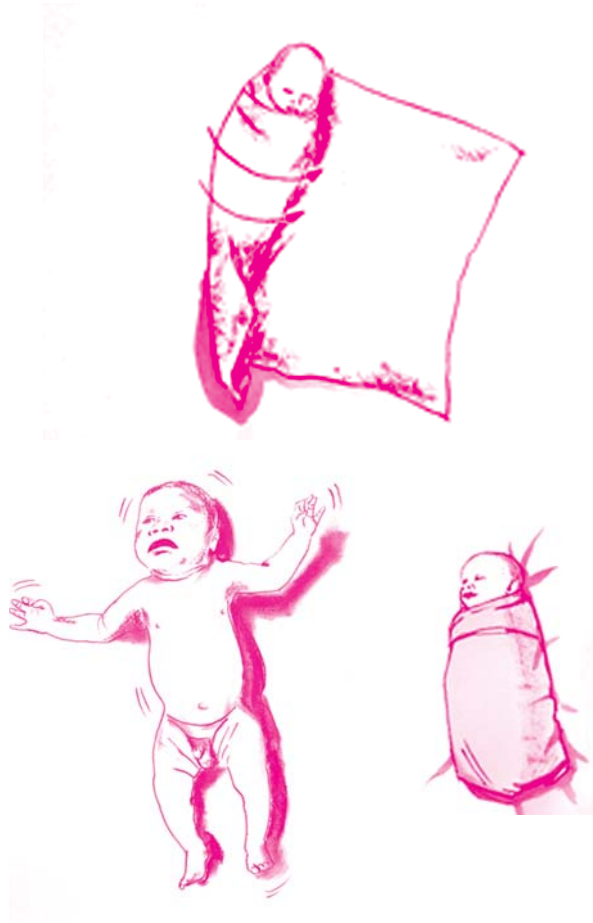
Not all babies will welcome this. Occasionally baby has had a lifelong habit of having its arms/hands up around the mouth, whether obsessive sucking (visit a cranial chiropractor/osteopath, as this is often a sign that the cranial bones need slight adjustment), or just because.

The 'safe' default position then will be for this baby with hands free. Unless it is high summer; it might be worth putting mittens on baby, as peripheral circulation (although vastly superior if baby received all its blood back at birth from the placenta, rather than giving an involuntary blood donation to the research boffins) is not priority when new.

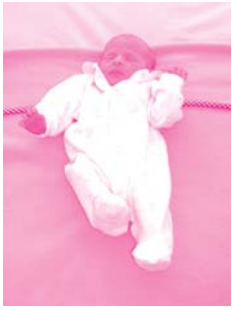
Wrapping baby snugly means the startle reflex is taken care of. Baby emerges neurologically unfinished (see pp 202, 203, 213). It is thus sensible to remove all possible hindrances to baby continuing to develop as its blueprint dictates. **This means, no shocks.** This means keep everything as calm, and as much as possible, as it was for baby, as it becomes used to being independent.

If baby has to try to function through a trauma, or a series of small ones, the process of maturation can become slightly muddled. If baby is settled, is able to process food, grow, and peacefully add to your lives, so everyone is calm, rested and excited about the future.

It may look peculiar, but the tighter the better at the beginning. As baby grows, it is possible to still have a toddler lie peacefully upon its wrap, to be swaddled, to be 'put down' for a sleep - they become programmed to the routine, and the deep associations stay with them.



BABY WRAPPING



What to do? Let nature be. Live life simply.

Babies don't need gadgets, fancy toys and beautiful clothes, furniture, belongings to display them in. They do need undivided maternal attention. They do need Mum supported by Dad, with both of them in a stable, happy and calm relationship, part of a wider community, where both have plenty of other interests, time out and space to recover their sometimes shattered senses of self. Babies were designed to be as uncontaminated and natural as possible.

Follow the directions of your **natural health care professional** when you have small baby's health concerns - usually a minor symptom, or deviation means something - see p 8. Take baby to a **cranial chiropractor or osteopath** as soon after birth as possible for a checkup, and for ongoing regular sessions. Find a good **homeopath** who knows constitutional cleansing. Ensure the right amounts of **Zinc** and **Vitamin C** are always available, especially to allow teething to be trouble free.

Find '**Weleda**' or similar products for babies in the health food shop, to easily transition life's little dramas. Don't instantly think orthodox Western medicine when baby is disturbed, as until a physical crisis occurs, they will have few answers, as their medicine is not wellness focused.

It may be that your mother, or her mother reads this and wonders why such common sense needs to be written down. We seem, as a culture, to have lost our way, along with trading off our rude good health, in the modern push for more material acquisitions. Older generations wonder at the arrogance, naughtiness and hyperactivity of today's

NATURAL BABIES, NATURALLY

children, forgetting that their own offspring were not exposed to the wide variety of stimulants we face, often unwittingly, today. Foods and liquids were more natural, money scarcities did not allow for take-way consumables, and kitchens and gardens produced what went on the table.

Babies in earlier decades were not deprived of their cord blood (www.cordclamping.com, [primalhealthresearch](http://primalhealthresearch.com) p 246 (2)), or routinely separated from their mothers - who stayed with them to grow them up. We have no idea what these grand experiments are doing to our children, and their's to come.

Whilst we now seem to need both parents working, (or maybe don't even have the two), the newborn still needs to go through the developmental phases that nature intended.

Part of the panic when a child is unwell is "How am I going to go to work in the morning?" and the natural ways of the body - for example fever to burn off residues unhelpful to it - is blocked in the Panadol push for apparent wellness (p 209).

Natural means slowness, letting life unfold - where is the time for kids to just be kids?

Thus, it may appear to be easier to vaccinate against every and anything the doctor suggests - getting ticks in the right columns for the child care, and possibly educational placements - yet is this really in child's long term best interests? How is natural development of the immune/digestive and metabolic systems leading into perfectly functioning hormonally intact adults supposed to happen in today's chemical soups? Why add to them intentionally (p 43, Appendix 2 p 253)?

BABY CALMING

Dads are excellent at coming up with odd positions for babies - Mum's have as a tendency as a rule to be horrified, as we treat them more sedately. Babies don't mind. Be aware I am not suggesting you chuck junior about - see p 202 re weak Spleen Qi.



Babies often seem to just cry. Chinese medicine says baby has heat in the heart, fright, has 'food stagnation' or a cold weak Spleen. Try not to frighten the kid, then calming it down will be unnecessary. Babies are not rushable – they become stressed, their digestion goes chaotic, screaming ensues, and sleeping is not possible – so no one replenishes, to start the day fresh - so a cascade of horror begins. **This can be easily avoided by accepting that mothering is a lifestyle, not a list of extra things to be fitted into the day.**

INFANT TUI NA



The Chinese have developed a system of massage called Tui Na. ('D' pronounced as a 'T'). One of the many baby calming techniques is to lay baby in the groove formed between your knees, when seated. With baby's head by your knees, and feet pointing into your lap, start gently stroking (no oil) his/her forehead, from the eyebrows up to halfway to the scalp line. This can be repeated very lightly 100 times. Holding baby's head in your hands whilst you do this may be very soothing for both of you.

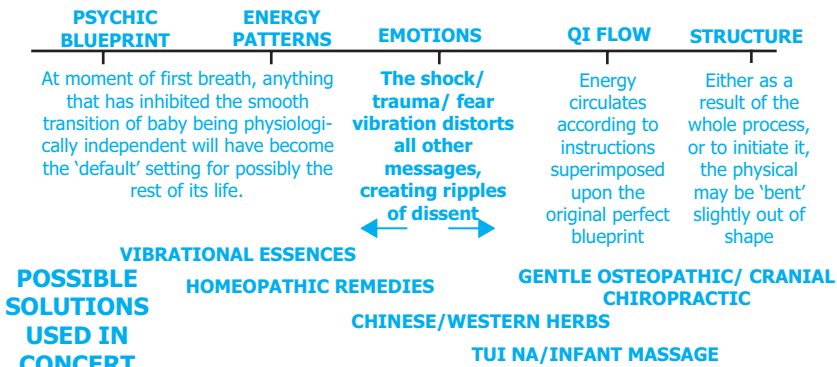
Holding baby's left hand in yours, stroke upwards from the base of the middle finger, to the tip for one minute.



Repeat with baby's right hand.

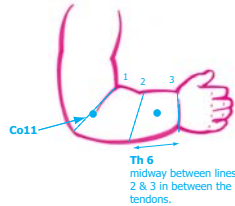
Next, put your thumb pad inside baby's palm, about halfway between the wrist crease and the midpoint, in the middle of the palm. Stroke firmly towards that midpoint, for 2 minutes, then repeat with the right hand.

SHOCKED/DISTRESSED BABY



COLIC/CONSTIPATION/GUT ACHE

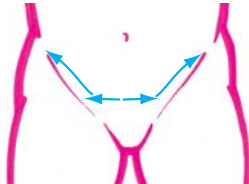
Review, 'upset digestion' p 104, roles of yin and yang qi pp 18,19 and how to enhance them, and what distresses Spleen Qi/Yang p 23. Looking at the 'constipation' page for adults (p 108) - it is all just the same for babies - except that they have minute bodies and limbs. By



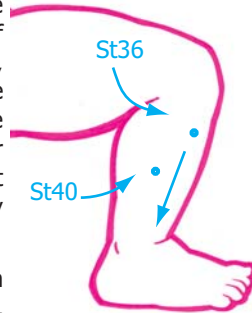
oiling your fingers slightly, and very gently massaging the point **Co 11** - found in the crook of the elbow, then **Th 6** - you may make some difference. Next (with the very small leg) on the

outside of the lower leg, with an oiled thumb, massage the middle spot on the side of the leg - that will approximate **St 40**. This is a major point for 'food stagnation' - a key complaint in babies - whose digestion is easily upset.

Massaging the outside lower leg from just under the knee cap downwards, on the outside of the leg bone - gently - should improve things.



With baby's nappy off, oiled thumbs, VERY gently follow the lines up from the pubic bone, along the natural groove, towards the hip.



CHILDHOOD DISEASES

We are all exposed to 'fetal toxins' during our time developing inside our mothers. These are picked up through the normal processes of genetic and constitutional inheritance; which occurs on many levels. The way for the body to remove the heat that is found within the blood level of the new being, is to have fevers that result in reddened rashes that appear on the skin. These childhood diseases are far more difficult if left until the being has had many years to accumulate far more toxic substances (e.g. compare chicken pox at 4 years old as opposed to the trauma it usually is after 13/14 years of age). See p 246 (7, 8, 9).

Although there is much made of the 'dangers' of what were once normal childhood events, there are many options to just waiting for 'diseases and difficulties to strike. These things are not random. They need a fertile ground to grow within. An apparently 'healthy' diet may not be so, when considering ALL of the food energetics, taking all aspects of diet into account - is it 'live'? Is it full of chemicals increasing the toxic load, whilst looking good? See p 247 (7, 8, 9).

Raising children as nature intended, following natural living practices, respecting life phases and the vulnerability of the new beings, using natural medicines, and natural rather than the heavy artillery in 'fighting' as opposed to supporting the body to fight 'disease is to start with good intentions and fade back in behind the fearful mob - where life is to be distrusted. Being militant about birthing and not following through after baby arrives seems short-sighted. See p 246 (7, 8, 9).

Taking charge of the natural way out (birthing) is just the beginning - are you then going to go against nature?

DISTRESSED/SHOCKED BABY

For baby, the gentle introduction to luscious Mum and her wondrous smells, delicious comfort and loving security has been exchanged for 'safe' birthing reasons, where if something 'goes wrong', it can apparently be instantly rectified. Few seem to realise that if they are NOT close to the medical big guns, little does go wrong, as birthing is a safe, gentle and powerful instinctual transition for both mother and baby to experience together, peacefully and without fear.

Here it is where we start seeing the consequences of living in fear of 'doing the wrong thing by baby'; listening to the ones who wish to 'improve' on nature, and following the line of 'assisting nature'. **Delivery may be done to Mum, and has every aspect of birthing naturally may have been removed from her being** - how is she, as a mammal, supposed to then take back the reins and be successful at what should be just a continuation? Mother cow/sheep wouldn't be able to. This may sound denigrating to women, but the mammalian survival programme is there so Mum doesn't feel obligated - she WANTS to be there with/for her baby.

What is SAFE about having a live baby who screams, most of the time? - a live mother who is so shattered that she mistrusts her own body's ability to nourish junior - when it did such a good job inside her? What is safe about having a generation of people who have been extracted unnaturally from their mothers, whose primal bonding experiences have been torn from them, as medical protocols and dogma have replaced the surges of oxytocin for both players that ensure both are united, and baby 'just knows', and Mum 'just knows' what to do and where to be?

SIGNS - Baby is screaming/incessantly crying/needs holding and starts up again if put down/baby is not able to peacefully be here. (Sounds like pain? - it is at least a psychic possibly). Also see page 29.

Baby may have a blue line across the bridge of the nose - and may have been born with it - pre birth trauma (possibly before Mum sees baby, occurring during the actual separation/Casaerean are common). This mark may not fade for years. It is an indication of shock deeply imprinted on the organism - and will play out in the behaviour, but is held deeply within energy patterns/the Shen.

Babies are vastly more responsive to stimuli that we no longer notice - especially the emotional undercurrents that we as adults are too civil or polite to acknowledge. This may help to explain why we see a distressed baby as 'normal' - so many of them are, and we may regard this as a new 'normal'. We may find that if baby is not settled, calm and peaceful, we can't cope, and a cycle of distress becomes a part of family life.

Prevention is the key to every aspect of this book. It is very possible to have beautiful births, with intact mothers, and settled babies. This is NOT the usual outcome by doing what is considered to be SAFE in our western societies - having a medicalised delivery. The medical focus is not on how will Mum and baby most wondrously bond and grow into their love and its potential.

These more emotive expectations are outside the realm of medical focus - live players, 'good' statistics and economic rationalism needed - BUT you have to be able to live with.

WHAT TO DO?

Dr John Shen, a very respected Chinese pulse practitioner, spent his life work observing his patients. He discovered that there were indications of before birth and actual birth trauma that played out for the rest of the person's life - **dictating how they viewed every aspect of their life, how they thus behaved, and the types of diseases (especially cardiac and emotional) that would eventually be created from the distortions of energies and intended life flow.**

If you now have a distressed baby, this is not OK/normal; should be considered as a top priority to 'fix' and Mum is not being hysterical by feeling guilty/agitated because it is happening. If you allow this shocked energy to continue to run through the baby's system, distorting its ability to be, it is tantamount to having a broken leg left to heal itself. In past centuries you would have no option but to pray/hope for a miracle. These days, this would be considered barbaric and seen as child neglect. Your baby is needing help. 'Medically' speaking, maybe not. The last thing it needs is a dose of controlled crying, to show it routines and habits. **Something is broken, and it needs fixing.**

The medical system is incapable of assistance at this level (see pp 6-11), and its practitioners are usually so bound into the box of their reality that their opinions as to what to do/what has happened may not be useful - you need a wellness model to work from - just as pregnancy and birthing do, as none of them are actually 'medical crises' waiting to happen.

Nothing happens for no reason - just ones that are not acceptable in the current framework/group consciousness.

Baby rescue vibrational essences (www.roseofraphael.com) may assist. Seeing a good **cranial chiropractor/osteopath** IMMEDIATELY will calm down most birth traumatised babies, as usually normal has been interfered with, and especially if a Caesarean has been performed - particularly an elective one; where baby has had no prior warning that things are changing from perfect - the baby is shocked because it NEEDED the natural exit from Mum to be 'woken up', and to actually arrive on all levels.

The physical body maybe present, but aspects of baby may still need retrieving from elsewhere, just as Mum's body has been robbed of the peak bonding experience, and may well be playing out its own dramas (pp 29, 116, 151).

Baby's entire system may be in a shocked state. Survival issues are not only physical ones. Whether the paediatrician gives baby a 'clean bill of health', or not, baby needs rescuing. This is where the true deficiencies of having only one focus (medical) starts to be revealed - we are more than a collection of tissues (pp 3, 8, 13).

Chinese herbs may help once baby is a few months old - **homeopathic mixtures**, at least **Chamomile tea** can be given. The inner shock has digestive/neurological and life consequences - and if left to go away naturally may alter completely the person the baby would have otherwise become. Baby massage - **infant Tui Na**, is excellent. (pp 29, 208). **Reiki, vibrational healing and prayer** (intentional metaphysical intervention), and talking quietly and lovingly to the **baby's spirit** may all be appropriate. Doing nothing, because there is no obvious physical problem is not.

CONSEQUENCES OF BACK SLEEPING

Babies slept on their backs/sides still expire, apparently mysteriously. I urge all of you to get a copy of "The Cot Death Coverup?" p 248 or visit www.cotlife2000.com/ p 244 (9). What is not reported is not necessarily irrelevant - it just doesn't fit the currently popular story. Page 246-7.

By being lead by our fears related to the possibility of Cot Death, the current 'best practice' of back/side sleeping is allowing a host of apparently inconsequential and unrelated issues to emerge, all effecting our and baby's, quality of life – the consequence of not being on stomach – don't like being on stomach Who is the parent/on top of the power hierarchy in your house - and how will this play out with terrible twos, tweenage wars, teenage blues?

Parental anxiety (Will my baby die?) and its consequences aside, all babies get some **head moulding**, from sleeping always on side/back. This had led to many enterprising orthopaedic specialists etc. to design caps/sleeping harnesses to give the baby a round head again. This is not just a cosmetic issue. Ask any chiropractor or osteopath. **The structure – and pressures exerted on the dura mater – the brain's covering – determine function.** If the shape is not perfect, undue minor alterations to normal brain functions may occur. Take bub to a cranial osteopath or chiropractor, and sleep her/him in different positions.

If we were to investigate non-orthodox methods of brain and **neurological development** (as I had to when my third child suffered a near fatal in-utero infection that wiped most of her brain out), we discover that humans are programmed to develop through movement - www.glenndoman.com).

As babies, we NEED to be on our stomachs, not just to **develop neck/shoulder/upper body control**, but to work through the **different levels of neurological functioning**, allowing us to creep (on bellies), crawl (on hands and knees), then onto walking, and on into the complex intellectual pursuits our culture demands. It is imperative that babies are on their bellies, and get up and about under their own steam, and if they don't like it - it's their first lesson in independence and frustration management. Put a toy a little out of baby's reach, and allow growth through necessity – we all did.

Babies who have shown their besotted parents that they 'hate being on their stomachs' should not be allowed to be in charge. Possibly some of these, if circumcised boys, are still suffering from the unkind cut repercussions www.nocircumcision.org, www.circumcision.org. Babies who sit on the floor and scream to have the world come to them are being allowed to get away with very uncivilised habits.

Those apparently precocious children who bottom scuttle, and/or miss crawling altogether to go straight to walking are not necessarily 'advanced', as it is a developmental stage that allows complex neurological organisation to occur within. Later on in middle school years, this may show itself.

Children who are at risk (prematurity/difficult labour/any baby with eyes slightly askew - regardless of what the specialist tells you) or who appear to be slightly 'not there' neurologically desperately need stomach sleeping, and to be placed upon their bellies every waking minute. They and you will like less the consequences if they do not make up the damage done already.

NORMAL BABY DEVELOPMENT

Babies develop from the head down, and from the inside out. Babies are unfinished, and have very tender energy. They need us to respect their developmental requirements no less than when they were within Mum's body. Think about what you are telling baby about life here, and your abilities to protect her/him from harm (anything that hurts). **Every time pain is inflicted, there is a shutdown, at least on the etheric layers.** Why do we desensitize our new beings so? This is all less likely to happen if Mum has been given her and baby's birthright - bonding.

Sleeping seems to have become a hugely problematic exercise in the recent past. By sleeping baby on his/her tummy - with hands free if you feel unsure - baby can start in on the development programme nature has in store. This is the position in which baby settles most easily. **When awake, baby gets to practice the small creeping movements that are crawling, thus walking precursors.** How else are babies supposed to cycle through their neurological milestones?

Development begins with neck control. Baby can hold her/his head up immediately after birth, and they all HAVE to go through this programme. Encouragement to sit is a developmental cul de sac - movement and action are keys here. Further information is available in any works of Glenn Doman, or p 246 (8).

Baby does not need to be actively entertained all the time, but does need to get to know how to use its body in a coordinated manner - without the help of cute baby shop gadgets - just the floor and self motivation/reward is more than fine.

WHAT YOU CAN DO TO 'MAKE SURE'

If baby has had a rough start - was premature, or somehow compromised - including those who are obviously somewhat possibly damaged - start compensatory therapy.

Take baby to a good osteopath/cranial chiropractor, as a continuing well maintenance plan. Put baby on the floor, on its belly, when not in your arms. Do not use fancy baby bouncers, or anything that takes baby off its belly.

This may upset visitors. What will upset you more is the possible results from 'waiting and seeing'. Dr Katona, the doctor who invented the 'Conductive Education' programme (in Hungary) would not accept anyone over 7 months of age, as by then all the possibly useful neurological development had already occurred. Waiting til the milestones are not met, is an incredible waste of the ONLY time you have to potentially perform 'closed brain surgery'.

This may not appeal to all, but some parents win this lottery, and a place to start is to know that many parents, including this writer, have lived through, come out the other side, and did all they could for their very special kids. Some of us have lived through vastly interesting times, finding stores of inner resources, discovering 'cures' and 'out there' therapies that all did something to help when nothing biomedically sanctioned, or publicly funded could, or did.

Developmental paediatricians may say 'wait and see' - but at least putting baby on his/her belly, and keeping all entertainment at that level, rather than hastening through to the cortical stuff - being clever with 'advanced' numeracy and so on - when the basic building blocks are wobbly can't hurt. If you wish to know more, contact me (see p 247).

EVERY PARENT'S NIGHTMARE - FINDING A DEAD BABY IN ITS BED

All parents are currently drilled in sleeping their newborn in the least likely position to give it, and them, restful sleep. This thus causes a cascade of drama, as baby is fretful and doesn't settle, Mum tries to placate it, she loses sleep and can't replenish herself, the milk quality and amount diminish, the baby is fretful and doesn't settle, Dad loses sleep and gets irritable, Mum tries to 'fix' everything by doing more, and "better", she starts slipping under, baby feels the tension, and is more fretful and settles even less, and its digestive system responds by going into 'funny' mode - more wind/projectile vomiting/reflux/constipation/whatever, and Mum gets more depleted through the unending grinding worry of it all, and sleeps even less. [All especially difficult if she was used to being in control in her previous professional capacities].

All that is needed is to put the kid on its belly so it can rest as it is exhausted, and everybody can recover, and retrieve their sense of humour. BUT baby is apparently going to die if you do. All because it has been discovered/reported that sleeping position MAYBE lessens the likelihood of cot death - a problem not common in non Western countries, and unheard of here prior to the 50's. Most of us were slept on our bellies, as that's how most parents discovered we settled best - newborns' startle reflex placated by its weight. Do we stop to look underneath the fear that has us by the throat?

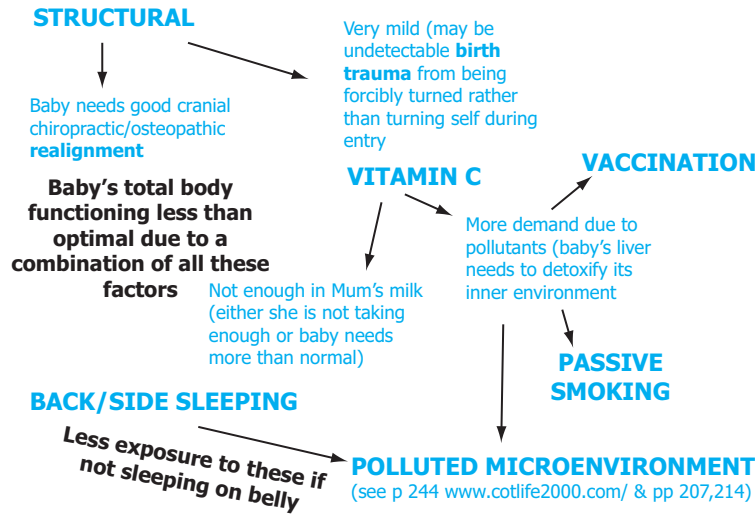
We are urged, (responding with our deepest fears), to be responsible/caring parents so we place baby in the least effective baby sleeping position - thus encouraging the habit of baby wakening, exhausting everybody AND this is not even 100% guaranteed to stop cot death, and not even reported why it appears to help (www.cotlife2000.com/).

So, whilst we panic over possible cot death, without exploring behind the figures, reasons for the apparent cover-up, and the conditions' patchy history, we create other problems for ourselves (p 212).

Cot death is possibly not a MEDICAL problem, but a BIOCHEMICAL ENVIRONMENTAL one - many of the babies dying weren't sick - they were poisoned - in their beds - by our good intentions and our need to 'do what is right'. We forgot to do what our parents and their parents did. By not following what was safe - as natural as possible - we went up market and bought into new and improved ways of doing everything (p 207).

'Red Nose' days boost public awareness and raise funds - but does anyone ask why this did not happen to us, and all other generations in our families, and in other countries where parents sleep their babies on cotton mattresses, (not synthetic with fire retardants or natural fibres and sheepskins that excrete poisonous gases under common usage) or cover the mattress with rubber or polyester sheeting (never PVC) and who also use only pure soap and NO chemicals in either the laundry, nappy/bottle/dummy sterilisation?

In order to put this primal fear to bed, read all of "The Cot Death Cover-up?" by Jim Sprott (p 243). Separate to the covering ALL baby's sleeping surfaces with rubber or polyester (never PVC), ensuring that the minute traces of neurochemical poisons are trapped UNDER the sheeting, and avoiding ALL chemical processing of baby's skin, clothes, bedding and feeding surfaces - go back to boiling, or at least rinsing well - as specified in this book.



Many simple solutions are all linked in a couple of crucial ways. Ensure that all smokers and others who willingly pollute your baby's air space are kept at great distance, as expired smoke is more deadly, and your baby more delicate than to be polite to others.

If either of you as parents are still **smoking**, after beginning to conceive, observe how is it that you may want the best in all other areas for your child, yet have a blind spot in relation to contaminating its very existence. www.birthpsychology.com. Do not think of co-sleeping if either of you smoke, even one

PREVENTION OF COT DEATH

daily, and even if that is outside - your lungs are still full of the toxic results of your habit, as you breathe out, you share these around.

At birth, ensure that any birthing attendant allows baby to naturally turn its shoulders and come out in his/her own time. It is not a case of safer out than in - baby has to naturally transition through the birth canal. It is easy enough to reach a finger inside to check that the cord is not around the neck, and take evasive action then if needed.

This will stop the sub - clinical damage to the brain stem, that may suppress the breathing mechanism. Always take your newborn to an **osteopath or cranial chiropractor** to normalise the bony plates and their functioning. This is very important of baby has arrived via Caesarean - baby hasn't had the opportunity to be fully awoken, naturally, and may have many cranial and slight spinal reflexes that have not been activated by being birthed

naturally. This is especially crucial if baby is unsettled/spits up/has reflux/vomiting.

Breast feeding is priority, with Mum eating high quality ingredients, especially fresh fruit and vegetables, to ensure high maternal **Vitamin C** levels (pp 60, 61) that will allow baby's liver and immune systems to protect itself.

Parent as our parents/their parents did - cot death is a 'civilised'/sterile environment phenomenon. Is the lack of regenerative sleep on everyone's part worth the paranoia?

VACCINATION

The newborn is offered every assistance through breast milk. It is imperative that everything is done to ensure easy, quality lactation. Factors that impede this are found on pp 48, 51, 56, 57, 138. If fully breast fed by a well nourished and happy mother, for the initial 6 months, or slightly supplemented with solids, (if a very hungry baby) there is no need to be trying to improve on nature. Forcing foreign proteins (in the substrate of the vaccine), and foreign chemicals – often highly toxic, even at the possibly minute doses they arrive into your baby's blood stream, and/or foreign disease particles, that challenge an immature immune system to battle, often turn all future functioning into less than perfect, through your compliant response to the vaccination fear campaigns (see p 247, Appendix 2 p 253).

Why wreck baby's perfect system, before it has the opportunity to turn itself on and flex its own muscles, as nature intended? Do you ever wonder how it is that the infant mortality rates were declining BEFORE mass vaccination programmes – or even before many of the 'must-have' injections were available? Do you ever wonder why most children seem perpetually unwell, with runny noses, ear infections, and asthma and seem to 'catch' everything going, rather than sturdily bouncing back? Preferably, visit your **homeopath** and discuss possibilities of natural immunological enhancement, rather than ways to brutalise nature.

If mother is exposed to any foreign invader, her body immediately produces the antidote, and her milk is then awash with it. Breast milk is far more than a source of excellent nutrition, and as such, must be respected above the modern

push for 'herd coverage'. **Could it be that by forgetting that nature has a perfect schedule, and the value of lactation, we are tampering with, and weakening our children?** Look to the whole price this is exacting, rather accepting the blanket statements issued. There are many very aware parents who vaccinate when their children are past teething (when the whole immune and digestive systems are often already under great strain). By then, the body has been naturally exposed to all manner of foreign materials, and is ready, naturally, to deal with them. **This is about being informed, rather than being compliant.**

Why not postpone until after baby is two years old? In Japan, when this happened in the 80's, the rates of SIDS fell to almost zero, and they slept their babies on their bellies! Why antagonize baby's system unnecessarily? What price your child's rude good health?

If baby cannot be breast-fed, this is even more reason to not introduce any further foreign proteins into its immature gut. Supplementing with infant gut flora powder, and extra fish oil/evening primrose oil/liquid zinc - one drop per bottle may be a smart move. Consult your local naturopath, and possibly homeopath for assistance.

If you decide to go ahead with vaccination, consider putting it off, **at least until baby is starting to try other food sources** – this will give a window where as natural as possible has been followed. If Mum is still breast feeding when vaccination is done, enrich her milk with vitamin C supplements – more frequent small doses are important, as too much in one dose may upset, Mum's or baby's stomachs.

(100/250 mg doses often, rather than 1000 mg when you remember is far more useful).

Ask yourself why, if you are not living in an area of outrageous infant sexual abuse, your baby needs hepatitis B injections. You don't expect baby to be sharing needles at least till primary school - why is Hep. B immunization being forced into its body? And why, at less than a few days old? Just because it is the current medical fashion? There is plenty of research to show that after 5 or 7 years, there is no evidence of this in child's system anyway. [p 246 (9)]. Why are you so keen to abuse an immature and developing well organism? See pp 246 (8), Appendix 2 p 254.

Postpone vaccination if baby is ill, unsettled or teething. A state of less than perfect functioning is not where baby's body can muster the appropriate, expected immune response from. You do not want to be one of the many sets of parents left with possible neurological and allergic responses to deal with (see www.avn.org).

We all 'get sick' if our body is unable to counter current conditions – why add to the imbalance, especially when there are very dangerous side effects well documented. (pp 242-6). Vaccinations often contains mercury and other remarkably toxic substances as preservatives and fixatives - given to a new system, fragile and neurologically immature, and still developing, is inviting a form of Russian Roulette to be visited upon your family. Vaccination in babies under two years old is a serious business, and someone's child is the one who draws the short straw, for the statistics. **At least become INFORMED rather frightened into passively**

IF YOU DO DECIDE TO VACCINATE

conforming.

When vaccinating, take **Rescue Remedy** in with you, dosing both you and baby before and afterwards. This will help settle down the shock and trauma you both undergo – these processes hold deep memories for all of us.

Take a **half lemon in, and immediately dab on the skin injection site to localise the effect.** Far better there is a raised lump on the arm than a systemic reaction. This in no way impedes the immunological response.

Think a little further afield. Study any literature (p 242-5), or websites (p 246 (9)) in relation to ongoing vaccination. **Be discriminating.** I chose to not vaccinate my first baby til he was 5 years old - and then only for the diseases I felt important. His father was a very asthmatic baby/adult, his soank milk - as something went into the breast milk from there - so I was extremely cautious about activating any further allergic responses.

None of my children received the whooping cough component, as the vaccine then was too unsafe ("A Shot In The Dark" p 244). I was warned separately by my very brain injured daughter's neurologist and her paediatrician NOT to give triple antigen to her - when (as) she was already highly neurologically compromised. Whilst I chose later to vaccinate her for MMR, the experience took over a year and near death to recover from.

Individuals have individual needs. Somebody's baby wins the statistical lottery.

PLACENTAL TRANSFUSION

NOTE TO READER - Please note the apparent lack of continuity in subject matter is due to not being able to cover New Baby and New Mum at the same time - so I have started with baby and am now covering Mum's issues.

Once baby has emerged, the job is not over. Like climbing Mt Everest - there's the coming down, and walking out intact to consider. The placenta is part of the baby - it was formed also from the fertilised egg. The placenta has also been the companion and plaything/cushion, as well as the life-line and life giver (pp196 - 201).

Rather than seeing the placenta as something messy to be hurriedly removed and hopefully coming away intact - leaving no clumps of tissue to then become infected or create sites for possible maternal haemorrhage - it could be viewed as equally important as baby emerging.

It has been the means through which Mum's body has been manipulated to create the most perfect dynamic baby nest. It, like baby, does not need to be hassled out. If nature is left to do the appropriate thing - that is to keep Mum alive and in perfect shape to feed and fend for the new being - Mum should be safe, letting her hormones and the wondrous bonding adventure take over the reins.

There is a variable amount of baby's blood still in the cord, and placenta, and this is designed to be pumped back into baby, by surges from the mother's uterine contractions. This blood (often over 1/4 of baby's total volume) was used on `respiration/waste disposal/nutrient duties via the umbilical cord. It is now required in a different capacity - to give baby the ability to live outside its dependency/lifeline.

The extra blood is now needed for baby to survive separately - for temperature regulation and breathing (to plump up the previously unventilated alveoli in the

lungs), and to lessen the contents of the otherwise engorged organ (placenta) that must be safely sloughed off and shed from Mum's body (see Appendix 1 p 252).

This is also very necessary for the healthy separation of the baby remnants (placenta) from Mum's uterine lining. Leaving the placenta full of baby's blood causes it to be more bulky, and less able to be easily discarded.

Possibly the pressure that is generated in uterine contractions - designed to pump the fetal blood back into newborn baby, often against gravity, has nowhere to go, as it has been clamped off at Mum's end - even though it is not her blood that would be shed. This may cause explosions within the placental blood vessels, possibly pumping some of baby's blood into Mum's body, via her uterus.

Interfering with nature, without thought to consequences, then citing those very consequences as being the reason for the interventions in the first place, is outrageous, and totally disrespectful of both Mum and baby, and the birthing schedule nature has provided.

If Mum has had no other interventions, has birthed the baby spontaneously, and is conscious - to move position, push or otherwise birth the placenta herself, there should be no reason to `assist'. **The likelihood of the placenta breaking up** - thus creating internal sites for infection, and clotting/bleeding is very minimal, if not pulled at or otherwise traumatised by outsiders.

The possibility of haemorrhaging is far less if nature is followed. This includes all aspects of reasons for bleeding out of turn. This happens due to three major reasons - not randomly - this is so regardless of location, age or biological processes in action - all are preventable. Please review pp 23, 110, 219.

Medical processes may well be seen to encourage the excessive loss of blood through over zealousness, or ignorance - especially the use and application of cold (pp 20, 23). Haemorrhaging is something that is less likely to happen in a natural setting p 244 (4), see pp 195 - 6.

LACK OF QI - (with possible over abundance of cold wasting her yang) - happens when Mum has been exhausted, usually in addition to invasion of cold - either during labour, or now, when she may need extreme warmth to stop her going into shock. She may have been already heading towards Spleen Yang deficiency (pp 23, 102), or have spent the pregnancy feeling relieved by sucking ice/drinking or eating very cold things (pp 20, 23) - there usually are consequences much later, when the body is under extreme stress (pp 37, 138).

HOT BLOOD - This is often a result of systemic heat that she has had well before pregnancy - as her own personal energy signature. The delicate balance of yin (fluids) and blood may have been severely compromised during the last stages of pregnancy - especially if inductions and trauma have been visited upon her, and she now feels out of control, due to the powerful reactions she tries to block.

TRAUMA (Stuck Blood) - Directly to the uterus - especially likely if nature has been "augmented"/brutalised.

PREVENTION - The best policy is to avoid all these occurrences, which requires you to be conscious on levels that you may never have been in your life before. Reading the warnings in this book, and adjusting your lives accordingly, becoming conversant with the many websites that offer remarkably capable instructions to ensure baby is in the right position, and Mum is aware that she is undertaking

BLEEDING OUT OF TURN/HAEMORRHAGING

a process as natural as breathing. Please review at least Ina May's books (p 242), and a few unassisted birthing websites, to understand this, as a balance to our cultural undercurrents.

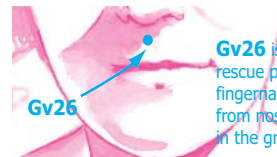
WHAT IF IT IS HAPPENING?

If all these factors have been fulfilled, and excessive blood loss is still occurring, at least you will be aware that it is not through your lack of attention.

It is vastly important that Mum is not left even minimally blood deficient after birth. (Please review pp 32, 53, 56, 66, 69). If there is some debate over whether a transfusion is required or not, try to tip the balance to her blood being topped up.

Post birth is a time when Mum's blood energy has to keep her sane, and baby fed, with both of them sleeping well to repair and grow. To assist Mum to regenerate, it must be remembered that **excessive blood loss is a shock to the body.**

The point **Sp 3** will help, and is a point to be used if **loss of consciousness** is a factor - pressing remarkably firmly, even if it is with fingernails, will help the **return of the Shen (p 28) to its home - regain consciousness.**



Point is found by running finger down from ankle on edge of foot, at junction of red & white skin until you meet major joint. Sp3 is found in the slight depression there



Gv26 is an emergency rescue point. Grind your fingernail in, 1/3 down from nose to upper lip in the groove between.

So too with **Gv 26 - a rescue point.**

Grind your fingernail rather brutally in here. Good if nearly

STUCK PLACENTA

If nature has been left alone, Mum has had no external interference, has birthed the baby herself, the baby has received its placental transfusion, allowing all of its blood to return into its body, and no one has been tugging on the cord, the placenta should appear in due course.

In hospitals, there seems to be a panic to get it out the instant after the baby arrives. Leaving nature alone, and letting Mum and baby get acquainted should allow her body to continue on with the blueprint that has worked so far. The natural hormonal control is best left alone.

The synthetic hormone that may be pressured to be used - to stop excessive blood loss - is no substitute for the real thing - Mum and baby will be cheated out of their hormonal rush of love/addiction/dependency/bonding for life as the effects of the artificial hormone are only local on the uterus.

This reduces the mysteries of nature and birthing down to the lowest denominator - that of apparently keeping Mum alive. Aiming for everything, as Mum's sanity and life long ease of relating with this one depend upon it, rather than holding the physical medical focus will be very important when breast-feeding, sleeping and colic start testing the new relationship (Mum and baby).

If you find yourself in a position where there is no medical assistance, or you wish after a few minutes - for whatever reason - to assist nature, pressing very firmly on the point **Sp 4** on either or both feet may be enough to allow the placenta to shear off well, with minimal blood loss.

I have been in a position of using this and its partner - **Pc 6** together to move a placenta that appeared stuck. Both these points have a normalising function, and specifically together

in combination are for stuck placenta. I would expect they will also **normalise any post birth bleeding**, so if you find yourself in this situation, whilst a medical drama is unfolding, you could surreptitiously fix it.



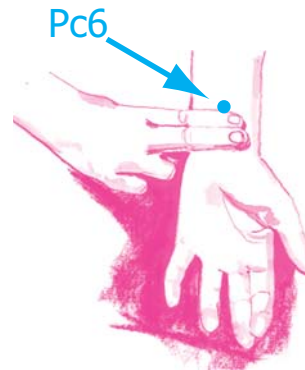
Sp 4 is found on the line at the edge of the red and white skin running up from the big toe joint (**Sp 3**), at the side of the foot.

SP 4

Press very firmly, where the finger slid down up towards the ankle from the big toe joint, on the edge of the foot, hits the bone.

Pc 6

After about 30 secs, find the point on the forearm - opposite side to foot is best - & pump it very firmly, or press hard that is easier.



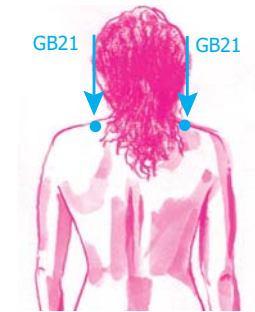
STUCK PLACENTA



• Co4

CO 4 - Will assist any release anywhere in the body, and a great pain point.

GB 21 - Strong downwards acting point - press very firmly.



GB21

GB21

DEPENDING ON MUM'S POSITION, AND YOUR ACCESSIBILITY, THESE POINTS MAY BE EQUALLY USEFUL

GB 30 - If Mum is on her side, deep pressure in here, or on the lowest sacral points may also release the placenta/restore normal.



Gb 30



Sp 6

SP 6

To allow 'normal' - whatever the body needs to do - this is dependent on what is going on. Press very firmly, or gently milk it.

POST NATAL BLOOD LOSS - WHAT'S NORMAL?

WHAT TO EXPECT OF A REDUCING UTERUS/HEALING WOMAN'S BODY

Often new mothers are sent home a few days after giving birth. In my mother's time, the stay of up to 2 weeks at the maternity 'home' was the time to recover in a supportive environment, ruled by women who had the knowledge and practical skills handed down through decades of experience. The advantage of this system was that the nursing staff were vigilant. They may have had 'funny ideas', and may have ruled with iron hands, but they knew their business, and ensured that Mum was in shape to be able to be discharged back into their homes.

The disadvantage of the current economic rationalists' approach to post natal care, is that neither Mum nor Dad may know the importance of an apparently minor situation, or may be too embarrassed or shy to mention it.

It is appropriate for blood loss to be heavy, not flooding nor with clots for a few days after delivery. The discharge should not smell. Nurses used to sniff Mum's pads - as odour is the first obvious sign of a possible infection.

Regardless of how well Mum feels, **she should be resting, not trying to recover her pre baby figure.** Were she back several decades in a maternity home, resting and getting to know her baby was all that was allowed. Any other children visited, briefly, as this time was for both Mum and baby to get their routines in sync. Try to replicate this.

The more rest and 'down' time Mum puts in in the first few weeks the more resilient she will be from the on. **This is**

a time when the uterus is completely returning to pre-baby shape. This special process is the reason for the bleeding - the tissue is being remade and released. If there is no bleeding in the first week - after initial bleeding it is not that Mum's body is being super efficient - it is that there is a likely clot, or other blockage, possibly with odour, that definitely needs medical inspection.

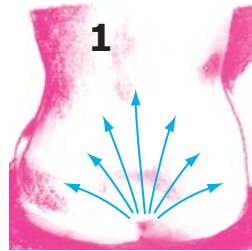
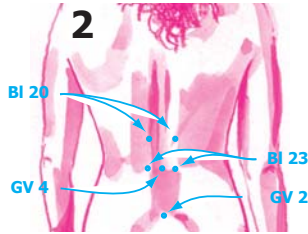
After birth, Mum's bodily tissues are all in a relaxed and delicate state, and need recovery time. Please see pp 111, 120, 219 for the reasons we bleed. Ensure that none of these are in force for the new mother. After about a week, bleeding will reduce, change colour to possibly less red and more brown, but never have an odour, or have large clots. The bleeding is part of the uterus returning to pre baby size and shape. Bleeding that stops as though a tap is turned off, especially in the first ten days is to be viewed as a possible blockage – infection with retained pieces of placenta? And be medically treated.

Bleeding that seems to dwindle and then return is an indication that Mum is doing too much – she maybe feels better/bored/guilty and gets up and about to emulate Super woman. Stop her. This will only lead to tears later (see p 23). The Spleen energy, and general body yang hold all blood and tissue in place. By freshening up blood flow, the body is signalling it has less than optimum qi, and is prioritising body functions over blood retention, in its weakened state. More rest, and much less activity will allow the body more healing time (pp 35, 36, 37, 41, 69).

Freshened bleeding is a warning - pay attention.

MOTHER ROASTING - PREVENTION OF HAEMORRHAGING/PROLAPSE

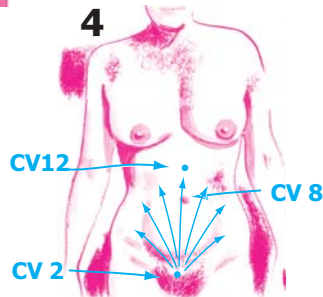
Judge how many peaks of heat by how fast she feels the heat & how she enjoys it - if it takes while & she really likes it - do more - up to 9 per point), if it is unpleasant for her, just do 3, & move between these, as you feel.



Moxa **UP** the spine,
& in a fan pattern
- 5 minutes.



If mum feels as though everything is sliding out, moxa Gv 20 - NOT IF ON A FULL MOON, OR IF SHE IS IRRITATED/ ANGRY OR DISTRESSED.



Lightly moxa from **Cv 2** (on pubic bone), 5 - 9 peaks of heat, then slowly move the stick **UP** to navel (**Cv 8**) - **for 3-4 minutes**. If the upper belly feels cool to touch, **moxa UP to & include Cv 12**.

Many cultures recognised the extreme effort Mum's body undergoes in labour, and think to provide tonics afterwards. In Chinese medicine, **the role of yang qi is central to all metabolism, and digestive processes**. To ensure Mum was not accidentally chilled, no bathing was allowed. Only warm nourishing broths and stews were provided. **Mum was considered highly vulnerable, and kept away from all draughts and raw foods**. Our culture tends to have a very pragmatic view on everything - if it feels good, do it. No thought for later.

Nowhere is this more true than after birth, when if you do not step in, medical options for pain relief will include iced peri-pads, iced compresses for engorged breasts, and a very chilly air-conditioned environment for both Mum and baby to breathe and live in. This allows the weakened, new and vulnerable baby to 'catch a chill' in its brand new lungs and nasal passages, and Mum to catch cold that may stay with her body, depleting it, from now on.

It is a perfect reason for taking everyone home immediately and controlling the environment, as you will live with consequences if you don't.

To finish off, **St 36** can be moxaed. Use only 3 or 5 peaks of heat, as you don't want to create stomach heat.



"BABY BLUES"

Some of Mum's hormones do plummet after birth - and others rev up. In finding a new balance, Mum is wise to keep taking her pregnancy supplements - at least 3 Vitamin B complex daily, with additional Vitamin C - and Magnesium and Zinc - whether intending to breast feed or not. If she is eating very well - not gluten and other comfort foods rather than baby building protein and vegetables - and she finds herself in a bit of a hole, know that it is usually very short lived.

Whilst the Western countries tend to offer statistics of around 25% of women becoming depressed after birthing - and staying that way for several months at least - it is not a predestined event.

Looking at the statistics for The Farm community - they have less than a 1% rate. ("Spiritual Midwifery" p 242). Whilst we don't all have the uneventful home birth (95%) these women did, we also do not have the ongoing support, care and loving that we would were we in less isolated units. Humans were and are tribal. Becoming a Mum is a village event. There really is no way a woman can heal well and look after her new babe, and keep her other children and everything else she did before this event ticking over as before.

Expecting to become depressed, as it is commonly spoken of/typically happens, is not the only way to approach new motherhood. After birth, Mum may need to review how she perceived her recent life change. If she had a totally physiological third stage, where both she and baby merged as one emotionally, there probably is no need for this. One of the ignored birth-safety issue is this maternal, often lifelong, anguish/guilt and sense of loss and betrayal.

Prevention - totally normal birth is easiest. She may need to share how she feels, and relating this often with another, experienced, woman may allow her to move into living in the present, as she will need to be dancing with the baby's reality, not having the birthing act forever replaying internally and leaking into all aspects of her current life.

Stuck Liver Qi issues (esp. post natal depression - see p 53) **don't just randomly hit unsuspecting couples.** Please review pp 28, 32, 44, 45, 57, 161, 163, 196, 198. Vibrational essences available from www.roseofraphael.com may ease Mum's separation angst and the transition that seems fractured between being pregnant and being a mother. There are many different natural medical frameworks that have been used over centuries - acupuncture and Chinese herbs being only two of these - that have very good track records of overall health care (pp 25,28).

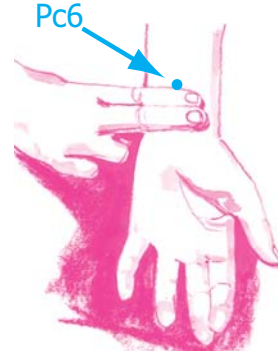
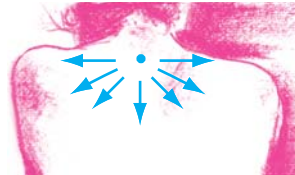
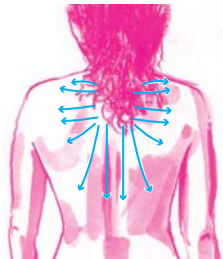
Central to Mum's ability to cope is the state of her blood energy - pp 32, 56, 57, 115, 116. If she is trying to breast-feed and lose weight, this is a recipe for sleeping problems, moodiness diminished breast milk quality and amount and all number of possible personality changes. Glossy magazine spreads on celebrity mums are only there because it is so out of sync with nature to have Mum back looking like she did (or better) a few weeks/months after birthing.

If Mum really is 'losing it' and she is already attentive to supplements and diet, a few acupuncture treatments and Chinese herbal mixes may readjust her blood energy and digestion, before the medical pharmacopeia is opened on her behalf. It is better to address the reasons behind rather than the expressions of the apparent 'problem'.

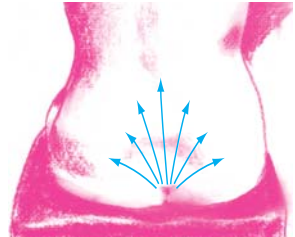
MATERNAL MOODS/SANITY/SLEEPING

There are a number of things you can do to help. **Just spending the time, unreservedly touching & being with her is going to help.** With baby sound asleep & happily 'full' is the only way this will work - unless you have a helpful extra to take bub off for a soothing walk.

If Mum is crying a lot, and is yang depleted (pp 17, 100), after the usual moxa work up, and **NOT ON A FULL MOON**, OR IF SHE IS ANGRY/AGITATED, use **moxa on Gv 20** - 9 peaks of heat



Massaging/pumping any of these points will assist the return to emotional balance



Sacral moxa ALWAYS feels good.



RECOVERY

If Mum is well prepared and rested prior to delivery, she may well bounce back and be remarkably resilient, attempting to be the 'superwoman', and carry on as before. She may feel better than she has for years. Squandering this massive health improvement and shift from 'normal' is to be dissuaded. Her body is still undergoing vast repair internally, and requires resting to return to the new normal. Regardless of how perfect and trauma free the birth, the uterus has to shrink from its newly empty state of weighing over a kilogram, back down to its non pregnant approximately 70gm size.

This process of involution is achieved quietly, and creates part of the lochia, or vaginal discharge that emerges for many weeks after birth. **It is very important that to allow the tissues time to repair nothing heavier than the baby is carried.** The ligaments and tendons remain in an altered state until sometime after breastfeeding finishes, so strenuous exercise before then will only damage her qi, and actual body.

This includes baby held at a strange angle, in the baby capsule. Heavy demanding toddlers, prams, bags of shopping, and baby baths full of water to be emptied, should be handled by anyone else whose Spleen energy is not attempting to put everything back where it used to be (p 23).

Prolapses of bladder, uterus, or any other tissues – creating haemorrhoids, varicosities, and or bleeding freshening up, or fresh gushing - are all preventable by her **avoiding any lifting, (except the baby in arms), resting and taking the time after birth to consolidate the healing** that pregnancy should have allowed her (pp 37, 41, 69). Furthermore, **eating** as per page 60, 234 will ensure that

her Spleen Qi is capable of the task of nourishing her and baby. **Avoiding all cold** will allow the yang qi to carry out its normal duties, rather than having to try to keep disease causing energies from wrecking the well template. Cold, (pp 20-23) either arriving via the mouth, or through external sources will compromise the Spleen Qi's ability to hold all tissues and organs and blood in place.

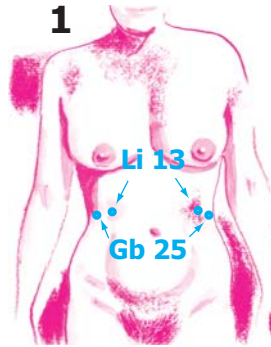
This vulnerable state will be lessened within a month after delivery. Respecting this will reap lifetime benefits (pp 37, 39, 69, 79).

If Mum worked up until the last minute, and is in her thirties or beyond, and is used to over achieving, and/or is a perfectionist, it may be a challenge for her to listen to her body. This time is NOT about visitors and for appearing/being perfect, but is well spent as an intensely private family time with the new person in your life. If baby has had a difficult transition to becoming independent, (being born), that is even more reason to listen to her/his needs, rather than enforcing an artificial adult schedule (pp 208, 210, 211).

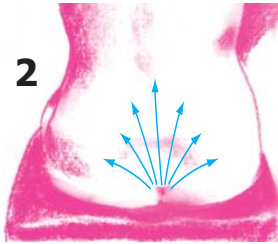
Napping when the baby does, snacking and drinking very often, rather than at set meal times, will keep Mum fuelled up sufficiently to rise to the occasions when the baby is keeping 'baby time'. **A small handful of almonds** (never peanuts) with any snack will fortify the milk, as will having a **real meal for breakfast** - (never with orange juice) rather than what is 'easy', as baby's weak digestion, especially in the late afternoon coincides with Mum's breakfast being recycled. This is usually the allergic horror time - expected by most as 'baby colic' (pp 22, 59, 202).

PROLAPSES/LOW MUSCLE TONE AND INCONTINENCE

Look to pages 102-3, 223 first. Following the advice opposite, & strengthening Mum's Spleen (& if necessary Kidney yang), will avoid, & also solve these problems.

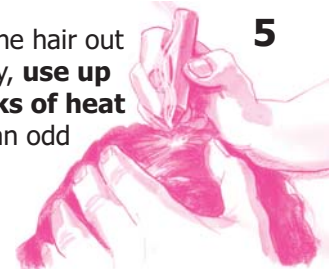


1 Press the Gb 25, Liv 13 points at the ends of the ribs (p 119) to see which is more sore, & refer to these through the 'treatment', as confirmation of success.

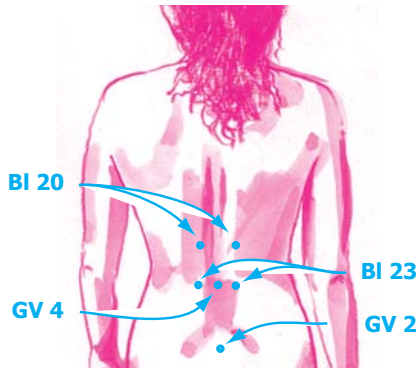


2 Begin with light massage, then MOXA UP the spine, & in a fan pattern.

Keeping the hair out of the way, use up to 9 peaks of heat - always an odd number.

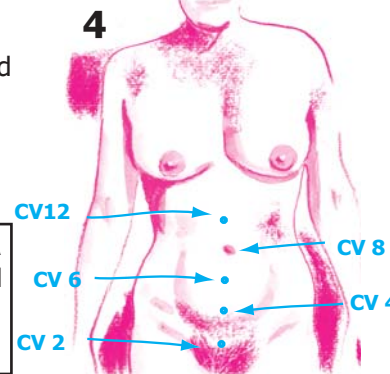


Finish with moxa on St 36, up to 7 peaks of heat - always odd number. Mum has to drink water before & after moxa.



Moxa each point as directed on p 123, as necessary, starting with the back, check the rib points again, then moxa

Gv 20 - NOT IF IT IS A FULL MOON OR IF MUM IS AGITATED/ANGRY/HAS A HEADACHE



NOT THE BABY/BIRTH I EXPECTED

This page is more directed to Mum. Its validity will be obvious to those who need it. They may also possibly hate that it is written; reacting violently to it, and the inner 'stuff' that is brought up for clearance.

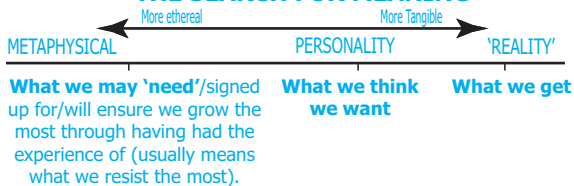
Books to read are "A Miracle To Believe In" and "Happiness Is A Choice" by Barry Kaufman

(www.optioninstitute.com). **The first step is to remove the need for the line.** Then, whatever happens is OK - as then it is NOT your personality that is running the show. (see

DO WE NEED TO JUDGE?

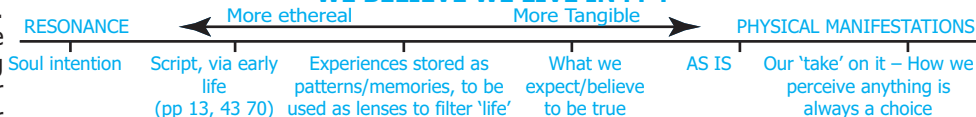
GOOD **BAD**
Where do we place the line for judgements' sake?
or - if we even have one, does it vary, depending on context?

THE SEARCH FOR MEANING



'Meditation' and 'Beings of Light' at www.heatherbrucebooks.com.au). Thinking outside what is usually presented to you in our culture may allow you to shift focus (pp 6, 7, 114, 166), enough to stop the Stuck Liver Qi scenarios that you keep trying to clear from reinstalling and resurfacing. This will then allow your qi to flow/you to really 'move forward'/become well/stop getting ill/"heal".

AS SEEN THROUGH THE FILTERS OF THE 'REALITY' WE BELIEVE WE LIVE IN . . .



Using a different version of living - actually questioning your values and beliefs will allow you to more easily move through whatever 'awful' thing happened/feel as though it did.

If you do not move in your world view, you will feel stuck, and visit the 'depression' (pp 48, 53, 138) cycle from time to time. Not moving within yourself causes this. Not having primarily bonded to baby and/or having blood loss at birth will highlight the difficulties. Having a reservoir of Stuck Liver Qi from before conception - all the issues underlying those menstrual issues that felt so simple on 'solved' by using artificial hormonal 'control' are now still waiting for resolution.

Hence - if you think that there is something wrong, there probably is. Mothers are less rational, and are more intuitive, or connected to 'gut', at the times when existence is heightened.

This means 'stuff' that you used to put up with before, now is 'too hard'. Good - it was then too - it's just that your boundaries have shifted, and you have new priorities.

All that pain felt in pelvic opening massage was to move the stuck stuff on - not to re-establish it once the 'main event' - birthing - was over. This also means that Dad needs to move through his stuff - vibrational essences (www.roseofraphael.com) will ease this transition, as will his doing HIS own inner work (see p 245, 247).

NOT WHAT I IMAGINED HAVING A BABY WAS GOING TO BE LIKE

THIS IS MORE DIRECTED TO DAD.

The whole parenting business now women expect to be part of the world/work force; or at least have been used to being heard/even having a voice and being considered as being 'real' people - unlike the times gone - mean that often the inner programmes that were installed within in your earliest childhood may be woefully inadequate for the new reality. (See Heather's book "Living In It" p 243), or any self help publication. Particularly investigate some of the men's resources found on p 245, 247.

Having a baby means big inner changes. Besides the obvious, you will also find unconsciously you dredge up stuff you didn't even know existed - often say running the same tapes with the same tone of voice/facial expressions as those when your own parents delivered them up to you - from **their** parents, and back through the ages - literally.

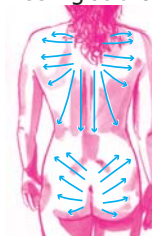
Because as a couple you didn't have exactly the same early socialisation, you will probably find yourselves in a heated debate from time to time. This is more likely since you have liberated her Stuck Liver Qi - the pelvic and body massages releasing stored stuff - and celebrate this - she will be more real - and it does require you to be more present also.

Acupuncture, massage and taking supplements to improve your digestion and its raw materials, drinking plenty of water and still avoiding all the non nutrient substances you calmed yourself down with BEFORE the push to conceive baby, would be a great move to ensure you stay bonded as a couple on into the baby's adulthood. Relationships are about RELATING.

Having had a good communication history is important now.

Being able to separate out the emotional content; to really see the issues as they appear to the often 'wounded child within' can be challenging - but easier now, before you have external wounded children without - and teenage angst/teenage battles to negotiate.

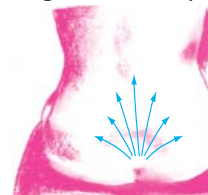
Whilst you also need attention, Mum does not need to be feeling as though she is a resource that has been/is still being plundered - (baby does need to visit a good structural therapist to have a stunningly easy digestion and disposition and to sleep well - it would have helped to have a non stressed Mum throughout pregnancy).



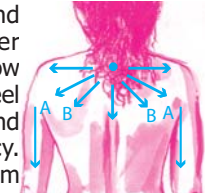
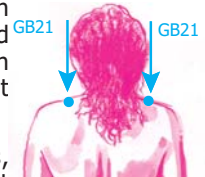
To assist her with this, weekly massage, even if it

is only a 5 minute affair, will ease the tensions that develop by the simple act of holding a baby, and forgetting that self is still in the equation somewhere.

Using moxa every week or two on the sacrum after a

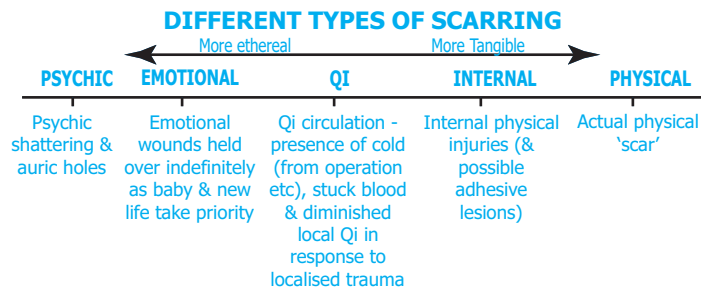


light massage, and attention to upper back tension will allow **both of you** to feel more nurtured, and ready for intimacy. Do remember Mum needs time out.



ONCE SHE IS FEELING MORE ON TOP OF THINGS, NO DOUBT SHE CAN/WILL RECIPROCATE - THESE MASSAGE TECHNIQUES ARE NOT GENDER SPECIFIC.

HELPING MUM HEAL



Birthing is a pivotal experience. It is imprinted indelibly on all players. What happens in the first birth changes Mum forever. What happens in subsequent births may be no less traumatic, but tend to be in the shadow of the first. This is something that gets very little attention in the medical push for a 'safe' delivery - as though the outcome of a shocked baby, and shattered mother is of little consequence.

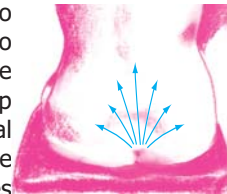
Looking above, it is obvious that prevention is where the attention needs being directed. Taking the time to follow the birth preparation protocol, the pelvic opening and the avoidance of cold should allow an easy birth, with minimal interventions. Loss of blood should be kept to a minimum, and if large amounts of blood are lost, transfusions offer the best solution to avoid the likely lactation/sanity/sleeping and emotional hiccups.

Physically, if a Caesarean has been performed, NO lifting other than the baby - not baby and capsule should be attempted for the full six week period. This major abdominal operation at a time when Mum's body is very pliable and potentially floppy

means that attempting any form of exercise will possibly permanently damage the internal tissues (p 23).

The actual scar should not start discharging, or smelling. When the actual skin is healed over, there are many herbal ointments that will assist. I would strongly advise many trips to a good acupuncturist to treat the scar directly, as in my practice I was able to assist not just the cosmetic aspects of it, but the loss of sexual sensation and inner muscular tone.

After the physical wound closing, straight comfrey ointment on any scar is likely to promote auric AND cellular return to normal. Perineums should never be exposed to cold - p 20, 21. To help wound healing, on all levels, the sacral fan is very soothing, and mobilising the qi up the spine. This also enervates



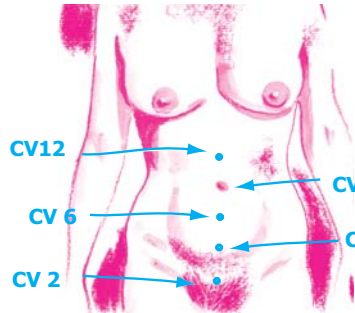
the pelvic plexus and will direct qi to clear out stagnation - the source of the purplish/reddened scar tissue.

After the sacral fan, and light general back massage, start the pelvic opening massage, being aware

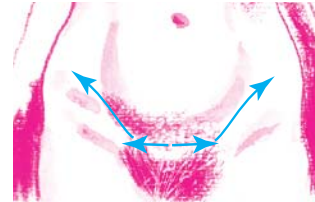
that heavy handedness soon after birth is not required. Getting into Gb 30 will open the qi flow in the pelvis.



ENSURING THE RETURN OF NORMAL (SEXUAL) SENSATIONS



If any of the belly feels cool to touch, use moxa on the points around the area (pp 123, 223), possibly focussing on the navel (**Cv 8**), if the overall area is chilly to the touch.



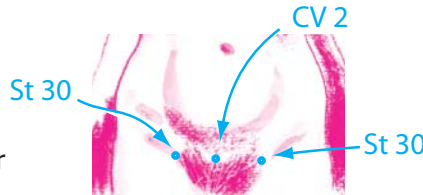
With oiled fingers **1st STEP** - outwards from the centre of the pubic BONE towards the inner groove. Gently initially.

2nd STEP - From the midline, on the bone level, drag all of your well oiled fingers gently and firmly, as though there was a lot of paste underneath, to encourage it out to the other end, towards the hip level. Do this very gently, increasing the pressure, using all the pressure of the PADS not the TIPS of your fingers.

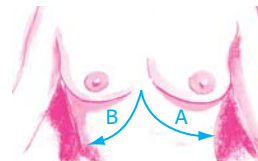
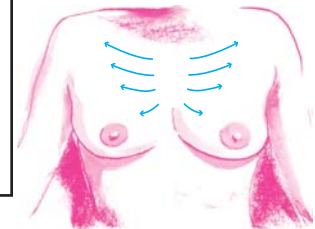
The scar, if a **Caesarean was performed**, can be lightly moxaed - above the surface, AS ALWAYS. Be aware that she may not be able to feel the scar, thus you will have to gauge when it is likely to get too warm.

FOR EVERYONE Avoid burning the pubic hair, by flattening it down, and out of the way. The warmth here will probably feel divine, especially if she has a cool-to-touch lower abdomen. You may

moxa the midpoint of the pubic bone, as p 135 (**Cv 2**), and above the scar, (**Cv 4**) to get qi movement through the meridians. At least 3, & possibly 9 peaks of heat on each point, dependent on Mum's responses.



As the body is all connected, it would be good to finish with a few gentle chest opening movements



... Followed by the initial upper lymphatic movement, to really free up the body.

BODY ISSUES/HAIR

Body image can be a massive hurdle. A maidenly figure may sell movies, but is totally inappropriate on a new Mum, who really is better off being voluptuous, for both her and baby's sakes. Mum is only baby's support system totally for 9 months of its life. The safest place to be for a growing person is inside Mum - IF SHE IS CLEAN - see p 246 (1). The toxic loads we all carry as a result of having recent ancestors who had no idea of toxicity, and bequeathed their sludge through our genetic information to us is beyond our immediate control [see pp 108, 246 (1)].

Whilst most only see the physical effects of the Spleen/Liver dysharmonies (pp 24, 137, 140) - that is **fat/fluid/cellulite** - it pays to stop and **think about what is actually being stored in our fat tissues** - everything that the body can't detoxify. This is released in the fat that is so essential in breast milk, and before this, into the egg, then the growing baby.

See page 224. This is easily researched p 246 (1). I would suggest that losing weight is Mum's least important focus in the mothering years, as she has all of her life to try to compensate for the deficiencies of baby's neurological system manifesting as behaviour and learning problems otherwise.

Also, when Mum is trying to limit her food intake, whilst sustaining baby, the quality of milk is liable to suffer, although the amount may not change. **So baby has less nutrients, and far more persistent organic pesticides to contend with** - and you may have been frightened off/worried about taking vitamins! Mum needs to replenish her depleted stores of everything after birth. This is the post natal rest period, and is respected in most 'primitive' cultures, as time well spent.

Please review pp 41, 34-7, 69, 222, 226, 230.

Mum's hair should at no time be falling out. This is an indication that she is in blood/yin/Jing depletion warning status, and should have been following all the advice in this manual, so rescue is not needed. It is not "normal" for hair loss. It is USUAL because biomedicine has an illness focus, rather than a wellness one, and accepts most non immediate life threatening warnings as irrelevant. It is devastating to women. The medical theory is that in time it will grow back. This strategy would not be advocated if there was a drug that would assist. There is not, as it is a wellness issue - when Kidney Yin/Jing and/or Blood energy is under stress, head hair may be jettisoned, as more survival issues need the resources.

This is a warning for sub clinical thyroid problems, which attending a doctor who prescribes NATURAL hormones, with thrice daily temperature readings should be able to rectify, if all the measures in this manual do not work. **This is vital for anyone who has apparently no reason to be 'infertile'**. Please read p 125.

Now - review all of the theory section (pp 2 - 83).

Follow all post birth directions (pp 222, 226, 230, 234).

Head hair is the expression ('flower' in the old literature) of the Kidney energy. Pregnancy draws Mum's reserves out into the baby, if she is not looking after herself well. What most consider to be a 'good diet' is that which the most recent fads, and nutritionalists come up with.

Following the advice on pp 60, 61 along with that in the books p 242. The role of adequate protein, B and C vitamins, enough Zinc, so the nutrients are being utilised, and Magnesium, so 'nerves; are not 'on edge' are equally important.

BABY SPACING/CONTRACEPTION

Particularly if you intend to make more babies - read the previous page, and all the references. Nothing is by chance - it is more - the dominant framework has huge holes where 'knowledge' is missing, and common sense is scoffed at, as not being researched thoroughly enough [p 246 (1, 2)].

Babies are not commodities, they are people. Their whole universe is Mum and to a lesser extent Dad. Dad impacts so much on Mum, that he could be argued to be the central figure - if he is not following 'the programme', Mum quickly builds up untold inner heat in the form of Stuck Liver Qi (pp 48-54), which makes her far more difficult to live with (pp 238-9). A cycle begins. Please see men's work pp 245, 247.

Weight piles on, little niggles can become major volcanoes, and all that was needed was RELATING. Rather than stop all the massage once junior has arrived, be aware that connection, closeness and intimacy are all what holds a family together (www.whylovematters.com). To allow Mum's body to spring back into shape, more, not less attention is needed by Dad. This will usually end up where you want, as massage and pelvic opening put women in the mood, far more than 'cold' canvassing.

Babies ideally should come along every 3-4 years; the longer the better. If your youngest is a boy, leave the gap longer, as boys develop/unfold slower than girls (pp 34-5) and require extra time to ensure that you are growing an aware man, who is in touch with HIS feelings, so he will be able to really appreciate all of HIS life (see men's work pp 245, 247).

Wanting to get them 'out' before Mum gets too old is to be seduced by the dominant biomedical thinking. "Too old" is not a calendar deal. It is a biological one. By undergoing detoxification - available from any naturopath - a lifestyle

change, not products - you will, along with organically eating and living, be reversing ageing. (see pp 31, 34-7). By really looking after Mum in pregnancy and until a few months after complete lactation cessation (p 41), she may be in a better state than she ever was - this will also require her to have really RESTED to allow the Yin /Jing replenishment.

Contraception is an issue if you have followed everything in the dietary, supplement and life style sections, as Mum will now be vastly more fertile than she previously was. Whilst this may cause you both to rejoice now, be aware that many close children mean Mum is very likely to become very Blood/yin/Jing depleted, and the subsequent children not as healthy as the first-borns.

Using any form of artificial hormones during breastfeeding, whilst considered 'safe' by the manufacturers - and thus the medical profession - (as with every aspect of what is now "cutting edge" we have no longitudinal studies to see what we are causing to visit our grandchildren and **their** fertility) - I would suggest you visit various web sites regarding natural contraception, the role of artificial hormones all through the environment, and their likely effects on both you and your newborn and as yet unborns.

If you are thinking of IUD placement, be aware that the uterine lining is probably in an altered state - like all of Mum's body - until she stops breastfeeding, as all her hormones will still be in a different mode.

There is no 'perfect' contraception - if you are both in very good health, conception is possible even whilst a period is happening. **Do not listen only to the textbook trained people - women's bodies are mysterious, and can do very amazing things.**

EATING FOR TWO

Breast milk is the result of a well ordered maternal qi and blood circulation and production system. It is not a matter of luck. The body is programmed to keep baby alive, and very well, just as it was whilst baby resided within. The process on the energy level is exactly the same as for making good quality Blood. Please refer to pp 60-62, 118. Anything that damages this, will create milk production problem. Mothers may have a tendency to look after everyone else, forgetting that they are the primary source of baby's nourishment, and as such, are first priority. There are easy steps to ensure that **Mum is not eating to feel full, that she does not focus on shedding the baby fat, but she treats herself as a milk production unit - first and foremost.**

These are **not the times for Mum** to be attempting to **lose weight** – toxins are stashed out of Mum's body's harm's way within maternal fat cells (pp 108, 224, 232). Breast milk (and before conception the ovum) is loaded with fat – to grow baby and baby's brain. The mercury, (all that amalgam in her mouth, acted on by saliva to leach into ALL tissues - especially babies fatty tissue - BRAIN/NERVOUS SYSTEM), lead and other heavy metals, different chemical residues and other wastes have no place in your new one's diet. (p 246 (1). Do not encourage their release from Mum's fat cells by trying to get back in shape, and support her liver by taking a little Vitamin C frequently (pp 43, 61).

1 - Prepare an extra main meal which is either reheated for breakfast or lunch. **Her breakfast is baby's tea.** Always cook at least one meal extra - the freezer is also helpful.

2 - Getting **high protein** (eggy or fish vegetable bakes are excellent) **snacks supplied by friends**/relations itching to

help – or possibly she could have cooked and frozen these prior to birth - as a cooking alternative for emergencies.

3 - Banning all breakfast cereals, breads and pastas from the house. Filling foods do not make good blood energy thus milk. These foods **are** quick, easy and when repetitively consumed are prone to sensitise baby into colic, digestive dramas, mucous production, allergies and becoming generally unsettled, possibly major screaming/sleeping disturbances. Current medical thinking lags behind parental observation.

4 - Large quantities of fluids. **Never have her sit down to feed baby with less than 3 glasses of water/fluids.** Milk and dairy, soy if it is a big part of Mum's diet – anything that is constant – needs at least rotating, and probably culling from her diet. Raw unprocessed milk, or natural cultured milk products are rich, readily available sources of Calcium. Cows do not drink milk to make it either.

Bland is the deal – avoiding all chilli, curry, preservatives, flavourings, caffeine of ANY sort, oranges [mandarines in moderation are OK] or orange juice (greatly heating in the stomach, and NOT a high source of Vit C), and all cruciferous vegetables will also probably stop windy/screaming baby. These are cabbage, Brussels sprouts, cauliflower, broccoli, and also avoid peanuts in all forms and onions/garlic.

It is not worth a few minutes of culinary satisfaction to live through baby's next few days in turmoil. Some babies are highly sensitive to dairy or gluten being consumed by Mum. It sometimes takes a couple of days lag between Mum eating something and baby developing the reaction. If you expect 'health' problems - you may not notice - but being observant, and being vigilant pays dividends.

REGULATING SUPPLY

The key fact is that milk is not being stored in a bank, and is not there later if it isn't used now. If 'saved up' for later, Mum's body has a system whereby it makes less later, and thus if the supply is to be enhanced, expressing some into a storage system (plastic bags in the freezer, for emergencies – when baby is starving and Mum hasn't returned home yet), is a marvellous way to do it, as is offering the breasts more often. This is with Mum relinquishing other unnecessary occupations like washing and cooking. Sleeping after eating highly nutritious protein snacks, and drinking copious quantities of liquids is invaluable.

Breast feeding is what the breasts were designed for. They produce as much milk as is required, in the formulation the baby needs. The composition of premature baby milk is very different from that for a full term or a year old infant. Similarly, when Mum is exposed to a new virus/bacteria, her body goes into production, supplying the antibodies through the milk, to counteract this for her baby. Breast milk from a well nourished, well rested mother is the ideal nutrient for a fast growing baby, whose brain is developing very rapidly (see Appendix 2 p253).

When lactating, what Mum has for breakfast comes around for late afternoon/tea time feeds, and explains why so many babies are extremely distressed and colicky then (p 202) – their digestions are inherently weak, and weakest in the late afternoon, (p 59) as that is when ALL body yang retreats, exhausted for its nightly recharge. What Mum ate in haste is the most likely reactive meal for baby, as healthy digestion is and rushed women don't match up. Going back to back to old eating habits, and eating what is easiest – toast and cereal

- and possibly orange juice/oranges - DON'T - does not make good quality milk (where is the fat and the protein) and the gluten issue features hugely in all infants' ill health. (Consult a naturopath, not medical/dietitian's advice here).

If there is a **lessening in supply, or an increase in demand** - quite often at the 6 week mark baby does a growth spurt- so possibly have extra from engorgement days stored away in the freezer for then - see p 238).

Putting baby to the breast more frequently will build the supply rapidly. NEVER TRY TO MAKE BABY 'HOLD OUT' for a specific time, until refuelling. **Breast milk is very easily digested, and baby goes through regular growth surges**, sometimes needing more, more often.

If there appears to be temporarily too much milk - baby feeling a bit unwell? It may pay to siphon some off, (freezer storage) to ensure the body knows to make the same quantity for when baby is back to normal. **What is not used is a liability to future supply - there is no internal milk bank.**

RECIPE FOR BREAST MILK

REST, AND PEACEFUL Demeanour - unhurried approach.

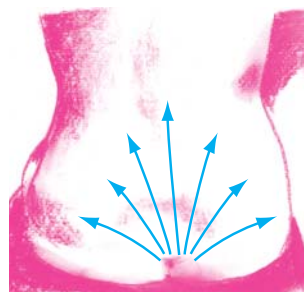
HIGH PROTEIN SNACKS - not three meals daily, but every time baby eats, Mum does too - for nourishment, not comfort.

PLENTY OF FLUIDS - far more than she is used to, and not waiting until Mum is thirsty - all the wet nappies are recycled fluids, and started with Mum's drinking habits.

EXTRA VITAMIN B, preferably taken half a tablet with every snack/meal.

HELPING MUM'S BODY ADJUST AFTER BIRTH

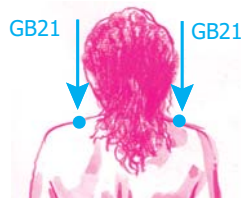
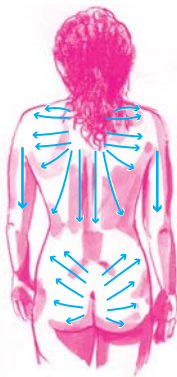
Mum now needs a good massage, and continual - ongoing - tension release, as baby and breast feeding are very new pursuits. Just as she tensed up unconsciously in labour, it is likely that the new tasks will see her raising her shoulders, storing all sorts of stiffness and worry there. The easy milk letdown response in her body is blocked by her



being tight/ tense/ worried/ stressed.

Mum needs possibly daily care for the first few weeks. The sacral moxa fan can be done, even when she is bleeding - the heavy buttock massage, can wait for a few weeks. If you continue

de-stressing her body, everything will work better - not just easy breastfeeding, but her relaxing, your relating. It may seem as though its a one way process - you to her. To her it seems as though its a one way process - her to baby. If her 'cup' is filled regularly, there will eventually be plenty for everyone. If baby is not happy for usually the reason Mum isn't - then nothing works, and at least you get to exit and rest in the



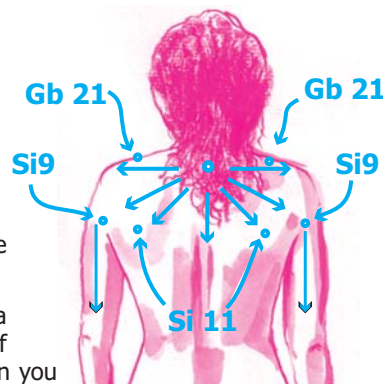
world of 'normal' people every day - to work.

She is 'stuck' with a never ending cycle of baby demands - and then you mention doing the physio's recommended abdominal exercises! Fact is, if they are not done when the body is repairing, the real benefit is lost.

Mum can be reminded to press the points **Gb 21** on her shoulders, when she begins feeding. This usually instantly lets the milk go. Remember that the upper body tension usually has roots in the pelvis - full massage is important, at least once a week.

Another spot worth remembering is **Pc 6** - to help open the chest, with a slow deep breath, with conscious shoulder and chest opening at the same time. As with everything in our bodies - if we are wound up, free flow stops up pp 44 - 54.

Please revisit 'health' page 12, 40 & 'causes of disease', page 42.

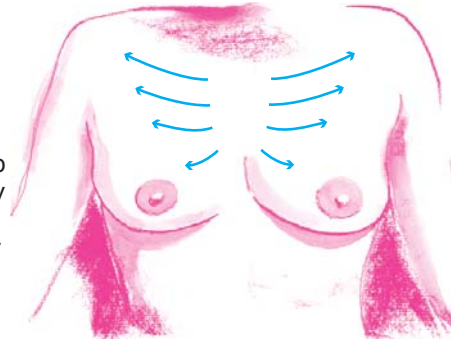


ENSURING BREASTS AND BODY DO A GREAT JOB

The back of the body is taken care of - we now need to adjust the front. Always start off on her back, preferably doing sacral moxa before the pelvic massage. This will allow the yang qi to mobilise, and the massage will be far less painful than if you skipped this step. Back moxa will also be incredibly soothing, as women are always yang depleted after birthing, and from the transition into broken sleep, let alone having to provide all the sustenance for another.

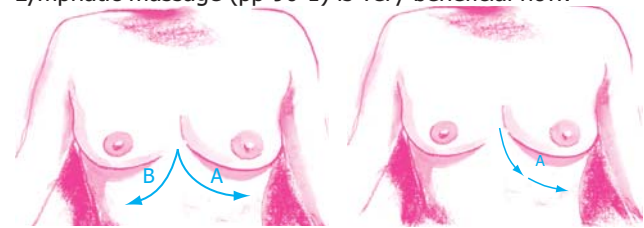
Even if Mum is not breast feeding, she still needs all this attention, as her body needs MORE help to go back to pre baby status, as this is one of the many advantages breast feeding bestows on a new mother (pp 198, 199).

The chest massage, done very gently initially after birth, will allow the pent up emotions release. This is often felt as pain and great discomfort in this



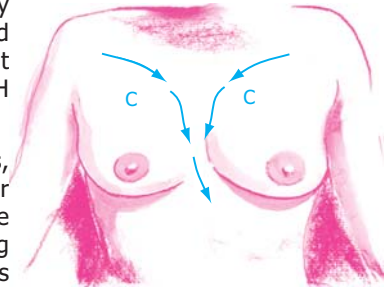
sternal region, so tread softly. Moxa on the mid point of the sternum - Cv 17 before this may ease the tenderness. This point is magic for assisting milk production, along with Si 1 - see next page.

Lymphatic massage (pp 90-1) is very beneficial now.



Starting with the back massage, the chest opening, the **Cv 17** moxa, THEN the lymphatic drainage. This may be all that is needed, weekly, to ensure Mum does not suffer from mastitis. This is along with plenty of rest, fluids. Vit B and C, and ensuring that baby empties BOTH breasts every feed.

Not using breast pads, which are a recipe for Candida (thrush) in the nipples by not allowing them to dry out, is sensible. If Mum wants to stop leakage, just pressing the offending nipple/s firmly in, with strong finger pressure held for 20 seconds is all that is needed - at no cost health wise.



ENGORGEMENT

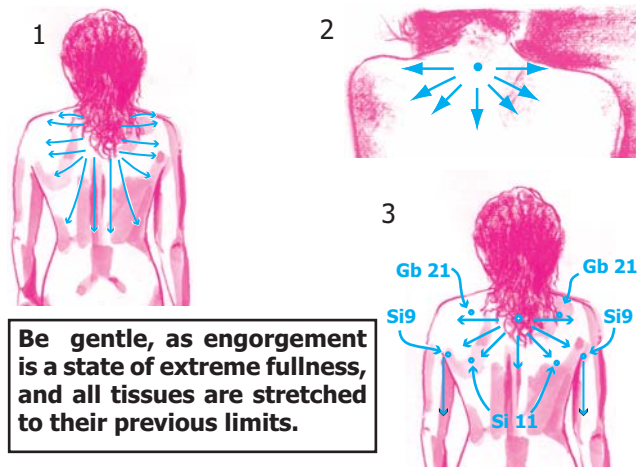
This is usually a temporary problem, and is actually an indication of how well a mother's body is working. The quality and quantity of milk produced is a measure of the quality and quantity of her Blood energy. If she has abundant Blood energy (pp 32, 66), she will, (as long as a traumatic and/or lengthy birth and/or haemorrhaging and/or near death experience do not mar her recent history), probably become experience this. **This is a good sign of future ease of lactation – do not complicate it.**

The safe way resolve engorgement is to ensure the body and its energy is respected is to stand under a warm shower and express/massage enough of the extra away, so as to be comfortable. Not being able to raise her arms, having bulging breasts that swamp baby, nearly drowning him/her in gushes is not helpful. **Do not empty the breasts after feeding, to 'get rid' of it**, if baby is satisfied, just express till they are more supple again. The body will adjust within a few days. **By taking extra rest and Vitamin B, and a good diet, not worrying, and allowing nature to assert itself, everything will be fine.**

On no account apply cold to the breast – it may feel good, but cold constricts the circulation, see pp 20, 21 trapping the cold in there locally as an energy splinter, thereby ensuring ongoing bouts of mastitis. Do not set yourself up for this – ignore current medical advice, and follow what worked for all generations past.

If cabbage leaves (aspect of Chinese medicine) are being used, bruise them by bashing them to release their sap, and place them at body temperature, as a dressing, within the

WHAT DADS CAN DO



Be gentle, as engorgement is a state of extreme fullness, and all tissues are stretched to their previous limits.

bra. Follow the upper shoulder massage, and lymphatic massage (pp 89, 90, 91) steps after birth, **whether breast feeding or not.**

The body will settle down within a few days. The best policy is to have a breast pump, and have someone position baby whilst feeding, and Mum allow some of the extra to collect in the tube. This can be frozen in freezer bags; sitting in the corner of the bag, in a cup in the freezer, and topped up, in 40 ml lots. It can always be thrown out, but is good insurance.

Chinese herbal blood tonics are to be left for the first week – the blood needs to be moved first, then tonified, to ensure abundant quantities of perfect milk (see p 32).

INSUFFICIENCY

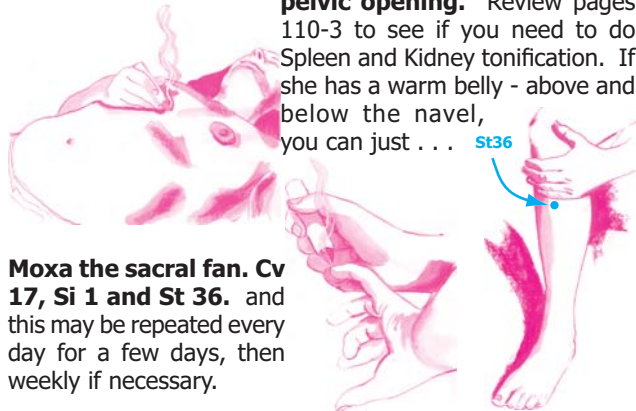
ALWAYS START WITH SACRAL MOXA, AFTER THE INITIAL MASSAGE

Please review p 32, 33 before you begin here.

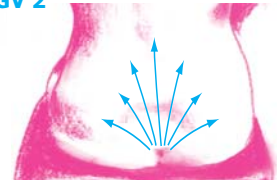
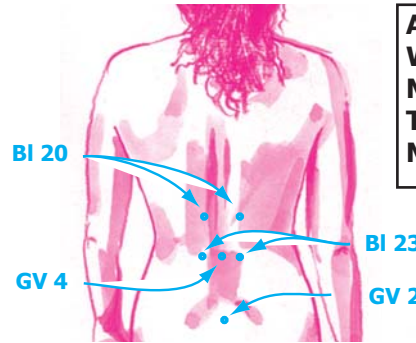
If Mum has had a less than natural delivery, she can still breast feed well. Having had a Caesarean is no excuse for not giving Mum and baby sacred time immediately after delivery - baby on Mum's chest, cord intact and transfusing baby to allow it maximum opportunity to arrive well. If this is done, and baby is allowed to play at the nipples before being taken away to be 'cleaned up', and Mum has bonded to baby, there should be little else to do (p 199).

If Mum has had a severe blood loss, try to get her transfused, as this will mean breast feeding will be vastly easier, than Mum's body having to replenish her blood loss, PLUS begin milk production (pp 32 ,56, 62, 63, 69).

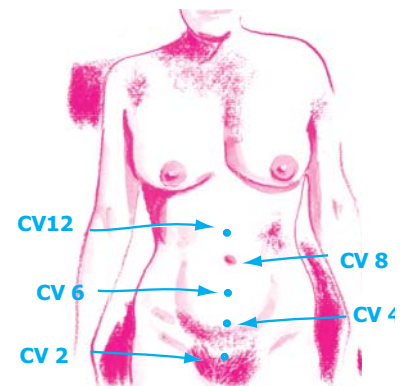
Find a helper to take baby away; preferably well out of earshot. Start with the **back massage, sacral moxa and pelvic opening.** Review pages 110-3 to see if you need to do Spleen and Kidney tonification. If she has a warm belly - above and below the navel, you can just . . .



Moxa the sacral fan. Cv 17, Si 1 and St 36. and this may be repeated every day for a few days, then weekly if necessary.



MOXA IS A YANG ENERGY. MUM MUST DRINK BEFORE & AFTER, & AN ODD NUMBER OF PEAKS OF HEAT ARE NEEDED



MASTITIS = EXHAUSTED &/OR 'STRESSED'

In my nearly three decades of women's health work, I noticed that aside from the obvious dietary indiscretions – pp 22, 26, 60, UNRESOLVED EMOTIONAL ISSUES CREATED THE BREEDING GROUND FOR MASTITIS. Do not follow the new take on breastfeeding – the **advice some ardently follow is the very reason mastitis occurs.** To understand the energetics of lactation, and the common sense mechanics of it, is to ensure breast and lactation health. As with all aspects of women's health – prevention through knowledge is the key. Please read the first pages in this section before continuing.

Mastitis was not often encountered until recent times. It is important to remember that in Chinese medicine, any invasion of heat and damp (infection/obvious fever/localised redness/heat) needs the underlying cause removed. It is not good enough to just swallow antibiotics like so many lollies - the problem is being fed through Mum not 'fixing' the actual problem, that the mastitis is alerting you to.

In any situation of infection – if that is what the 'mastitis' is – **there are underlying preconditions** – the immune system (think Yang Qi – pp 16, 22, 130, 138) is under-functioning. There are many and maybe concurrent ways this happens - Mum is unhappy/processing stuff and this is interfering/taking priority over the body's physical needs. The state of nutrition is less than needed – maybe just because she is trying to come to terms with everything being different than she expected - even if her food is of good quality, and abundant (pp 58-61, 234-5) for the digestive functions optimum conditions). And of course, she might have been thinking losing weight is a great idea pp 108, 224, 232.

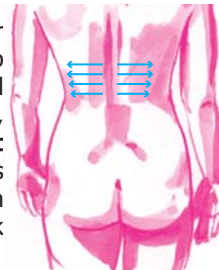
There is an imbalance in the energy system that is either

ongoing – though didn't create medically obvious enough 'health' problems to be investigated prior to pregnancy, or is there now as a result of pregnancy and/or birthing and needs the attention of a qualified acupuncturist to re balance, before obvious (in the physical) disturbances result. At least take a strong multi, preferably also Vit B and C three times daily to overcompensate for any stressors that are occurring – at the very least, the milk will be enriched.

Underneath all other contributing factors **there is insufficient rest to regenerate.** The six weeks before post birth check up are to be respected as Mum's recovery time – not back to normal, and aren't I clever boasting? There is no way around this – we as women are not respecting the immensity of the procreation cycle. Dad, please see her rest and recovery as the biggest investment that can be made in your family's future. If she doesn't heal well, there's a life time to regret it (pp 36, 37 & 'early ageing'/'Jing' in index.

The belly and all other tissues are floppy - this is part of the hormonal legacy of pregnancy. Lifting, exercising; doing anything except healing is a bad move. Milk production/infections and freshening up of menstrual flow are all indicators here.

In my clinic, when an affected mother came in, mostly it was the 'don't want to go there' (emotional) stuff that fuelled the fires of infection. See pp 42 ,44, 45, 50, 52 and **do something about open lines of communication.** It is less painful than repeated mastitis. In addition to all back massage, the Stuck Liver Qi area also needs work.



MASTITIS (EXHAUSTION &/OR "STRESSED") FIRST AID

Generally – whether or not antibiotics are taken, unless things are handled differently, and even with several doses of antibiotics, repeat attacks may occur, as they are caused by incorrect living. Firstly, go to pp 199, 234, 235. Adequate rest, Vitamin B and C, an overabundance of fluids, mainly water, rest, regular intake of protein snacks, restricted sugar, rest, no exposure to chemicals or preservatives and non food items, rest, and resolution of things that irk Mum – especially the stuff she is too polite/nice to talk about, and rest will all assist here.

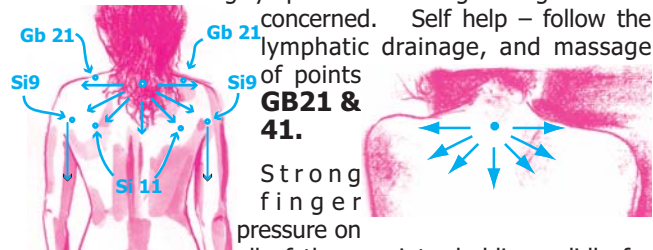
Having on hand, as insurance, a **herbal or homeopathic first aid kit** is good planning. In clinic I sold a homeopathic anti inflammatory/infection remedy, which taken often at the beginning of a suspicion of unwellness, and attention to all the above factors (especially more **quality food, resolution of the domestic situation** that precipitated the attack, extra frequent **Vitamin B and C supplementation and rest**) stopped the need for the medical intervention. **Colloidal silver, sea minerals with herbal additives, stabilised oxygen** (see your naturopath) used at therapeutic, not well maintenance doses will also aim at permanent attention to the underlying causes, all without distressing the gut, as antibiotics will. Take gut flora pro-biotics to re-colonise the gut, if antibiotics have been taken, as these kill off the friendly bacteria that help digestion, and replacement is needed.

Ensuring that **both breasts are emptied each feed** is a major factor. Breast feeding is designed to give junior drinks, and food – just as we may stop and have a drink whilst eating, so too baby. The initial fore-milk is more fluid, the fatty hind-milk, more solidly satisfying.

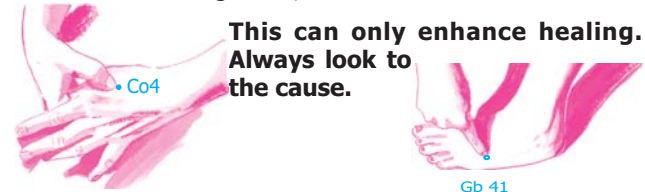
Saving the milk for later as a banking concept is the sure

way to run out of it. The whole system works on a feedback mechanism – **the more used, the more produced** – the less used, the less is apparently needed, and supply is adjusted accordingly. **Introducing supplementation is the beginning of the weaning process.** DON'T DO IT, IF SHE WANTS TO BREAST FEED - its your way of saying that enough has been made - when in fact - it hasn't, and her body won't make up the slack it doesn't know it has. See pp 235, 239 for building up supply tips, and appropriate contacts, literature pp 246, 242.

Acupuncture treatments and **Chinese herbs** are excellent at relieving symptoms and strengthening the areas concerned. Self help – follow the lymphatic drainage, and massage of points **GB21 & 41.**



Strong finger pressure on all of these points, holding solidly for several minutes on the back, **AFTER BACK MASSAGE**, & on GB 41 may release Stuck Qi. All of this is to be done, whether antibiotics are being taken, or not.



This can only enhance healing. Always look to the cause.

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Otherwise, suggest you type in key words, and perservere.

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Other publications by Heather:

"Living as Energy"

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"Reunion" guided meditation CD

3 posters - all available as a "Living As Energy" kit

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Please note that this is not exhaustive, as there is already extensive cross referencing in the text. Where there is an item in bold, it denotes either a page devoted to the subject, or the main reference.

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ALSO SEE PP 254-6 FOLLOWING

APPENDIX 1

The Dangers Of Early Cord Clamping

"Another thing very injurious to the child, is the tying and cutting of the navel string too soon; which should always be left till the child has not only repeatedly breathed but till all pulsation in the cord ceases. As otherwise the child is much weaker than it ought to be, a portion of the blood being left in the placenta, which ought to have been in the child."

Erasmus Darwin, (Charles Darwin's grandfather) Zoonomia, 1801

How does one know that the child has clamped all of the three cord vessels?

- 1) There are no pulsations in the cord which means the arteries are closed.)
- 2) The child is breathing and is pink meaning the heart is two sided; lungs are working.
- 3) The cord vein at the umbilicus is bloodless.

Just a FEW reasons to delay clamping of the cord:

1. Nature did NOT intend for the cord to be clamped...and for good reason!
2. The umbilical cord blood is full of very valuable T-cells which have cancer fighting properties and belong to your baby at birth!!!
3. If a baby does need resuscitation, it is important to leave the cord alone and do all work with the baby on the mothers body. It doesn't make any sense to cut the cord and cut off the back up oxygen supply that nature provided!

4. A whole industry has sprung up to have your baby's valuable blood extracted from the placenta, placed into a cooler with dry ice, and taken to a special storage facility to be ready in case your child gets cancer at some time in the future. This blood belongs to your baby at birth...not years and years later!

"American Academy of Pediatrics Policy Statement on Cord Blood Banking (excerpt)

The importance of larger numbers of stem cells to the success of engraftment could encourage the attendance at delivery by a physician or other health care personnel to attempt to harvest more cord blood. It has been shown that the timing of umbilical cord clamping has an important effect on the neonatal blood volume and the subsequent hematologic status. If cord clamping is done too soon after birth, the infant may be deprived of a placental blood transfusion, resulting in lower blood volume and increased risk for anemia in later life. Immediate cord clamping will, of course, increase the volume of placental blood for harvesting for cord blood banking. There may be a temptation to practice immediate cord clamping aggressively to increase the volume of cord blood that can be harvested for cord blood banking. This practice is unethical and should be discouraged.

Pediatrics, Volume 104, Number 1, July 1999, pp 116-118."

Protect your child from the dangerous practice of early cord clamping: visit

www.cordclamping.com, become involved, rather than hopeful that "everything will work out".

APPENDIX 2

WHY VACCINES ARE HARMFUL

The United States legal standard applied to vaccines defines them as “unavoidably unsafe products that are quite incapable of being made safe for their intended and ordinary use”. The reason why vaccines are unsafe, or in other words harmful, is because they are made up of chemicals and other elements that are poisonous to the body.

Some of these chemicals and elements include formaldehyde which is commonly used to embalm corpses and is a known carcinogen (capable of causing cancer), thiomersal, a derivative of mercury which is a toxic heavy metal, aluminium phosphate which is a toxin used in deodorants. Other toxic ingredients include phenol (carbolic acid), alum (a preservative), and acetone which is a volatile solvent used in fingernail polish remover.

Vaccines contain not only poisonous chemicals but also foreign proteins such as chick embryo, calf serum, rabbit brain tissue and monkey kidney cells. These foreign proteins can trigger numerous allergic and inflammatory reactions and can produce anaphylactic shock in susceptible infants.

When these vaccine ingredients enter the child’s bloodstream (either through injection or taken orally), the child’s body will take immediate action to eliminate these poisons either through the normal organs of elimination or through acute reactions such as fever, swelling or skin rashes. As long as these latter reactions are not suppressed through drugs, it is possible for the child’s body to successfully eliminate these vaccine poisons thereby ensuring that no long term damage will occur.

However, should the child have insufficient vitality to mount an eliminative reaction, or should the eliminative reaction (fever, swelling, skin rash) be suppressed with drugs, then the vaccine poisons will be retained within the body’s tissues. It is the retention of these vaccine poisons, which in susceptible infants, can trigger or at least contribute to the development of illnesses such as juvenile diabetes, autism, asthma, neurological disorders, leukaemia and even cot deaths.

In many children, the retention of vaccine poisons within the body may not cause any acute or noticeable symptoms, but it will cause a lowering of the child’s vitality, which in turn, weakens and impairs it’s intellectual, creative and imaginative powers, it’s physical energy and strength, and all of its internal metabolic functions and immune activities. What this means is that the child will operate at a level well below its true potential.

The toxic build-up within the child’s body and the subsequent depletion of its vitality through vaccines, drugs, fluoridated water, food additives, pesticide residues, atmospheric pollutants, electromagnetic radiation and other adverse factors in the lifestyle makes the child more susceptible to chronic disease at an earlier age, and it’s worth noting that the dramatic rise in childhood cancer, autism, juvenile diabetes, asthma and neurological disorders over the past fifty years, has directly coincided with the era of drugs, vaccines and chemical poisons in our food, water and environment.

Please visit www.vaccinationdebate.com, subscribe to “Informed Voice” (see p 243), and **become aware.**

APPENDIX 3 - USEFUL POINTS AND THEIR APPLICATIONS

Using moxa (DVD Chapter16)	Back points (GV4, BI 23)	107	nausea
96-97 General moxa instructions	101 KIDNEY YANG deficiency	111	everything feeling as though falling down
Moxa abdominal fan	103 SPLEEN YANG deficiency	113	malabsorption/diahorrea
223 mother roasting	111 feeling like everything is falling down/no energy	131	IMPROVING GENERAL RESISTENCE AND STRENGTH
Sacral fan (DVD Chapter 16)	113 malabsorption/diahorrea	225	MOTHER ROASTING
96-98 GENERAL SOOTHING	123 slippery fetus (miscarriage/early labour)	227	incontinence/prolapse avoidance
111 prolapses/incontinence/falling down tissues/baby	223 mother roasting	239	making more milk
117 fearfulness/anxiety	227 prolapses/incontinence avoidance	Liv 13, Gb 25	
123 slippery fetus (miscarriage/early labour)	239 making more milk	113	malabsorption
129 aches and pain	Cv 17 (DVD Chapter 15)	123	miscarriage
135 pubic symphysis pain	237 breast insurance	119	Kidney Yin deficiency/heat in blood
151 last 4 weeks preparation	239 MAKING MORE MILK	125	history of miscarriage/IVF failure
157 baby turning	Si 1 (DVD Chapters 15,17)	Sp3 & Gv 26	
223 mother roasting	97 general instructions	119	LOSS OF CONSCIOUSNESS
225 maternal sanity	239 MAKING MORE MILK	Pc 6 (DVD Chapter 15)	
227 prolapses/incontinence avoidance	Gv 20 (DVD Chapter 15)	89	OPEN CHEST
229,236 helping Mum adjust	111 prolapses/everything falling down	105	heartburn/digestive deficiency
239 making more milk	123 miscarriage/early labour	107	nausea
Front Moxa Points (DVD Chpt 16)	223 mother roasting	117	fearfulness/anxiety (plus Ht 7)
111 everything feeling as though falling down	227 prolapses/incontinence avoidance	200	placental delivery
113 SPLEEN YANG tonification	Cv 2, ST 30 (DVD Chapter 15)	220	stuck placenta
113 malabsorption/diarrhorea	135 PUBIC SYMPHYSIS PAIN	225	maternal moods/sanity/sleeping (plus Ht 7)
123 miscarriage	231 speedy recovery and LIBIDO	St 37,39,40 (DVD Chapter 15)	
223 mother roasting	BI 67 (DVD Chapters 15,17)	109	constipation
227 avoidance of prolapses/incontinence/bleeding	157 turning BREECH baby/aligning	113	malabsorption
231 speedy return to 'normal'	175/6 progression into full labour	131	nasal problems/sinus
239 making more milk	St 36 (DVD Chapter 15)	209	BABY COLIC/GUT & constipation problems
	103 SPLEEN YANG TONIFICATION		
	105 heartburn/digestive deficiencies		

- Gb 41** 178 NOT COPING IN LABOUR 92 pelvic opening
 177 inco-ordinate contractions 183 cervical lip 98 general soothing with moxa
 241 MASTITIS 185 feeling as though pushing forever 134 numbness/tingling in fingers
- Sp4** 200 placental delivery 174 progression into full labour 225/229 post birth recovery
 220 stuck placenta 176 slowness to progress in labour 238 engorgement
 241 mastitis
- Gb 34 (DVD Chapter 15)** 178 MUM NOT COPING/ENERGISE HER 92 **Si 9,11 (DVD Chapter 15)**
 93 stuck liver qi 178 IN LABOUR 87/89 UPPER BACK RELEASE
 129 GENERAL ACHES & PAINS 183 cervical lip 134 tingling/numbness in fingers
 133 leg & foot spasms/cramps 185 energise when pushing feels endless 236 after birth release
 135 pubic symphysis pain **Sp 6 (DVD Chapter 15)** 238 engorgement
 182 stuck baby 153 cervical opening
- Co 4 (DVD Chapter 15)** 174 progression into full labour 92 **Gb 21 (DVD Chapter 15)**
 167 PAIN 176 SLOWNESS TO PROGRESS 89 DOWNWARDS ACTING
 182 pelvic opening 177 inco-ordinate contractions 183 cervical lip
 183 cervical lip 181 opening 185 pushing/general labour assistance
 185 pushing taking forever 183 cervical lip 229/236 post birth return to normal
 200 placental delivery 221 stuck placenta 2381 engorgement
 22 stuck placenta 225 maternal moods/sanity 241 mastitis
- Du Yin** 92 **Gb 30 (DVD Chapter 15)**
 241 mastitis 129 general aches and pains
 178 NOT COPING IN LABOUR 133 spasms & pains in legs
 182 baby stuck 132 SCIATICA
 185 opening in labour 199 PELVIC OPENING
- BI sacral points (DVD Chapter 7)** 172-175 general labour opening
 94/175 PELVIC OPENING 221 stuck placenta
- 151 last 4 weeks preparation
 153 to hasten cervical ripening
 172 to ensure speedy delivery
 176 failure to progress
- Ki 1 (DVD Chapter 15)** 92 **Co 11 (DVD Chapter 15)**
 174 progression into full labour 109 good COOLING/ELIMINATION point
 176 slowness to progress 209 BABY GUT problems
- Gv 14 (DVD Chapter 15)** 92 **Th6** STUCK LIVER QI GUT/constipation
 87/88 UPPER BACK RELEASE 92 **BI 20 (DVD Chapter 15,17)**
 103 SPLEEN YANG TONIFICATION

APPENDIX 4 - WHEN YOU MIGHT USE WHAT

- 1 - Upper back (DVD Chapter 5)** 237 breast assistance
 87/88 how to
 117 fearfulness/anxiety
 129 aches and pains
 133 leg spasms and cramping
 134 numbness & tingling in hands/fingers
 151 last 4 weeks
 157 baby turning
 172-3 speedy delivery
 174/8 labour & pelvic opening
 225 moods/sanity
 229/236 post birth adjustments
 238 engorgement
 241 mastitis
- 2 - Pelvic opening (DVD Chp 7)**
 92 how to
 95/151 birth preparation
 109 constipation
 117 anxiety/fearfulness
 153 hasten labour
 172 for a speedy delivery
 175 opening into full labour
 230 helping Mum heal
- 3 - Chest open (DVD Chapter 12)**
 91 how to, plus upper lymphatic drainage
 105 heartburn/digestive problems
 107 nausea
 117 fearfulness/anxiety
 231 normalising life for Mum
- 237 breast assistance
4 - mid thoracic/Stuck Liver Qi (DVD Chapter 9)
 90 how to do it
 93 Stuck Liver Qi release
 107 heartburn & digestive disorders
 109 constipation
 112 irritable bowel syndrome
- 'RECIPES'**
- 5 - Tension in upper back;tingling/numbness in hands/fingers**
 87/88 general upper back massage
 92 pelvic opening
 90 stuck liver qi
 87 strong massage around Gv 14
 91 open chest
- 6 - Birth preparation (DVD Chp 7)**
 after 36 weeks/38 if cervical stitch
 87/88 whole back sequence
 96/8 moxa sacral fan
 92 pelvic opening
 151 sacral points, including Bl 35 (bottom of sacrum, angling up 45 degrees)
 156 perineal massage
- 7 - Baby turning (see DVD Chp 17)**
 follow '6' above, if more than 35 weeks, stop after gentle pelvic opening if not, then
 156 moxa Bl 67 (p 156/7)
 96/8 sacral fan moxa

Healing after C section (see pp 222/233)

- 87/88 general back, including stuck liver qi
 97 moxa sacral fan
 92 pelvic/sacral
 90/91 chest open
 91 lymphatic drainage
 223 abdominal moxa fan, if belly is cold
 231 moxa Cv 2,4,6,8 as required

Mum exhausted

as above, adding to pp 101/103/113 as reqd

Return of sexuality (DVD Chapter 17)

- (see p 237)
 '5' plus back sacral points, plus Gb 30
 91` lymphatic drainage
 223 mother roasting
 223 pelvic drainage
 Take note of info pp 100/103 & 113

PLEASE NOTE:FOLLOW INSTRUCTIONS

Moxa is a powerful tool. If Mum feels much better with its use, do not overstep the guidance given. Moxa is not just heat; it has a strong influence on all aspects within our being. Always drink water before & after.

Extra heat in an already very busy heating time, such as pregnancy can have long reaching effects. These may include heat in the lower body, showing as cystitis like symptoms, herpes outbreaks and the possibility of haemorrhaging.