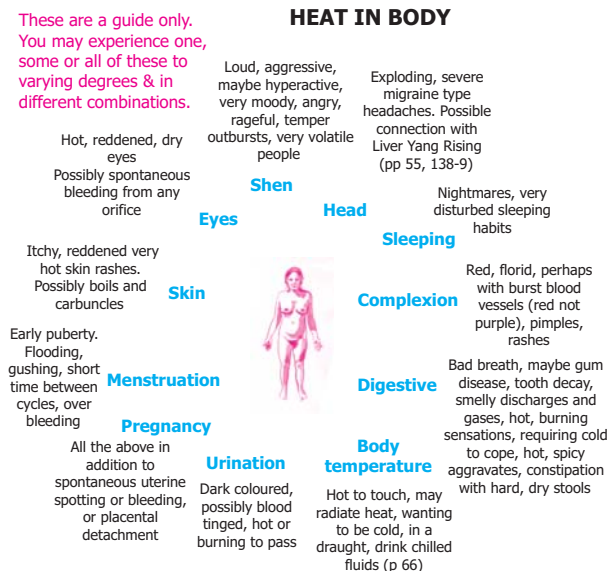


## HEAT IN BODY

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.