



How a Well Body Supports Life

Heather Bruce

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ABOUT THE AUTHOR



I began learning natural therapies after birthing my first child, when I decided that his health care was best handled by someone who had his best interests at heart – me.

My formal healing education started with acupuncture. From there I incorporated whatever came my way. All of it. I found teachers who were also brilliant clinicians. In clinic I soon realised that my greatest guide was nature itself.

Along the way I grew myself, as a teacher and lecturer, designing courses for all levels of acupuncture training.

I have been involved in acupuncture education now for more than four decades. I co-wrote a very different kind of undergraduate acupuncture course, which I taught for several years while writing and delivering postgraduate seminars. As well, I was/am a body worker, a naturopath and a herbalist. Consequently, I combine many different approaches to health care and wellbeing.

I brought through four children in 18 years. This allowed me to experience the vast changes in perceptions of ‘normal’ in child-rearing and child-bearing practices in modern Western society. When I opened my first practice in 1978, I realised it was more important to teach people what they were doing to disturb their own balance, and how this was contributing to their problems, than trying to “fix” things for them.

In 1986, I birthed my much-loved daughter who was seriously brain-injured and who became profoundly autistic. I spent the next eight years turning over every stone to help Kathryn live well and achieve functionality. This gave me first-hand experience of the suffering we inflict upon ourselves when we are attached to specific outcomes. I learned to practise patience and compassion the hard way.

The result of those decades of experience and expertise is available in a massive range of eBooks, websites, books, life manuals, meditation CDs and posters. I have now branched into making this wisdom available to non-health professionals through a series of eBooks. I aim, through this internet presence, to inspire new “takes” on life, knowledge and heart connectedness, and to cultivate hope where there may have seemed little.

This book was written to fill a gap in health knowledge – to show people why they have the health outcomes they do. How they can help themselves. Ultimately, we all live with the consequences of the actions we choose. Sometimes it can be decades before the outcomes we set in motion become obvious.

I recommend finding a trusted health professional for yourself and your family. And thinking through their health advice and options, over and over, seeking second, third and fourth opinions to empower yourself to make informed choices.

My health philosophy is simple: “Nature knows best.”

FOREWORD

Through the mothering of my own children, and my own woman's ways of knowing, along with working naturopathically and teaching and mentoring acupuncturists for the past 40 years, I have drawn very different conclusions about the processes we call life than most people in mainstream medical thinking. This book is the result of my decades of studying people and life through the theories that underpin acupuncture. It is very different to anything else you may find written by others.

This is partly because acupuncturists tend to keep their secret wisdoms close to their chests. What I have tried to do here is to incorporate my learnings as a mother, and as a woman in today's busy world, with my extensive years of clinical practice. I hope you find it helpful in unravelling some of your own mysteries.

On these pages I am offering a visual teaching tool to assist better understanding of some of the central concepts found in this book. It may take a little while for you to get used to the difference in presentation and in content. You may also need to read and re-read this information in order to digest it, as it is different to what most Westerners 'know' to be 'true'. The information you receive here may well result in a paradigm shift. Please, persevere if the information is tricky to understand – it is well worth teaching yourself how to grasp what is causing that which is affecting you.

This book will teach you to view your health through the eyes of an energy model, thus explaining why your life is as it is – and then, with self-discipline and commitment, what ails you will be easy enough to transform into good health.

Energy is a far greater consideration than you may have previously thought in relation to your physical body. How you feel about what happens to you may not be a matter of 'genetics' but epigenetics (what sits on top of the genes – that which allows us to express, or not, what we have been gifted through our parents' lines), thus allowing for the release and expression of who we truly are/could be. For example, while most people readily blame 'hormones' for imbalance, they may forget that **hormones are simply messengers** – being really furious, upset or exhausted sends a very different set of messages around the body than being happy, well rested, well-nourished and "in the groove". Consequently, health outcomes (desired or otherwise) are set in motion.

In digesting this material, you may need to ask some awkward questions:

- How do we express our innate potential?
- Are we more than just the body?
- Does our heart connection, and the Soul working through us, influence "actual" physical outcomes?

I wish you well on your health and healing journey.

CONTENTS

ABOUT THE AUTHOR	2
FOREWORD	4
INTRODUCTION	6
1- HOW A WELL BODY SUPPORTS LIFE.....	7
2 - LIVER QI FLOWING FREELY	15
3. DIGESTIVE TROUBLE.....	20
4 - SOLUTIONS.....	27

INTRODUCTION

Often it seems as though although you do *'everything right'* it is not enough.

Here I explain in simple terms, using the Chinese medical framework – how to help yourself through knowing how a well body works. Over the past four decades I have seen this used for successfully in my life and that of all around me as they may decide to shift their behaviour as nothing else seems to be working.

All world systems passed their own versions of this down important concept through the generations in oral form. Working as a Mayan/Arvigo therapist I find this information to be appalling. All cultures, all traditions – as the 'old wives' had 'tales'. Elders always knew to avoid cold. No foods fluids out of the cooler. . . . The physical body we inhabit needs energy instructions to work.

What you see here is not the 'how's' and 'why's' of the physical process of digestion as seen in a medical text, but the processes that support entire body wellness.

Knowing what lies beneath allows you to then make conscious choices.



1 - HOW A WELL BODY SUPPORTS LIFE

From an energy model, looking at the normal everyday process of digestion, it is very different. Seen from the 'food factory' model you may be able to decipher why you are having troubles that nothing so far seems to shift. You feel that you are doing everything right – maybe there is more?

1 - The Three Heater/Triple Warmer system – from East Asian and Chinese medicine

How this model for digestion all fits together.

The three heaters are as below –

Upper Heater – Breathing and circulation.

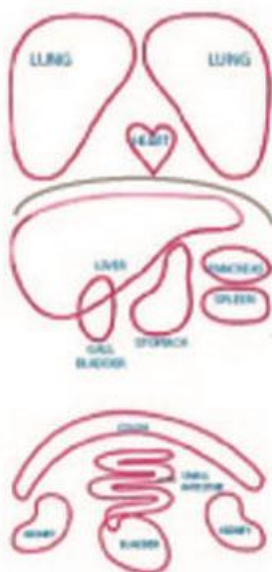
- Where the Shen (in the Heart) resides.
- Where all the Qi flow begins.

Middle Heater Physical Digestion

Receiving raw ingredients and apportioning perfectly.

Lower Heater – Uterus/fetal palace/'Dan Tien' – the energy centre of the body - Kidney home, where separation of the pure of the impure continues.

Relative placement of organs



In the **Upper Heater**, the 'purest' resources are turned into the meridian Qi, after the pure resources from the stomach have mixed with the cosmic Qi and air from breathing. This is the grid that acupuncturists use.

Middle Heater – where the food is received and the Spleen Qi/Yang transforms through 'rotting and ripening' (digestion) onto what is needed, and what is to be excreted is sent downwards. The purist physical components are sent across to the liver organ.

The **Lower Heater** – where the physical dregs go – and where the transformation into fluids for discharge and solid wastes happens in an orderly fashion. When there are 'left over' reserves from running the body, this Jing is sent to be stored. Here, the purest resources, alchemically transformed through digestion, rest in the Kidney complex.

All this works perfectly

Food goes into the pot (your stomach) with the fire underneath (being the 'Spleen Yang' that is spoken of elsewhere). Enough 'oomph'/juice/fuel, and the food is digested well. The energy that drives the body is not visible; hence is ignored by what we see as orthodox medicine. However, if you study the traditions that have been working for thousands of years in other cultures and countries you may become happier and healthier.

The pure aspects of the energy transformation process pass upwards, and the more gross physical parts are sent in their downward path. As more nutrients are extracted, the relatively 'pure' Qi/ingredients from go off into different paths – physically the portal vein carrying the goodness from the small intestine organ to the liver organ being a major correlation in physiology.

The Middle 'Heater' - Food in, wastes, downwards and out

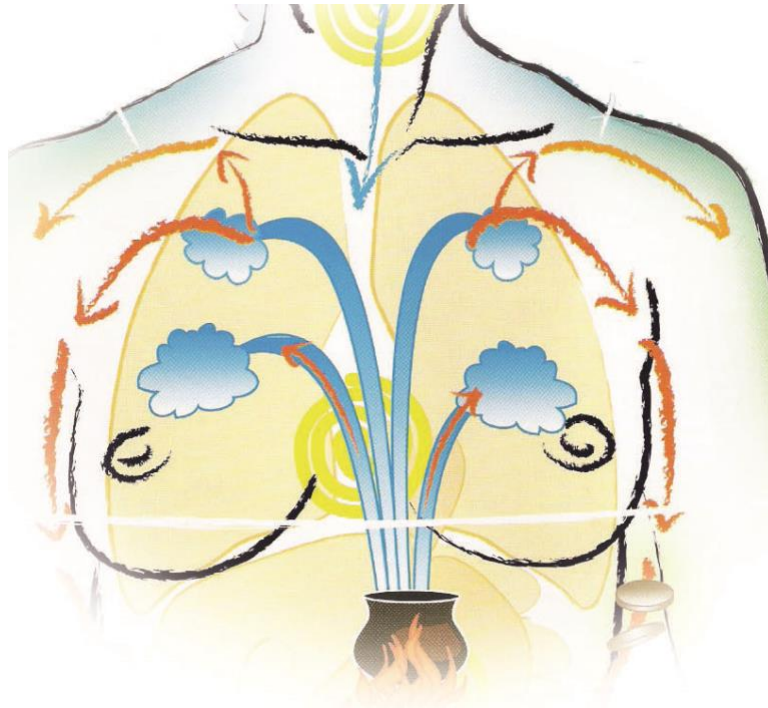


The **spirals** are to remind you of the energy centres (from Indian traditions) of the chakras. The **red arrows** represent the direction of flow.

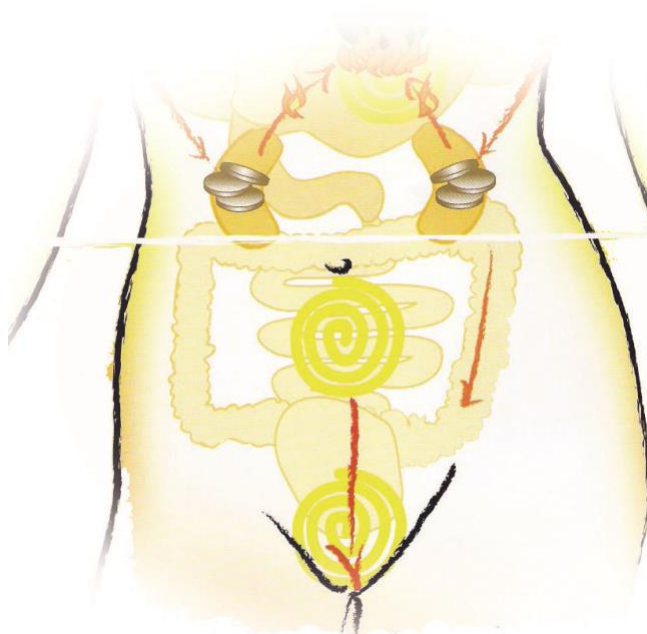
The **coins** – the precious reserve that if enough is left over from daily living is stored as Jing reserves – in the Kidney energy complex. The Kidney Yang is also used as the heating used to digest the food – a catalyst that is also replaceable - if we live well and moderately within limits.

The pot is the 'Spleen Yang' as above – your digestive strength. If fluid or food is too cold and put into the stomach, the fire may dwindle – and nausea is one result. Candida, allergies and all food intolerances are others.

The Upper Heater . . . The blue lines are the purest energy ascending into the lungs to start the energy circulation which keeps the body flowing – and which acupuncturists tap into along the meridians.



The Lower Heater - Food residue descends. Once all the goodness is gone, the solid wastes are excreted. The fluid wastes from life processes are also discharged.



**Simple – and it all works with the Liver Qi flowing freely.
Hint – emotions need to be freely flowing or the gut blocks up!!**

What is needed for the 'food factory' to work perfectly?

Energy model

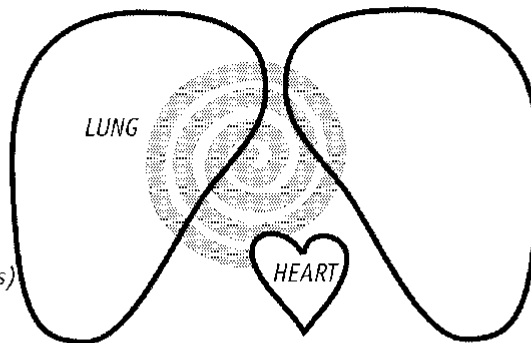
vs

What happens physically

UPPER HEATER

RESONANCE

- Heart chakra resonating as designed – absence of the consequences of uncleared grievances, shutting off own love
- Cosmic qi/prana
- Fresh air (charged with ions)
- Lungs free of grief
- Liver qi flowing, allowing the diaphragm to expand properly

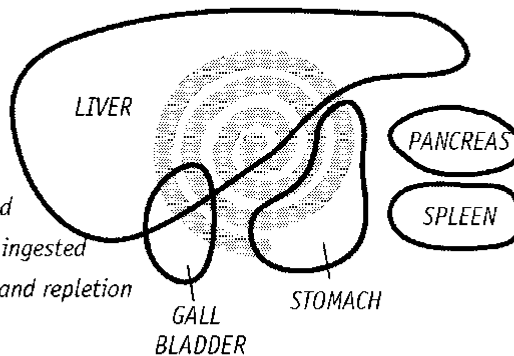


SUBSTANCE

- Presence of oxygen
- Presence of pollutants
- Breathing cycle free of all restrictions
- Structure as designed to be - no spinal or organ misalignments

-
- Solar plexus chakra resonating as designed Free flowing liver qi - if it is stuck, due to unsaid/unfelt/unexpressed emotions, will consequently totally disrupt all natural digestive flow
 - Frequency, temperature and energy vibration of the food ingested
 - Regular cycle of emptying and repletion
 - Availability of yang qi

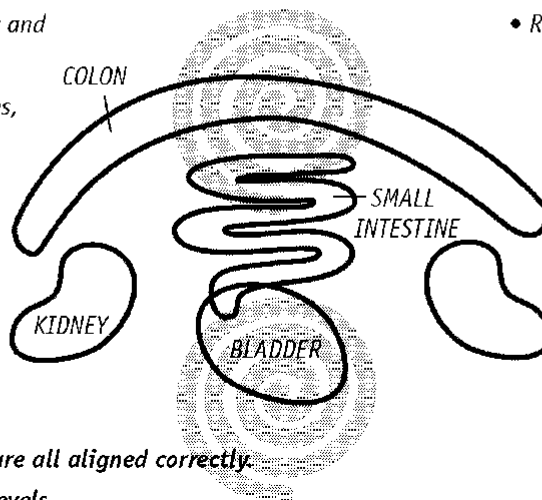
MIDDLE HEATER



- Choice of quality, type and amount of food/fluid
- Digestive enzymes appropriate to food requirements
- Backlog of toxins in the liver/gall bladder
 - Presence of co-habitants - parasites and their toxins
- Posture and Structure

-
- Presence of stuck qi, blood, cold, damp, obstructing the energy and eventually physical flows
 - Presence of sexual blockages, fear, shock, rage, entrapped in the pelvic memories and energy fields
 - Ability to feel/be here/let go and experience

LOWER HEATER



- Appropriate waste disposal
- Regular appropriate sexual pleasuring
- Physical blockages as a result of the stuck qi

Chakra, structure and posture all aligned correctly.
Absence of scarring on all levels.

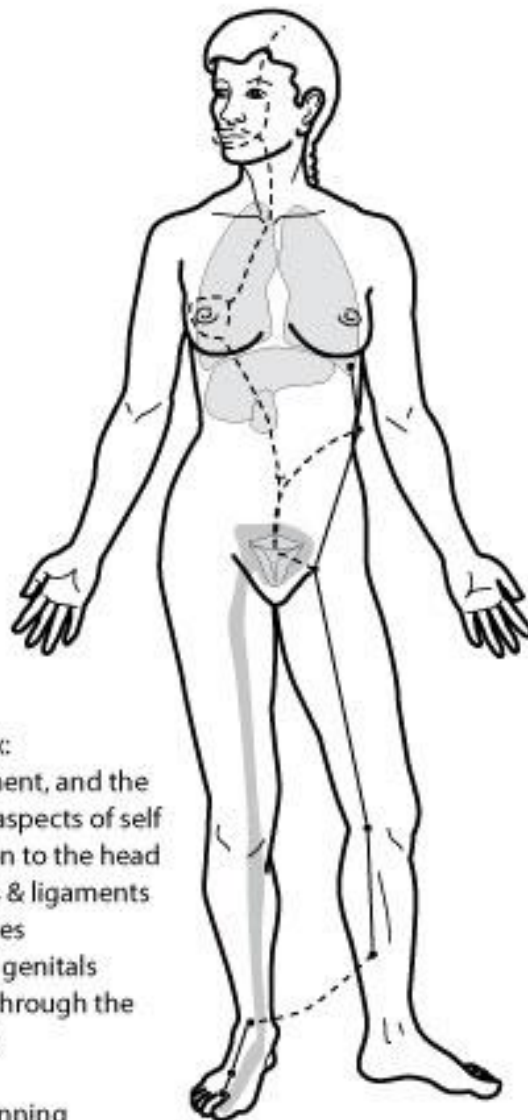


2 - Energy model – meridians

The entire body is serviced by interrelated energy grids: inside, outside, around

LIVER

Liver Muscle and Main Meridians run on both sides equally



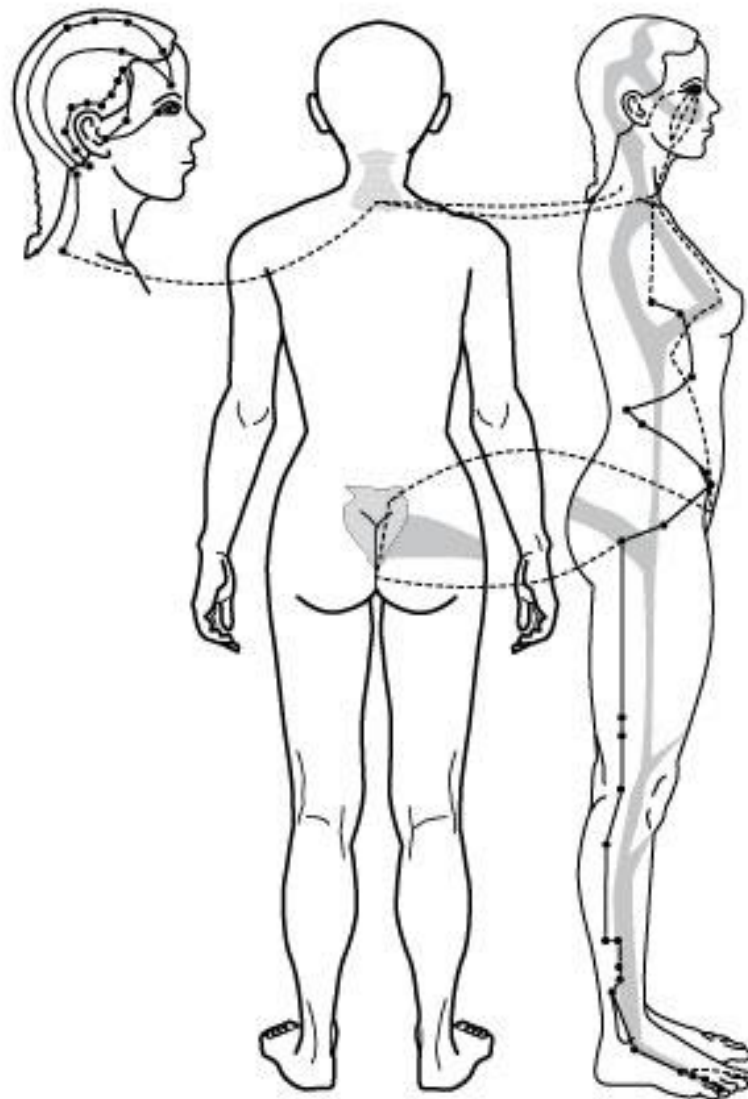
Liver organ complex:

- controls all movement, and the free flowing of all aspects of self
- All blood circulation to the head
- Nourishes tendons & ligaments
- Eyes & visual abilities
- Internal & external genitals
- Blood movement through the reproductive areas
- Finger & toe nails
- responsible for planning

The Liver meridian and Gall Bladder one work as a team – as such, anything that upsets your emotions, then plays out in the structural catastrophes that some live their lives through - simple answer – get more magnesium oil on board to loosen up the tendons and the emotions! **Good sources of magnesium?**

GALL BLADDER

Gall Bladder Muscle and Main Meridians run on both sides equally

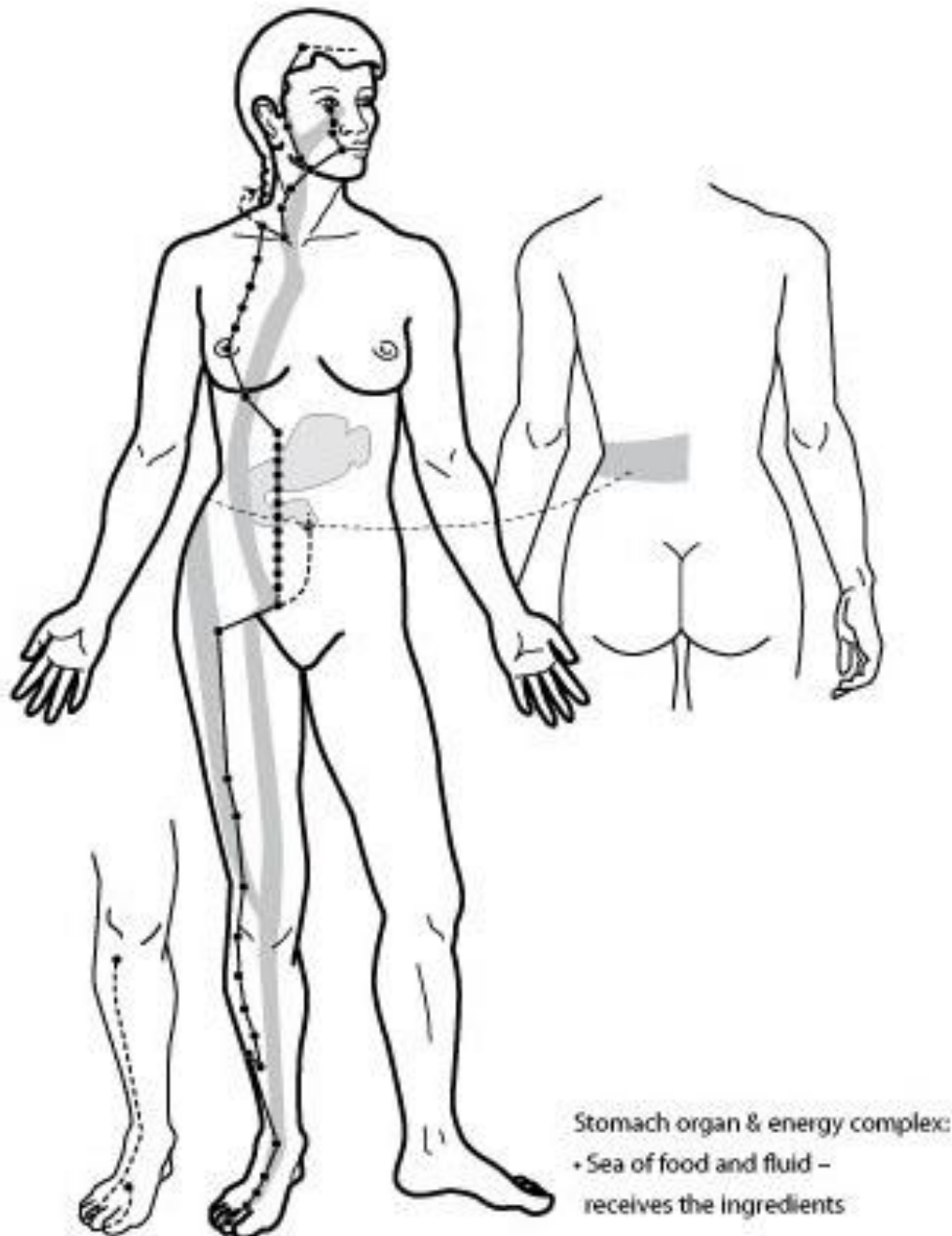


Gall bladder organ & energy complex:

- Responsible for decision making
- When weakened, indecisive and 'lacking gall'
- Stores the bile

STOMACH

Stomach Muscle and Main Meridians run on both sides equally



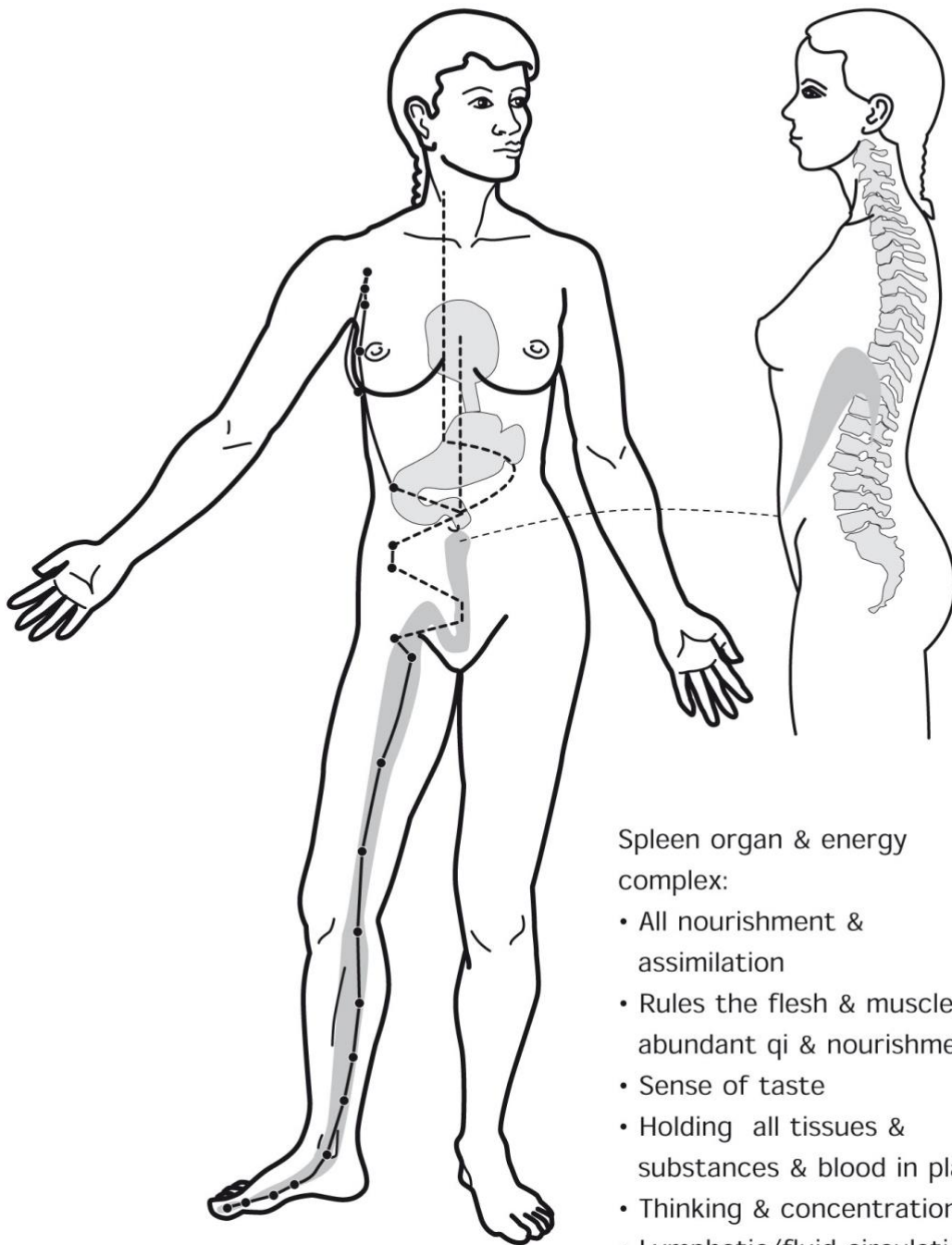
See how the meridians (they are all on both sides) cover so much of the area that is cut through in C-sections, and breast surgeries/implants. Even navel rings. Congested energy flow is often the beginning of the problems found later in functioning.

These can be easily addressed whilst visiting an acupuncturist – as using preventative medicine – not waiting till things fail and break down.

When it does all fall down – the Spleen energy and meridian are heavily upset.

SPLEEN

Spleen Muscle and Main Meridians run on both sides equally



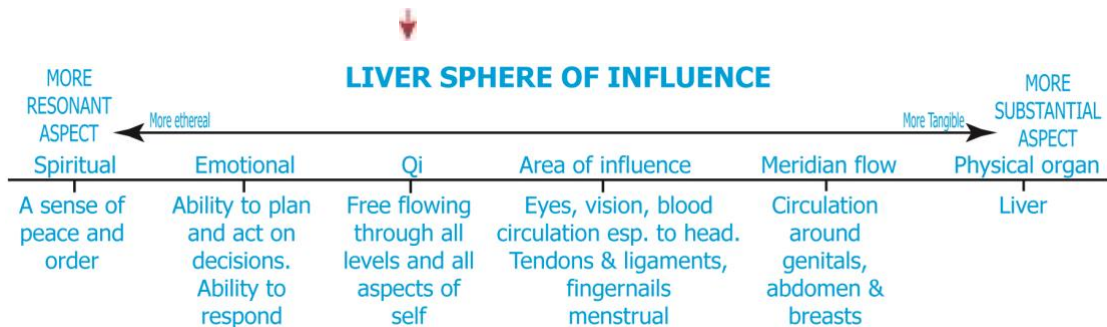
The Spleen/Pancreas meridian is controlled (as all are) by the amount and ability of the Qi to flow. Scars, trauma and other blockages can stop up the circulation, creating local and distal problems, often decades later. The presence of cold locally lodged - can vastly upset this.

Please see more in Chapter 3 (page 20) on digestive upsets.

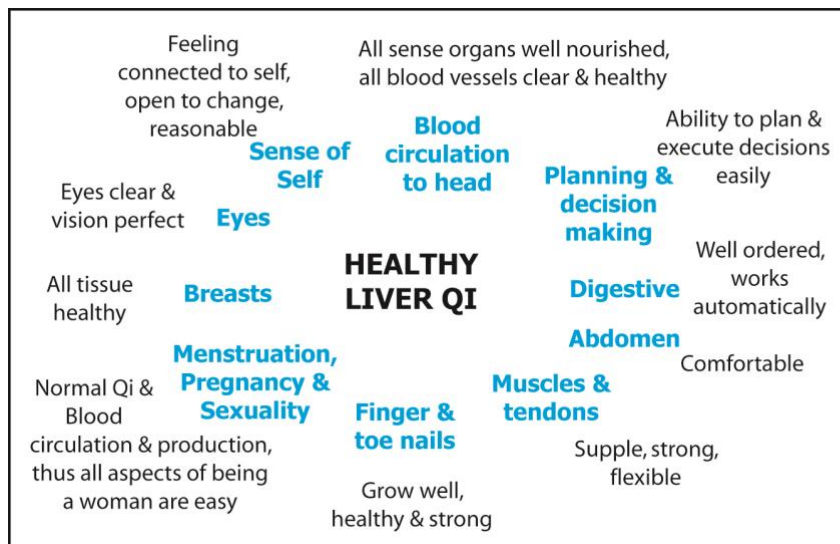
2 - LIVER QI FLOWING FREELY

The key to all working in the body is free flowing Liver Qi. All Qi has to move – and what changes it faster than anything else is feeling something, and not expressing it. Thus feeling stuck – and this is then called depression – and instead of undoing yourself and your emotions - and your life - you block it. This leads to just about everything that then happens to you. Including serious life-threatening illnesses - the answers are to be found in undoing yourself and your feelings – letting life flow!!

Liver Qi needs to move.



What upsets the Liver Qi most? **Emotional constraint** – feeling and not expressing – anything – otherwise called ‘stress’ in western culture. Resentment bottled, anger and unfairness festering. Over time it kills us. We block normal flow. Get bound up – growths and blockages and cancers - after years of internal dialogue and self-abuse.



The Liver Qi needs good blood to nourish it – this is shows up the circular nature and the interdependence of the body – all need to be perfect for the whole to work.

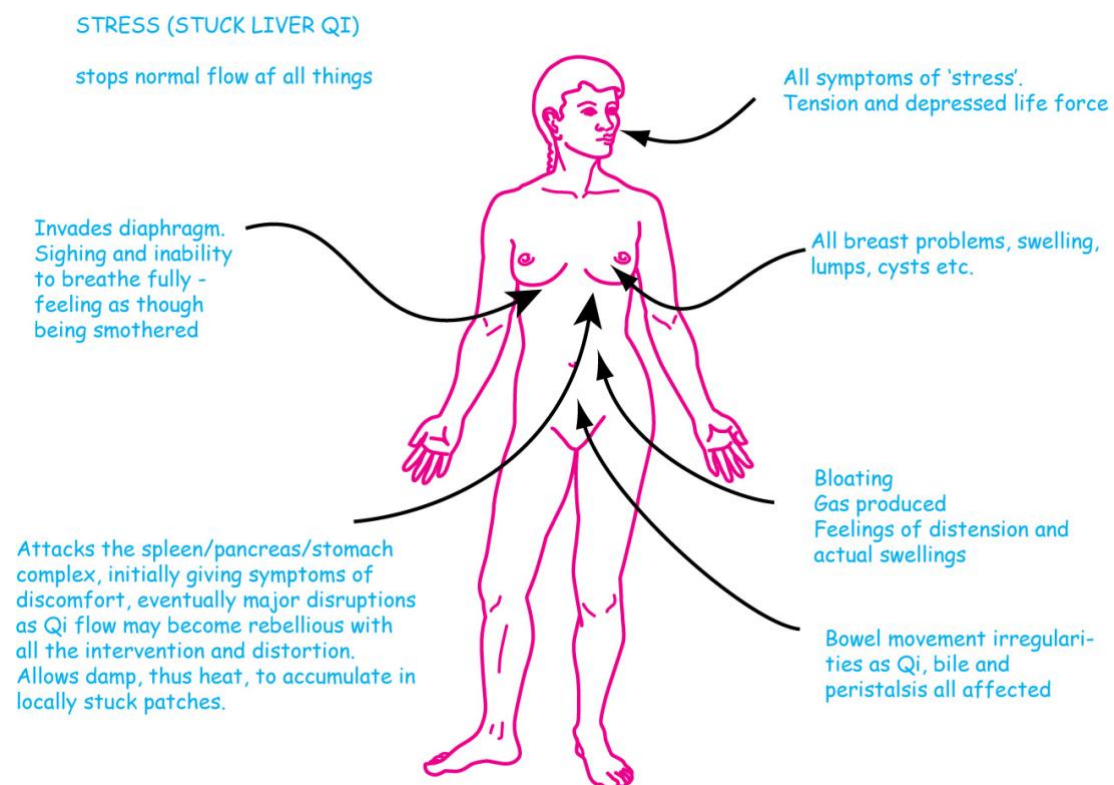
When things brew – and when tempers fray and get stuck due to the behaviours we are modelled into (to be civil/nice and liked by all) - the energy has to go somewhere – and it does - one option is across and attack the gut. ('Upset tummy', IBS, ulcers, heartburn, Crohn's disease, allergies, general gut malaise . .)

It could boil over into tension felt in the structure, or by accepting the 'family' history of migraines, bad temperedness – especially when the Liver Qi is enhanced – and more blood is in the body at period time – hence P.M.S. Most are aware that they are not happy – and just get used to it. BUT – the Stuck Liver Qi makes its presence felt.

All these different medical specialities come down to a basic cause – not happy.

Think of all the different specialist that orthodox medical thinking could have you visit – and all the tests and scans all expensive and inconclusive – when all along it is 'just' you not doing what you are here to do/be who you are to be!!!

This is where the Stuck Liver Qi shows up.

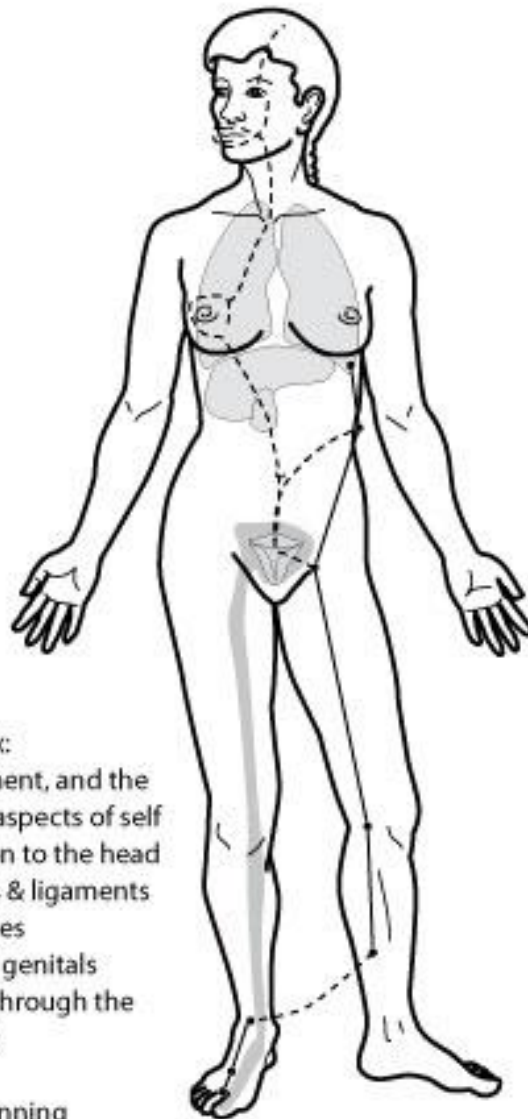


So important that I am repeating it . .

The entire body is serviced by interrelated energy grids: inside, outside, around (called meridians).

LIVER

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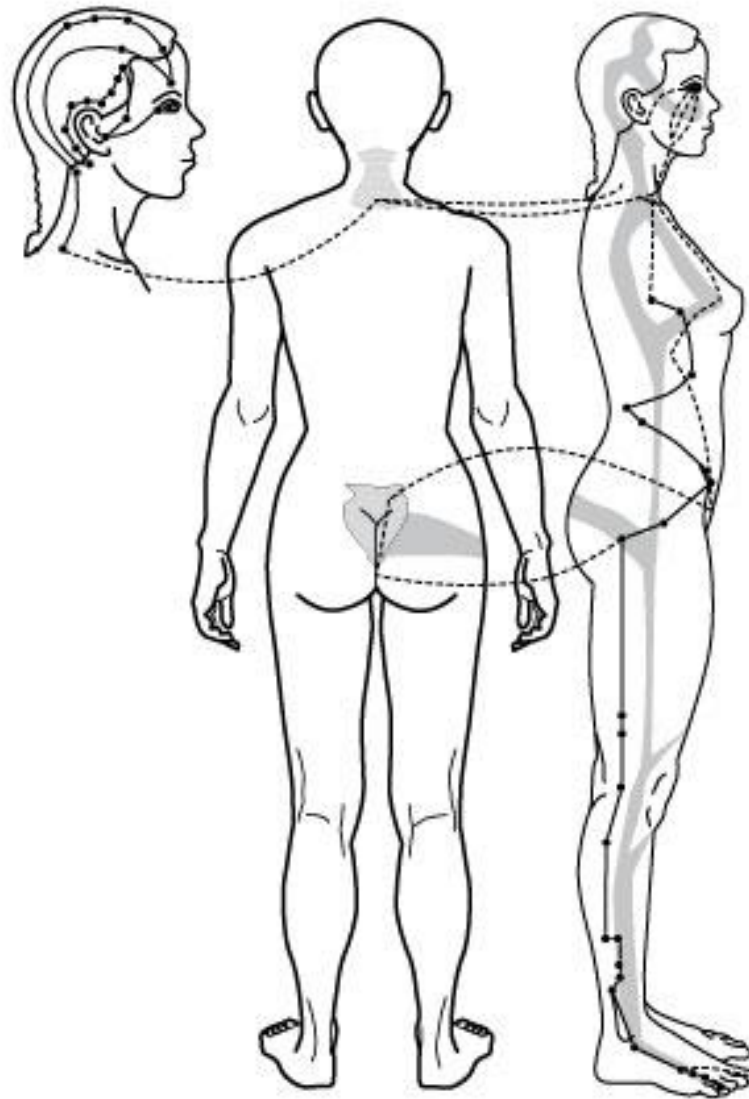
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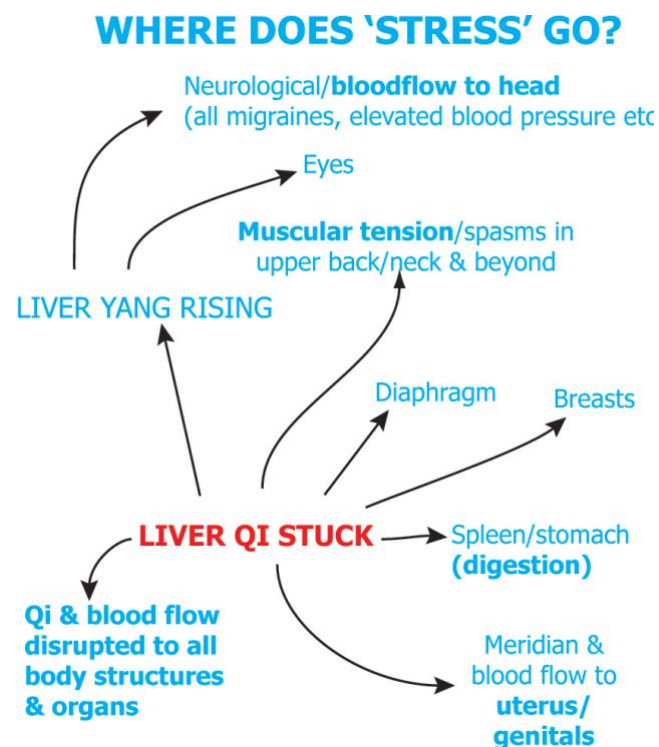
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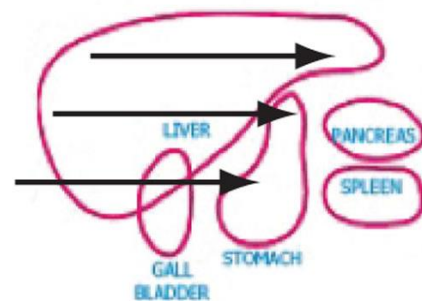
When we store up resentments, bitterness, feelings of betrayal and unworthiness - it festers. Along these two meridians.

The Liver Qi governs all flow and nourishes tendons
and muscles and ligaments.

Here we have the perfect storm – you get tense, and your structure/muscles respond accordingly - not only in emotional pain, but also physical pain.



Look above again – all through the ‘tension’ area that the various physios/chiropractors and massage therapists spend much time and your money trying to address.



Short answer – use magnesium on your skin (transdermally) many times daily.

What else is needed as a foundation?

1) – Great constitution – from the parents and a moderate life to enable the ‘leftovers’ to accumulate so we have some for emergencies. (Also for when making babies). The entire system runs perfectly as long as there is sufficient Jing as the source substrate/foundation. (If you are pregnant - or thinking of this - you must fix this NOW as your precious baby is NOT getting all its birth right). Forget about your age. The current AMH and bad sperm are simply showing you that you need to lift your game.

2) – **Proper ingredients** – in moderation, variety, correct temperature, and harmony.

3) – **Yang Qi** able to work without stored cold wasting its ability to function.

If you are troubled by digestive upsets it may be a combination of a lot of these factors - and who knows? Even the temperature alone of what you ingest may be all you need to change for a big correction and to feel so much better.

3. DIGESTIVE TROUBLE

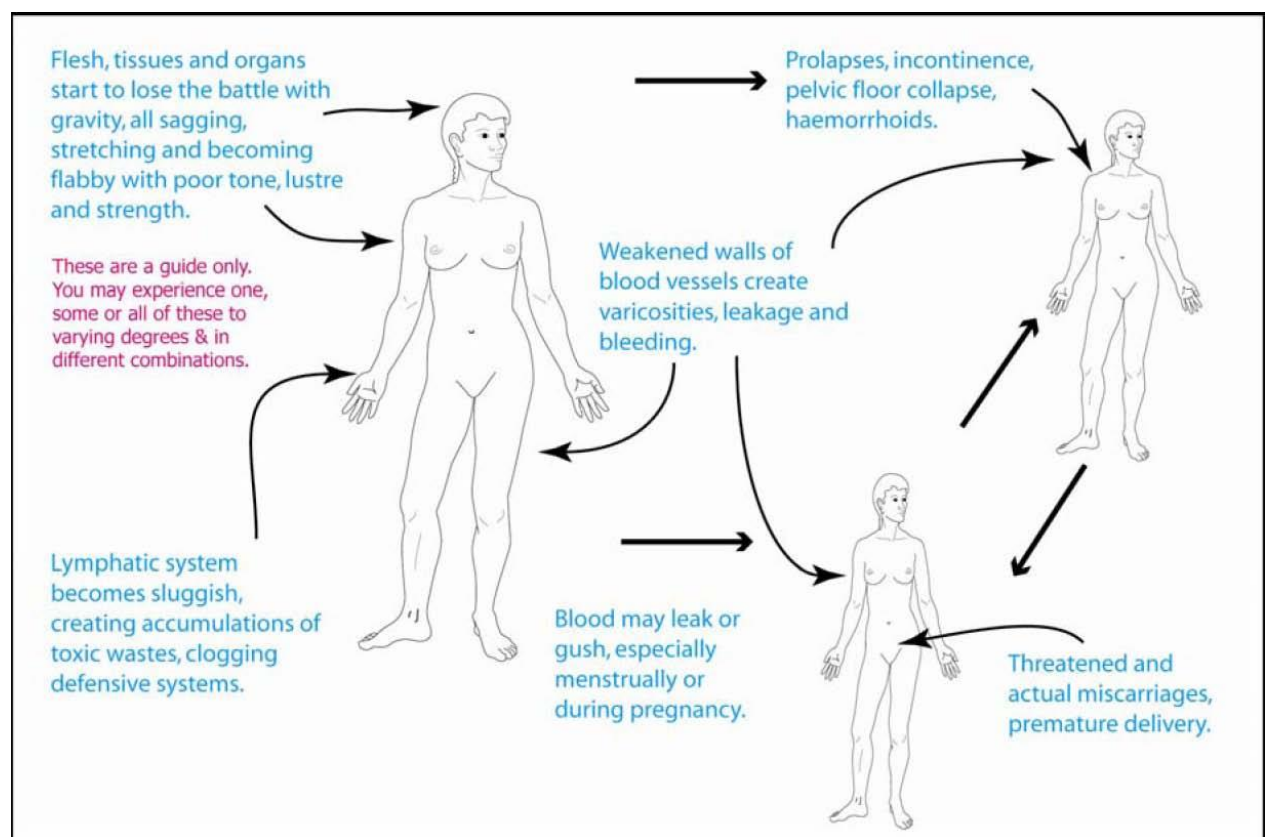
When the Spleen Qi/Yang can't work well, a whole raft of problems begin for you. They may be considered 'normal' in illness, or in pregnancy, or (even when on chemo), and in aging, but are really just common disturbances when the body starts to fail. When we do not look after ourselves – by essentially just doing what we feel like, regardless of consequences, the body starts breaking down.

The Spleen energy is held together by the Yang Qi.

Anything that upsets Yang Qi messes with your life, basically.

Many thing? Cold. In all forms.

What happens then? Things fall down and into disrepair.

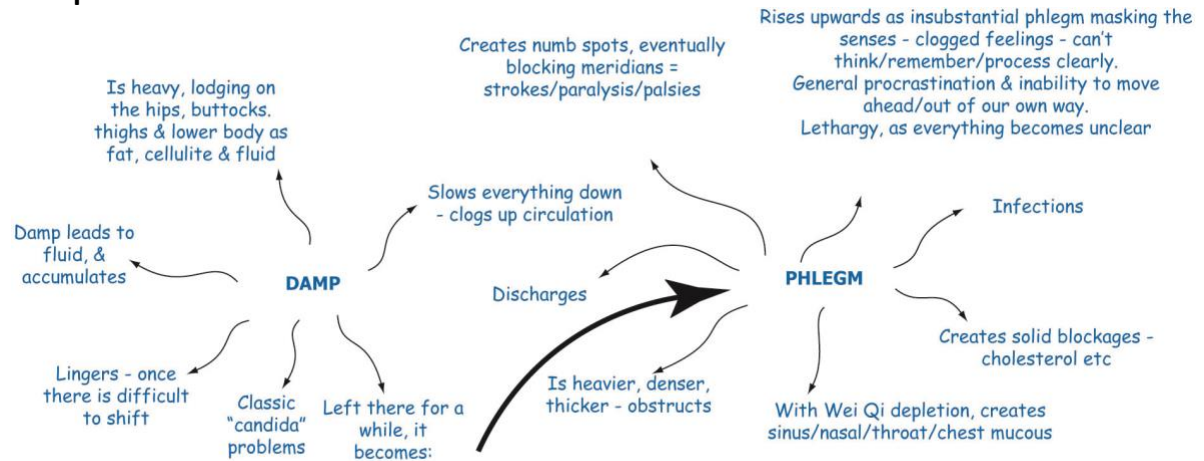


Dampness being formed is just one of the 'Spleen Qi deficient' problems

What do I mean by dampness? Anything that obstructs normal flow within the body – as the energy of dirtiness/fluid/heaviness. Often brought on through the weakening of the body's Yang Qi – and putting out the digestive fire.

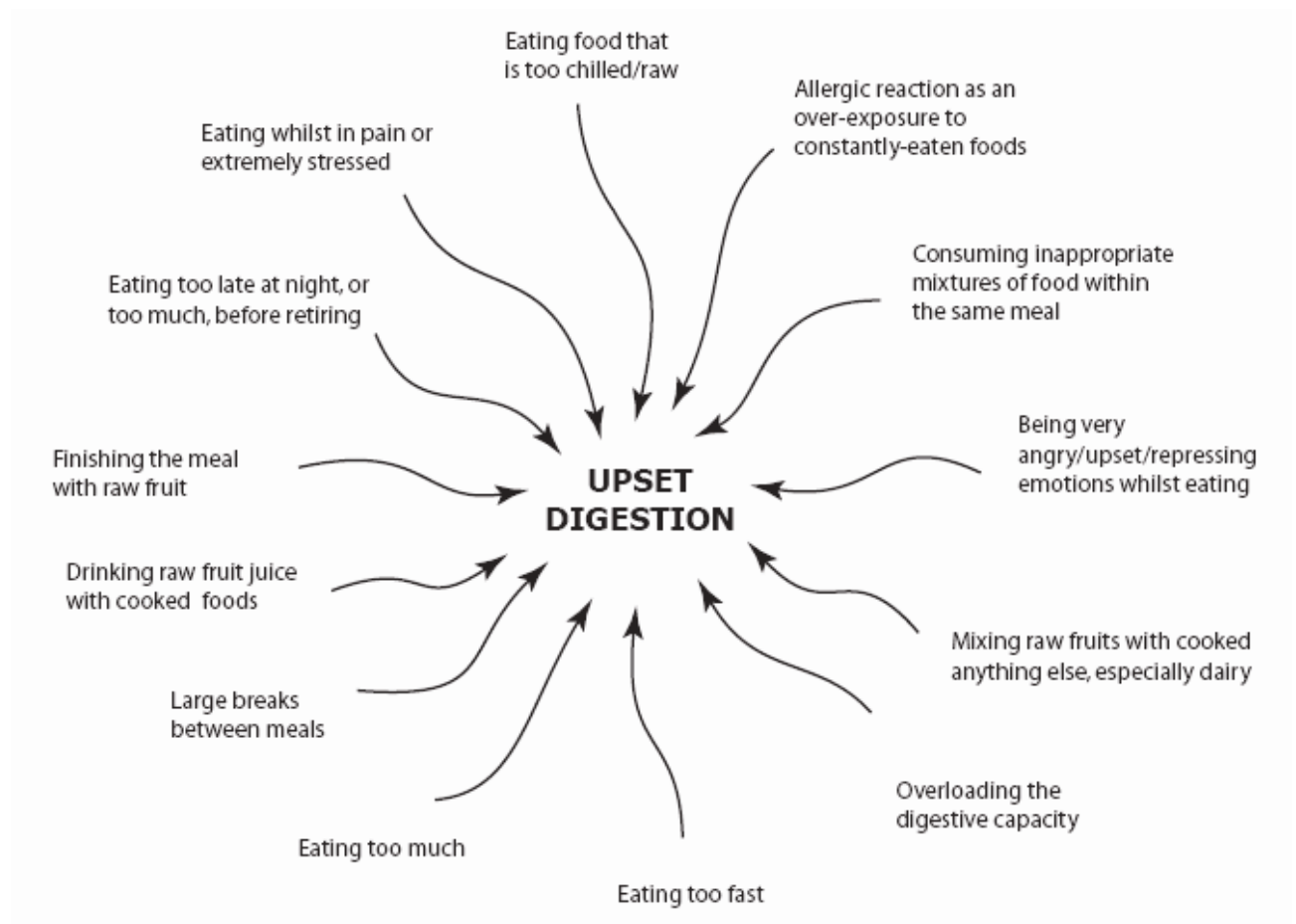
Exposure to cold (food/ fluids /environments - eventually causes low immune /digestive /circulatory/thyroid function.

Damp



It takes often decades to get to where this is a big problem. You can help yourself – or wallow in being the same as always - choice to change it is in your hands. Feeling hopeless and helpless whilst following the medical profession, which is so behind in wellness enrichment, will not help - you look to a model that works.

This will not be enhanced by common habits.



Please reverse out of this - is very possible

You may find even yourself with nausea/vomiting.

It is never normal, or to be expected – even in pregnancy – and the mechanisms are the same, whether you are pregnant or on chemo . . . or anything in between.

REASONS FOR NAUSEA/MORNING SICKNESS

1 - **Stomach Qi is too weak**/or empty (also Spleen Yang weak)

2 - **Stomach Qi is too full.**

3 - **Stomach Qi is too cold.**(also Spleen Yang is weak)

4 - **Stomach Qi is insulted/assaulted.** (over `ripe'/damaged food).

5 - **Stomach Qi is being attacked by Liver Qi Stuck** (stressed).

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 - the body re-adjusts as pregnancy develops.

ACTIONS TO COUNTERACT

- 1 } **Eat small amounts of easily digested foods, very often.**
- 2 }
- 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 - **Avoid `rubbish'/all toxicity/including odd mixtures/food combinations.** Avoid anything sweet in taste.
- 5 - (Stress) **Recognise it**, and change especially eat in serene settings.
- 6 - **Ensure daily, complete bowel movement.** In early pregnancy, the state of Mum's qi is often weak, and herbal tonics may help, also abdominal self-massage

Cold belly /cool to touch abdomen

No one is EVER to have a cold abdomen. This is a sign that the 'oven' is struggling — the Yang Qi aspect again. See signs of a distressed Spleen Qi above. It can be seen that a lot of the disasters that you may think going to a hospital /having a specialist attend you are no more than watching the body unravel – it does give you plenty of warning, but you did not have a translation of the body codes — there it is — avoid all cold.

This means never walk around on cold floors - especially not at night when off to the loo. Have rugs on the cold floors. The cold can start from contact up through the soles of the feet and lodge in the uterus, belly and back.

Where does this come into consideration in the orthodox medical model?

It doesn't. I see a lot of women with very bad morning sickness in a subsequent pregnancy that can be directly related to the cold that was placed within/on her body in the first birthing/post baby experience. Iatrogenesis – caused by medical 'help'. Don't put ice anywhere near you.

Feel your belly with the inside of your arm — is it warm — does the temperature change between above and below the navel? The key factor in determining if you need to boost Spleen or Kidney Yang in your body will be obvious – just look at the symptoms below.

There used to be a cupping-cold-out-of-the-navel procedure that was done in all Chinese families before the modern Cultural Revolution and the recent push for modernisation. China, like the west, has had a tendency to throw away what used to work, in ancient times. In this case, there IS nothing from modernisation to replace it. Some traditions performed 'mother roasting' – definitely avoiding all cold exposure (did not add ice for pain relief) as it is so dangerous later on for all body functioning.

Stop creating the problem

- + Stop all your unnecessary outside activities and instead rest more.
- + If you have a cool belly, don't add to the body coldness – nothing to be less than body temperature when drunk/eaten, or exposed to.
- + At night — no fans on — no breeze, and not be compromised just because he is 'too hot' — perhaps sleeping separately for a while may assist here.
- + All contact with the ground (not bare feet!!) and nature is to be respectful.
- + When being anywhere, especially if hospitalisation happens, the fact of ice in drinking water, or very cold air conditioning has to be lessened through whatever you can do to keep the temperature of all things constant and warm for healing and health.
- + Review the 'upset digestion' diagram and the reasons for nausea - start becoming responsible — don't continue doing what makes it worse.
- + Find a good acupuncturist, as this is easy to reverse using energy medicine.
- + Source a moxa stick. Follow instructions – in my moxa or pull out cold works. 'Spleen Yang' deficiency vs 'Kidney Yang' deficiency

Whilst this may sound like a foreign language - you will find yourself fall through the cracks of medical help with a raft of apparently minor complaints. By following this as a life guide, you can see what you are doing to create these, and so what to stop doing, to relieve yourself.

The symptoms listed in general Yang deficiency are a guide only. The key factor in determining if you need to boost Spleen or Kidney Yang in the body are obvious if the following indicators are present. (As all body Yang originates from the Kidney Yang).

Using other terms that are more western-friendly just does not work here. 'Spleen' is more than just an organ function, although it includes that of the

pancreas. It is more about the digestive function, and the lymphatic, and the holding blood and tissues (hence babies in place). When Spleen energy is strong, the digestive system (as everything) just runs on automatic. Just as when the Blood energy is strong, it allows all reproductive aspects, and nourishing all aspects of self, to be uneventful.

What damages this?

- 1) Eating irregularly, and/or
- 2) Eating too many sweet or raw or cold things and/or
- 3) Also worrying and obsessing about life or little bits of it will waste the Yang Qi.
- 4) Cold exposure is the largest influence.

Unfortunately, cold is often given medically as a treatment. Whilst one thing (like icing engorged breasts or mum's bruised perineum after birthing), may make it temporarily **feel** better, the whole raft of life quality issues may start sinking. This is often not noticed till well after the event and only then if the observer has been trained in a wellness model of medicine.

Spleen yang deficiency symptoms

1 - Poor appetite. You may not be interested in food, and maybe feel vaguely (or frankly) nauseated by even having to think about it. Your Spleen Yang/Qi needs assistance. Without a healthy interest in food, the Blood energy cannot flourish, and the life and healing (and definitely sleeping and all sanity and thinking) may be weakened/ compromised.

2 - Loose stools/apparent diarrhoea. Having unformed stool is a sign that the Spleen Qi is not doing its job of transforming well. Undigested food there is even more of a warning sign. Any gut problem is likely to be better serviced by finding a practitioner who works WITH not in spite of, the body's natural flows. Optimal digestion and assimilation, hence quality Blood and Qi and Jing through getting all you can from eating is crucial.

3 - Fatigue, especially after eating. The weakened Spleen Qi may be only capable of doing one thing well. Stopping all external activity at least ensures that there is energy available for the food to be processed.

4 - Abdominal distention, gurgling, possibly discomfort and dull pain, especially after eating is possible. These imbalances are very serious if left untreated. Your digestion will start showing signs of weakening and deterioration. Perhaps look to changing what has created this. This is a health/life model – behaviour – not taking MEDICAL assistance – drugs, surgical 'solutions' – but making changes for yourself.

Revision . .

- ✚ NOTHING cold is to be eaten/drunk. The extra cold intake wastes what little metabolic energy (Yang Qi) you may have.
- ✚ Eating a little, cooked and nutritious snacks will assist you to rebuild.
- ✚ Using digestive enzymes with a meal may be a great help to digestion.
- ✚ Taking a good probiotic product will assist the gut flora. Most of the immune system comes from its. This alone may make an astonishing change to the apparently impossible morning sickness she feels.
- ✚ Taking small amounts of salt may help. Lightly salted roasted almonds (never peanuts) are often the best snack — and can be eaten even one at a time over a day to stave off nausea.

In addition — there may be aspects of the Kidney Yang deficiency as below or this may be interspersed with other warnings from other body upset pictures.

Kidney Yang deficiency symptoms

1 - Needing to pee a lot, especially at night. This may be seen as being 'normal' in pregnancy or in aging – it is not – just usual. It is a sign of depletion. This not only is a sign that the Kidney Qi is weakened and needing support, but of a general weakening as the interruption to quality sleep further distresses the body as Blood and Kidney Qi and Jing are made less well.

2 - Weak or aching lower back. If very strongly deficient, the knees and legs may also feel unstable and vulnerable. Whilst you may see this as being normal — for you — it is the beginnings of an overall depletion of your Jing - inner resources, hastening the ageing process. You may also have **cold intolerance**, and **poor circulation**, with **cold hands and feet** with poor circulation - maybe even called **chilblains** in winter and **Reynard's syndrome**. This is also a **low thyroid function sign**. Struggling to maintain yourself in health.

3 - Lack of any interest in life or 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. Low thyroid function is an unrecognised epidemic as the blood test numbers are unable to assess what is REALLY going on for the patient population.

What to do

1) - Avoid cold. Whilst it may appear obvious, it is important to ensure that you are not eating ice/ice cream /drinking your favourite fluids out of the fridge — heaping more cold into your system.

2) – Settle down. Liver Qi has to move – this means address whatever it is that is totally upsetting your inner peace – and then your body will not give you distress warnings. Sometimes, the unexpected happens. 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, by how we perceive what we live through.

3) – Start steaming – from the [Selfing course](#).



4 - SOLUTIONS

Take matters into your own hands - literally.

All stress will affect your gut and in time, everything as you stop making the best Blood and Qi possible and then all falls gracefully, gradually into a heap.

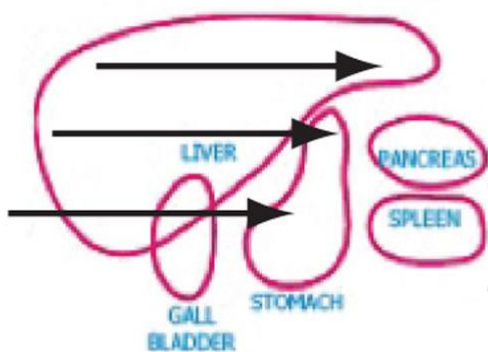
Try to eat with as little additives/pesticides etc as possible - only organic — research this yourself. If for no other reason that it tastes better, and you will not be loaded up with what is potentially stopping your gut from working. Pesticides on plants and the bugs kill also our good gut bacteria.

Our gut and nutrient pathways destroyed by the residue that is within the plants we are eating – and the animals get it all as well – please become conscious of these matters. They matter. Just as the quality of your food choices matters

‘Stress’ – of course you are feeling dreadful – what to do to alter this? There will be clues in your ‘story’. (The one that you carry about with you and trot out all the time – your defining signature - the one everyone knows about you – ‘mum is /my early life was awful’, ‘I hate my sister because’, ‘no one understands me’, ‘my past baby died’ whatever it is – maybe now is its big moment to stop running you).

Seriously – something is holding this pattern close to you.

What sets up your gut distress: being ‘nice’/ compliant/‘easy to get on with’.



Liver energy invading (from your being angry/ frustrated/ irritated/and bottling it, festering and keeping your peace /being ‘civil’ – all create the inner war where the Liver Qi goes across and attacks your gut – and then you have all western medical labels – after the digestive weakness and before you actually resolve what causes it – the ‘stress’ of being you – you can get phenomenally ill – after the colitis, IBS and whatnot – through to ulcers and Krohn’s disease and into cancers.

Where does all that

rage/fury reside? In your body – trapped there awaiting release - when too ‘full’ – it starts messing with life – think of a fridge that is constantly being added to and nothing taken out /thrown away/used .. it festers too – and eventually overflows. Maybe time to unload some . . Before then such awkward issues as your pH gets so wrong, that it allows all invaders free rein.

Work on what is really the problem — the gut being upset is usually just a red light on the car's dashboard - it is the way to get to see someone to start really healing (your life) — and to allow a lot of what had happened the first time to come to the surface on all levels to be cleared.

- ✚ **Stop all excess inner (thinking/worrying/obsessing) and outer activity.** (Going to work/keeping up appearances)
- ✚ **Meditation** and **yoga** are also likely to settle your nervous system.
- ✚ On the more mundane and obvious front — working with the gut directly. Often **just squeezing half a lemon into some warm water and drinking this prior to arising** can help with the physical liver/gallbladder's role of getting the peristalsis moving and the excess wastes discharged — before eating anything. This alone can often restore your good humour.
- ✚ Find **friendly gut bacteria** stored in refrigeration at a chemist or health food shop. Take as directed, to assist re-colonisation of the intestines, especially after taking antibiotics.
- ✚ Take a **small dose of Vitamin C** frequently throughout the day, some liquid Zinc, and a good (possibly liquid) source of multi minerals, and vitamins. Better still –overhaul your diet and go organic and start all from 'scratch' – if you can't yet – take one small step followed by another – and gradually wean into wellness.
- ✚ Holding onto trauma – of any kind – maybe start with the most crucial one . . . Often the **birth trauma** (from your own birth or carried down through the maternal line in stories and cellular memories) acts as though it were post traumatic shock syndrome.
- ✚ Pop magnesium oil on the skin any times a day – it will help all stress and gut and tension issues resolve simply [why you might improve with magnesium](#)
- ✚ A good soak in a magnesium (Epsom salts), or better Himalayan salts bath may also relax you sufficiently to loosen the tension that has created the excess to sit within you.

Belly massage

Learn how to look after and care for yourself. Gently, lovingly, back to wellness. - Most traditional cultures have their own answers. All parents when there is a tummy upset eventually find their own answers – maybe they discover that circular, left to right movements – around the pelvic bowl, and gently, very superficially and slowly have a calming effect. Try it on yourself.

These MUST be resolved, as acupuncture (below) is an AID only — not a cure-all.

Leading on from the stressed person, invariably onto the stressed gut problems, mal-absorption can become a hidden issue — you may be unaware that the good food consumed is not being used to its maximum.

- ✚ If the belly — above or below the navel feels at all cold, especially if you still have cold hands and feet, or a cold bum at night — you probably need the cold removing and a Yang boost.
- ✚ There may also be a generalised weakness/aching in the lower back. This and the state of digestive weakness will depart when the Kidney and Spleen Yang are strengthened.

Be aware that if you are eating or drinking anything cool/cold or raw or sweet you are helping to create the problem. If you are finishing a shower with cold water; if you are swimming in unheated pools; if you (or partner) persist in having windows open or fans/air conditioners going at night when the Yang Qi is being replenished — you are helping to recreate the Yang Deficiency.

Health crises do not just happen — they are usually brewing for ages. The energy model from acupuncture theory allows you to see them gradually building. Having a Yang deficiency has far-reaching consequences — including haemorrhage, varicose veins, prolapses, and incontinence. These are all avoidable.

YOUR constant self-help is so needed to calm your system to work perfectly. Stop breaking your body's blueprint – when you feel something – EXPRESS yourself. What you have been calling what is happening to you 'normal', quite possibly no one else would . . . Work through all in [this online course](#). (Selfing)

A well-adjusted body needs to be working on 'automatic' without all the emotional charges and loops disrupting the regular flows that ensure wellness — moderated panic and/or shock and/or rage and/or terror all have a part to play in the average person's residue after making it to adulthood.

Being respectful of life/ following life is the path to all healing