

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)].