HEATHER BRUCE 27

HEAT IN BODY

HEAT IN BODY These are a guide only. You may experience one. some or all of these to Loud, aggressive, Exploding, severe varying degrees & in maybe hyperactive. migraine type different combinations. very moody, angry, headaches. Possible rageful, temper connection with outbursts, very volatile Hot, reddened, dry Liver Yang Rising people eves (pp 55, 138-9) Possibly spontaneous Shen bleeding from any Nightmares, very orifice Head disturbed sleeping **Eves** habits Sleeping Itchy, reddened very hot skin rashes. Red, florid, perhaps Possibly boils and with burst blood Skin Complexion carbuncles vessels (red not purple), pimples, Early puberty. rashes Flooding. Bad breath, maybe gum aushina, short Menstruation time between **Digestive** disease, tooth decay, smelly discharges and cycles, over gases, hot, burning bleeding Pregnancy sensations, requiring cold **Body** All the above in to cope, hot, spicy addition to Urination temperature aggravates, constipation spontaneous uterine Dark coloured. with hard, dry stools Hot to touch, may spotting or bleeding, possibly blood radiate heat, wanting or placental tinged, hot or to be cold, in a detachment burning to pass draught, drink chilled fluids (p 66)

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.