

Release Your Natural Flow Pelvic & Lymphatic Drainage for Women



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RELEASE YOUR NATURAL FLOWS

PELVIC & LYMPHATIC DRAINAGE - WOMEN

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Disclaimer

All information in this book is tempered by the author's life experience and clinical practice. It is not intended to address the specific health concerns of individuals: but may return you to health and wellbeing.

From whatever is blocking your life flows.

From whatever named 'condition' – being STUCK is no fun.

.

Because we live with the same blueprint, the information in this book is relevant to everyone. It will assist you to make life-affirming decisions about your health and wellbeing.

If you wish to make health and lifestyle changes based on this information, the author recommends you do so under guidance from a trusted health professional.



ABOUT THE AUTHOR



Heather spent many decades working with anyone who wants 'more' when faced with apparently 'hopeless' health challenges. Anyone who wants to take responsibility back for their own healing will be grateful for the gems found within.

Beginning her acupuncture training because of, and with a six-week-old baby in tow, her life as a new mother was a counterpoint to what she was being 'taught'. The male version of life – biomedical in whatever flavour – misses life and its flows. The perspectives from a male culture overlaid with the perceptions of modern male medical 'authorities' are not all there is. She discovered almost no reference in her original acupuncture training to maternal care, for example, to birthing women or to the new mother.

Graduating from her acupuncture training in 1978, Heather realised it was more important to teach people about how they were disturbing their own balance. Unless they stopped creating- or at least contributing to their 'problems' they would continue with them. Regardless of her best efforts to 'help'. Leading into a life time of teaching – formally and now online.

In 1981, Heather began writing and presenting her own training materials to teach her colleagues to help make up for the loss of the woman's voice deficit. Brisbane, Australia saw her co designing, co-writing, then teaching and finally mentoring an undergraduate acupuncture course. Concurrently writing and delivering postgraduate seminars on a wide range of topics whilst being mum to many.

As the mother of four adult children, Heather has over recent decades, witnessed the tsunami of interventions that have disempowered women and disconnected them from their innate mothering wisdom.

The third of her children being a seriously brain-injured baby, becoming also vaccine injured and profoundly autistic meant that Heather spent the first eight years of Kathryn's life turning over every stone to help her daughter live well and achieve functionality. Kathryn inspired her to strive for more for all – especially those who feel that they are in a hopeless bind.

Being a naturopath and herbalist, a body worker, and senior acupuncture consultant, Heather combines many approaches and responses to all health conditions. Using the wisdoms found on the site below, and now in Heather's self-paced online courses, you can access the insights that may make a massive difference to your own life. With your own hands. From Heather's first-hand experience of the suffering life can inflict when things seem not to be going our way, Heather shares her many short cuts to good health.

These can be found in other writings at www.heatherbruce.com.au (meditation and cancer support), self help self paced online learning at <https://heatherbrucehealing.com/courses-3/> nutritional and traditional life guides are on <https://solutions.heatherbrucehealing.com/>

Enjoy your own personal road to health and vitality

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FOREWORD

After working on women for decades, especially when I started trying to change birthing perceptions and experiences, I discovered that using acupuncture theory together with strong massage elicited profound results.

Developing the 'What Dads Can Do' products in 2005 (practical guides to assisting women through late pregnancy and birthing body), led to this general work. I discovered that the work on the buttocks and mid back regions released all stress stored in the upper body, harbouring throughout - undoing the tension that blocked normal gut, blood and life flows.

This eBook allows you to enjoy all the astounding changes in your body, functionality and loss of pain, the return of sexuality and bonding with your loved one. If you do the work.

These touch therapies can also reduce your reliance on external assistance and paid therapies, as your friend, partner or loved one can provide you with some relief at home.

'Releasing Your Natural Flows' is equally valuable to both sexes therefore I have used illustrations of both men and women throughout this work.

As we all have digestive and emotional angst that follows us around when 'stressed', I highly recommend the **Stuck Liver Qi** massage and other moves in my self-paced online courses. [Foundational Moves](#) will allow you and your partner to undo most of what ails you.

Essential to achieving results with this work, is to give appropriate time and attention to the preliminary work. Each element is significant to the end result and no 'bit' is should be glossed over. Doing *anything* is better than nothing, but the order I have presented elicits optimum results. Importantly, I have structured each technique to improve circulation throughout all of the body, and improved circulation alleviates pain.

This e-book provides a step-by-step guide to help someone who is suffering. If you have hands and good intentions you may as well use them!

Try out these techniques on friends, family and loved ones who are complaining of aches and pains. They will be pleasantly surprised!!

Enjoy the newfound health, vitality and ability to change who and how you are yourself.

In summary, when there is blockage there is pain.

When there is flow, there is easy living.

1. NOTE ON NUTRITION

Put simply, most health issues are simply a lack of commonly needed nutrients. Regardless of how much 'fat' you can see on your body – you are probably in a state of malnutrition. Too much food in, insufficient dense nutrition for your body work well. All things tasting sweet convert to fat in your body.

Take magnesium for example. [Magnesium](#) is one of the most abundant minerals in the body and is essential to normal cell function and overall good health. It is needed for more than 300 biochemical reactions in the body. Magnesium helps maintain normal muscle and nerve function, keeps heart rhythm steady, supports a healthy immune system and keeps bones strong. It helps regulate blood sugar levels, normal blood pressure, and metabolises proteins, carbs and fat essential to producing and transporting energy.

In the past, much higher levels of magnesium in our diets (richer soils, more natural farming and foods). We now need much more magnesium, as our exposure to toxicity resulting in body burden - heavy metals, caffeine, alcohol, refined foods - is far greater. Magnesium is use dup by stressors – and is lost to the body when consuming processed toxic ingredients.

When stressed, Magnesium (and the water-soluble vitamins C and B) is in great demand. When there is less than needed, all problems may arise. They may be inappropriately dealt with using pharmaceutical medications, and /or with continual structural alignments or other physical treatments when really the body is in desperate need of Magnesium.

Magnesium deficiency is characterised by pain, cramping or spasms. When exhausted, when unable to sustain life and must rest and end up sleeping or not sleeping, grumpy and downright depressed – this is a sure sign of magnesium deficiency.

Without sufficient magnesium you may well be looking for answers for these very common problems – when all that is needed is more of what keeps your body working - especially the digestive enzymes to break down what you eat. Simply put – we need to nourish our life.

In addition to the circulation problems that led you to this book, with magnesium depletion you may also have in differing levels of severity/complexity – some of these.

- Exhaustion, Neurological wasting and debilities
- Aches and pains,
- Cramping and spasms,
- Clotting/circulation, DVT, anywhere issues (add frequent small amounts of Vit C/Vit E)
- PMT and mood disorders
- Stress related problems – including panic attacks,

-
- Heart rhythm and apparent cardiac issues,
 - Sleeping disorders
 - Diabetes – all types including gestational and pre-eclampsia, Sugar cravings
 - Asthma,
 - Depression,
 - Fibromyalgia,
 - Constipation
 - ADHD and neurological irritabilities
 - Blood pressure
 - Without sufficient Vit D3 to run your body well, you cannot access it. Without fat and protein (pate, liver, fish oils, and fermented foods), you may not be able to access dietary Vit D3. Best source is the summer sun. Essential minerals and fat-soluble vitamins to run your body well are also needed. Eat for life.

Often the necessary iodine so essential for all of life and every cell in your body is missing as the other halides have bullied it out of your cells – means often fluid is where it should not be. This causes all sorts of grief with women. Cellulite is seen – this is just another example of ‘thyroid not happy’ – and you can assist.

Briefly – **paint liquid iodine on your torso** – the breasts and ovaries need more than men’s bodies. Often this simple daily exercise will be a boost to all life processes for you.

Taking your basal body temperature (measured vaginally as soon as you open your eyes after at least 4 hours sleep) [BBT](#) will show you how off kilter you may be. Crucial to know as so much of the lymphatic sluggishness starts here. Often mis diagnosed or just ignored.

[More on iodine found here](#)

Use topically – a palm sized piece on the ovary area – alternate daily if having ANY female troubles - and on breasts – again – a palm sized piece and move it around each day – fibrocystic breasts may disappear – as will most gyne issues - as the lack of what is needed to run the body PLUS the lack of flows (which you are correcting by using the moves in this eBook) will astound you.

Here you have a part of the Owner’s Manual - how to run your well body.

You may discover that what is called ‘medical’ help is NOT life centred

2. UPPER LYMPHATIC DRAINAGE

Getting circulation correct 'upstream' is important as any flow released must be able to move fully through the whole body. It is important to clear the upper body and its drainage channels before working on the legs.

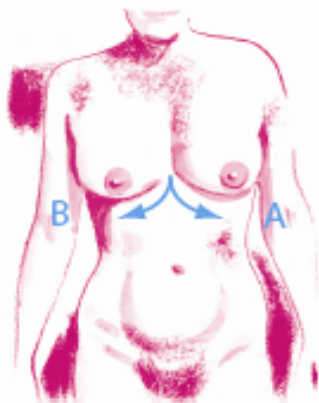
PLEASE refer to the self-help online courses for more detail. Once the back release (at the level of the diaphragm), the entire body frees up. With **Stuck Liver Qi** moving, the front of the body is read. Upper lymphatic clearance followed by the lower body. When working on men we lead onto the pelvic/prostatic area.

Step 1

Have the person comfortable, lying down and warm as they will be there a while.

With warm hands and very little oil, using the whole pad of the thumb, and relying on the other hand for pressure, start moving down from the centre of the area shown below under the ribs (A), slowly and initially very superficially, to begin freeing the diaphragm.

PERSON LYING DOWN



Stage 1

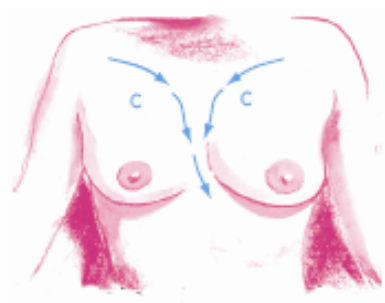
Under the ribs, with the PAD of the whole thumb, starting from the midline – with a little oil to smooth the surface – work under the diaphragm, slowly making your way under the ribs.

'A' (Left Hand Side) first 3 times, then 'B' (Right HS) also 3 times.

It may help to have the knees drawn up and supported by a few pillows. This will ease the lower back and make the belly area an easier target. Especially so if your intended 'patient' has a back problem or is pregnant.

(I mention prostate work here as many women are equally concerned about their guys)

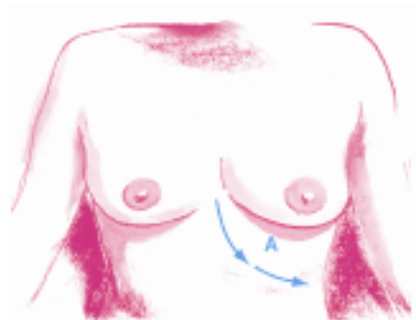
This will help anyone with fluid or lower congestion problems. If working on a pregnant woman lying on her back, I often use about six pillows under the knees, with a towel folded up and placed under her right hip to tip her body slightly off to the left, relieving any pressure off the heavy uterus and baby from her major arteries).



Stage 2

3) With the PADS of all your fingers, work DOWN the chest, (C) under the collarbone on both sides and then move along the path of the outside the breast area to the area under the left ribs.

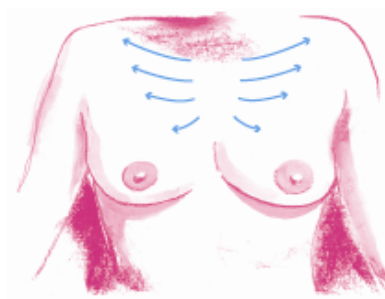
Stage 3



4) Repeat the initial move (A) – just on the left side.

Repeat at least 3 times or until you can't feel any more sludge or whatever moving under your fingers.

Stage 4



5) With the pads of all fingers – attend to one side at a time, starting at the midline, very deeply and very SLOWLY gouge outwards along the spaces between the ribs towards the arms.

It is to be very firm. If excruciating, start shallow and gradually go in deeper, not so as to leave bruising although it will often feel solid. This may take a while – be sure to do it slowly and thoroughly.

The work below is on a male body. That way we do not have modesty to contend with

Below are some photo illustrations of working under the diaphragm, firstly on the right-hand side (Stage 1 “B”) and then on the left-hand side Stage 3.

In the pictures I am working towards myself – usually it is easier working away from yourself.

Use only a little oil to slide. Begin with just a preliminary feel about, as a checker. There may be lumps: do not try to make them move through. Let the body decide.

Movements are slow and steady – getting gradually deeper as you go. The number of times you do this may be many – and very gradually going deeper each time. Perform this at least three times on each side.

Working under the diaphragm on right hand side



Seen from a different angle



Make sure that the pressure you exert is coming from the other side to your leading (touching person) hand. Gently lean into the person also, using your weight rather than strength, as this way your hands and fingers will not be compromised.

You may go over the same area many times if it is warranted and feels good to them.

Gradually go deeper, again in a slow and steady fashion. This becomes almost like a meditation for the massager. It is a slow and steady process gradually getting under the 'rubbish' that has been stored away.

It is unlikely any pain will be as severe the next time you do this as the body clears itself and stays clear when given the opportunity to.

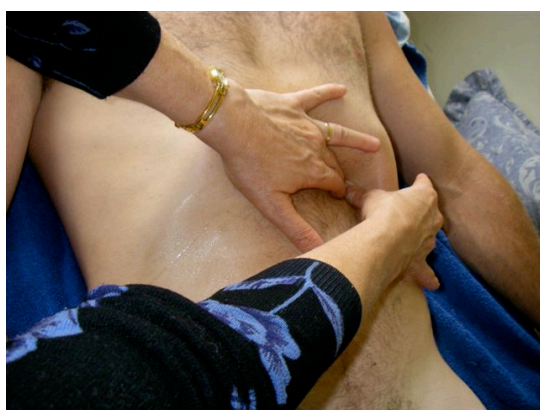
This technique will be more comfortable if you have done the Stuck Liver Qi release first.



You can see that working quite deeply is very possible.

Start gently and superficially and as you progress, get gradually deeper – always slow and steady.

Working under the diaphragm on the left hand side



WHY DO UPPER DRAINAGE?

Most people have digestive/breathing /mucous/head unclear issues - even if they don't yet know about them. It could be from sitting hunched over a computer all day/hiding breasts slouching/ behind the caving in of the chest /covering up the sensitive areas through, again, hunching over or trying to shorten the height one may feel. All of these positional blockages create real congestion in a body that is designed to be in a state of free and constant movement.

You don't know what your body is storing until you try this releasing technique.

You may have no idea how this may feel, or help. See this as being preventative maintenance. As is cleaning out the corners when vacuuming a house. It is helpful to have everything in the best condition possible allowing 'more room' in your body.

This work is invaluable when suffering from a large number of apparently differing problems – all really a congestion issue – drainage downwards needed.

- Mucous in chest
- Head congestion
- Sinus infections, ear problems
- Any eye issues
- Brain fog
- Feeling as though can't take a deep breath, asthma
- Digestive problems – reflux, acid, hernia, heartburn, general discomfort
- Gut or bowel irregularities
- Carpal tunnel or fluid in arms/hands/any hand problems
- Sensations of stuffiness in chest
- Post cardiac surgery
- Stress and tension affecting all aspects of the body.
- When very pregnant with any of the above/or when lactating or experiencing mastitis congestion

Afterwards people usually say that they feel taller and looser/lighter.

Clearing the upper lymphatic area also relieves a lot of pressure on the digestion and the circulation, supporting a free flowing Liver Qi.

You will be aware of how important this is from reading about the abdominal self-massage on the page below. The **Selfing** course <https://heatherbrucehealing.com/courses-3/> allows you to go far deeper into what you can do for yourself.

[Here is a taster. https://heatherbrucehealing.com/your-belly-your-life/](https://heatherbrucehealing.com/your-belly-your-life/)

One version of belly massage to get the fluids and the viscera 'woken up' after sleeping.

As our being depends on the health of our abdominal organs and an abundant supply and subsequent circulation of Qi and Blood, moving the physical obstructions will allow you an easier life.

You could choose to spend five minutes every morning, whilst still in bed, lovingly massaging your inner organs/food factory/energy engine. (Lie on your back with a pillow under your knees). This can be done every morning – with just some massage oil besides the bed – possibly after emptying your bladder.

Please ensure you have warm hands to start with.

You will notice we are repeating Step 1 in the diagram on the next page.

STEP ONE

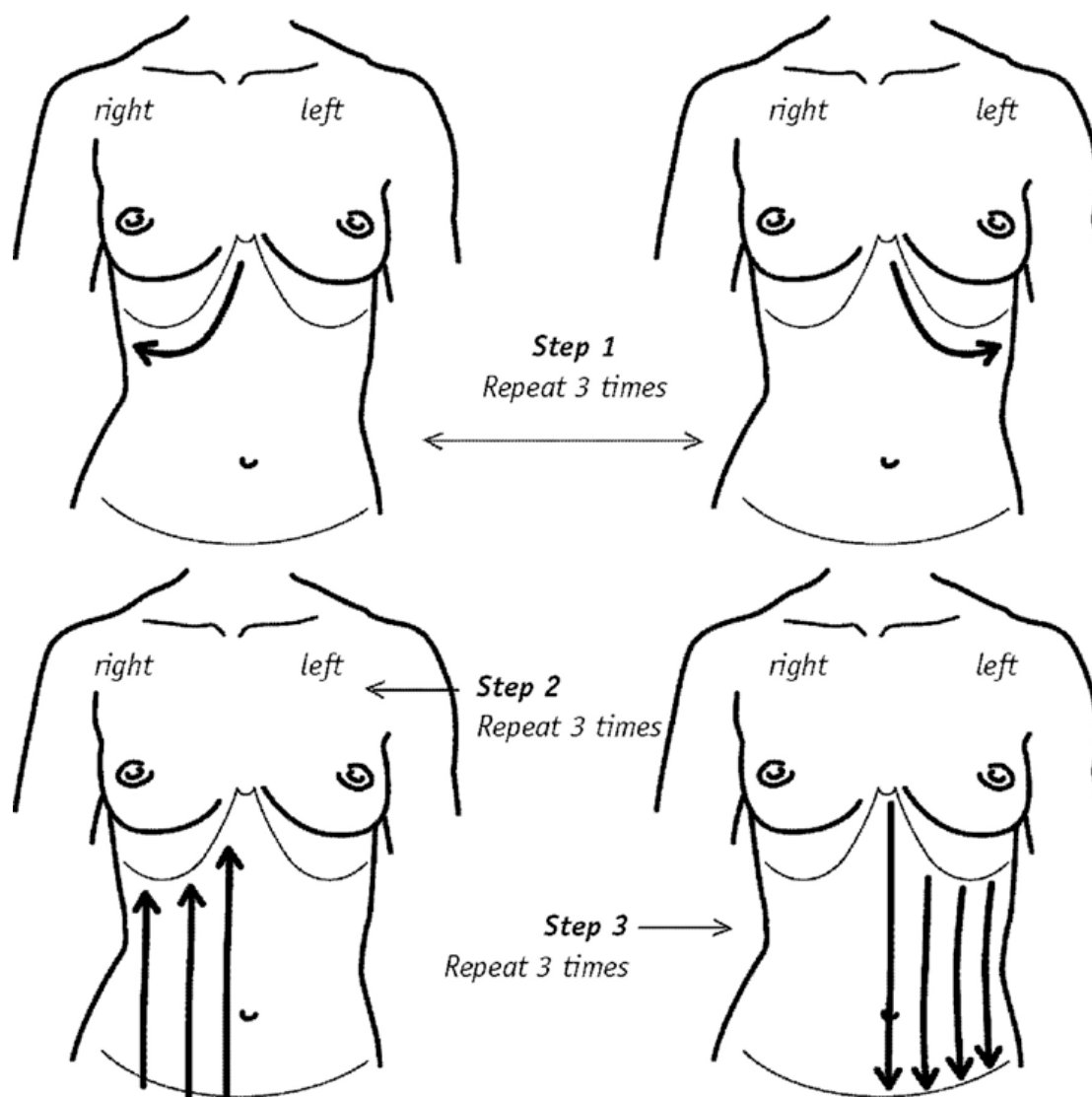
- Lie on your back, with your knees drawn up.
- Feet slightly apart, the knees will fall into each other, without effort.
- Press the flats of the fingers of both hands under the bottom of the right ribs.
- Begin pressing as you breathe out.
- Continue to press, and exhale to the count of six.
- Whilst breathing in, move the fingers down, and over to the sides of the rib cage, breathe out, and press again.
- Do this three times, until you end up pressing under the floating ribs at the sides.
- Return to the body's mid line beneath the ribs, and repeat this process under the ribs on the left side, starting with light pressure, then with each stroke becoming firmer.
- There may be pain, resistance, or tension in this region. Over time, this will ease, as you help your body heal itself.

STEP TWO

- Position your hands on your lower right abdomen, next to the pubic bone. With each out-breath, press down for a count of six. With each in-breath, move up the abdomen until finally under the ribs again.
- Make three passes up the right side, travelling upwards in ever closer lines to the centre, following the course of the ascending colon.

Ideally you will have also taken the Soothing course (found in *Gentle Selfing*) and are using the *peri steaming* component – all are parts of this trilogy. The belly work below is totally different and is additional.

ABDOMINAL SELF MASSAGE



STEP THREE

- Beginning at the solar plexus, press down the mid line, until you reach the pubic bone. As before, make three other lines down the left side of the abdomen, following the course of the descending colon.
- Repeat this process, one wave from right to left, three times in total, each time exerting slightly more pressure.
- Return now to any places where you felt pain or discomfort. As you exhale, exert pressure on the periphery of such spots, gently moving whatever is under your fingers, in a general circular movement, clockwise towards the bottom left abdominal quadrant.

Practicing this daily will gradually reduce the intensity and existence of these sore/hardened areas. Typically, it may take four weeks of daily routine to be free of any reactive spots.

When you might consider doing this

When you feel STUCK.

When you want your body/organs/circulation to work better. Especially for any fluid accumulation, thus weight, menstrual, or digestive challenges. Diverticulitis, along with all bowel issues and all leg circulation problems, and fluid (lymphoedema), swellings and aches in the abdominal region will be relieved as you are correcting the backlog/stagnant ponds. .

Sexual enjoyment and fertility are tied into having great digestive and circulatory function. All gynecological problems - as the normal circulation and production of Qi and Blood gives rise to normal and easy menstruation.

Conversely – when the system is not working well - it can't, leading to difficulties in menstruation. Here you have the tools to change this. It is often just congestion that is causing the buildup of tension and aching in the lower abdomen.

Gradually as the days go on, you will notice the lumps and other resistances that have been there dissipate. Gradually there will be less lumps and bumps within, and you may notice a new resilience in the belly cavity. This may well also come with easier bowel movements and a sense of great wellness.

When added to the other massage techniques within these works, you may find a lot of apparently degenerative and supposedly hopeless body conditions that may have plagued you gradually returning to normal.

Be gentle with yourself and with patience, the most apparently difficult conditions may be relieved – just by working with yourself.

You will be adding years of healthy life for yourself.

Pain happens when there is congestion – move it/free yourself!!!

3. LOWER LYMPHATIC RELEASE/DRAINAGE

We all store STUCK/ trauma in our bodies. Till we let it go – in our time.

We may or may not have any conscious memory – yet there may be great blockages waiting to be cleared. Many people may also have hidden from themselves past abuse/ incidents /injuries. These blocked off shadows and echoes of the past may be blocking your life force.

Indelible scarring and hence blockages on many levels to normal Qi (energy) and Blood flow may be shifted through working gently, and respectfully with whatever comes up.

It may also be appropriate to have on hand some vibrational ‘anti shock’ remedies whilst using these techniques in the lower pelvis. (At least the Bach system’s ‘Rescue Remedy’). Many people have had sexual trauma and this may surface for clearance.

Whatever created the woman’s menstrual problems, digestive distress, and circulatory and structural problems may be moved on through using these gentle prodding. There may have been multiple operations to attempt to fix the internal dramas. Adhesions form. Extra trauma on many levels gained from these interventions: none of which are gentle may create further

Surprisingly, sometimes **old back injuries** are only partially healed until the pelvic component is relieved. Womb placement is a hidden cause – misaligned, nothing works as designed. If the womb has been removed - even more troubles with adhesions and the empty space that is filled by other viscera.

Whether significant congestion in the lower abdominal area happens due to a lack of movement, no exercise or full breathing, or having had trauma there – restoring normal Qi and Blood flow will alter all flow blockages (leg circulation and back/neck challenges).

To get the total flow of all lymph and blood back to the general circulation, it is most useful that all the work in the sister eBook *‘Pelvic Surrender – the Healing Power of Touch’*. This makes it a two-person deal. You can’t do the **sacral moxa fan**, or the **Stuck Liver Qi Release** work so well on yourself. The lower pelvic work may be painful initially. Start shallow and move deeper. As the moves are repeated, it quickly easier.

To do this frontal body work, it is advisable to use the moxa points outlined in the *‘Pelvic Surrender – the Healing Power of Touch’* companion eBook. Do the moxa on the sacrum work first. If you can’t access moxa, please do what you can. Using real moxa this way allows clearance on many levels and is a little like the white sage/smudge sticks.

A stick of REAL smoky moxa can be found at most Chinese supermarkets, or from a friendly acupuncturist – as they usually use it. It makes the massage feel less painful, and be far more effective. If you cannot find moxa, you can still make huge changes without it.

PRESENT CANCER/PAST CANCERS

[See more here](#). Good nutrition and lymph clearance is essential for everyone. A little vitamin C often (we cannot make it and need it for liver detoxing) is needed more when under any load. If your recipient of care has now, or has had cancer here, circulation and moving to clear is imperative. Using the products [here](#) and [here](#) will assist. Possibly asking 'how can I further help this body to heal?'

[Liquid activated zeolites](#) – as they will clear all residue for why the cancer appeared and also the preparations that were used to 'kill' it. Using a [Glutathione accelerator](#) – also – not one or the other – will also amazingly improve life. Getting all the heavy metals and incidental poisons we all carry in our tissues out of us will only make us more resilient.

Starting to play for life/keeps is why you are looking at the massage – and helping clear toxins in other levels is a great assistance here. Far preferable than just doing the massage alone. It is entirely possible that what you are now working on has been well hidden. This means that the work here is life changing for some. Most report feeling so much lighter, connected for the first time, not now feeling 'odd' – not that they knew it was possible to not feel as they had all their lives - so this is a great gift.

To assist moving in whatever is physically being moved - drinking two cups of red clover tea (simmered not just steeped) and take some homeopathic silica. Ideally use a whole mix of interventions - at all different levels. 'Hoping for the best' does not usually work for car maintenance - why should it with your body? Ask also – [what am I feeding this cancer/rogue system of cells with?](#) Another bunch of my musings is [here](#). As a natural health detective and problem clearer, over the decades I have seen many who have been majorly helped by working undoing what they have created.

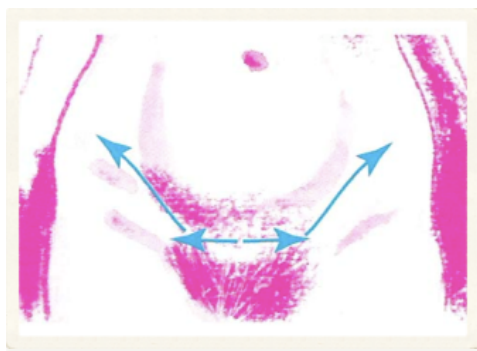
Perhaps also see what I have out in the [Cancer Solutions](#) part of this site – an exhaustive research project for self-help and empowerment.



POSITIONING

For some, it is necessary to have the feet actually on the flat surface that they are laying upon, and hence the knees drawn right up. This allows the tension in the gut to not get in the way of the work to be done.

1- LOWER PELVIC DRAINAGE



Best done after the moxa sacral fan.

This preliminary work hastens the movement of everything all through the body. The principle of lower pelvic drainage is to move the lymph from above the pubic bone and out towards the sides of the hips at waist level.

This is a very necessary addition for anyone who has any **leg congestion/circulation /clotting or other vascular problem in the lower limbs**. Most problems are easily removed – just using the idea that any massage away from the limbs and back to the heart will help.

LOWER BODY FLUID/PAINFUL PUBIC SYMPHYSIS

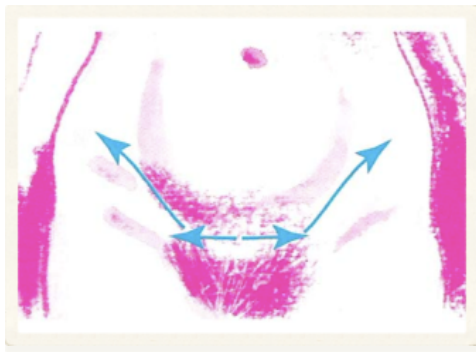
If there is a tendency to retain fluid or have a sore pubic symphysis (top of pubic bone) here is what to do. Lie the person on their back and with their legs bent, have the soles on the floor/ couch/flat surface they are lying on.

With the moxa stick lit, hover about a centimetre away from the skin over the midpoint on the pubic bone – being aware of the need to not set the hair alight!!

Gradually allow the area to warm up to the point of being uncomfortably hot.

They will tell you when it is getting hot. Then move away and come back over the point again for about 5 peaks of heat.

After this, a light version of the lower lymphatic drainage below, starting shallow and working gradually deeper, so regardless of even what stage of pregnancy, this is safe and will be helpful.



Start at the midline and move across initially shallowly and gradually get deeper. When this is completed on one side, do the other.

Then starting at the area where the bottom arrow head is, gradually make your way UP the inguinal groove – and gradually work deeper as you go.

2 - LOWER LYMPHATIC DRAINAGE

The speed and depth of your movements is dependent on the person's condition, and comfort.

CLEARING THE INGUINAL REGION

Starting in the area at the corner where the lower arrowhead is, move up along the inguinal (hip) groove, with the flats of the thumb /fingers. I use my top hand to give the pressure, the bottom one is the directional agent.

This is a SLOW and deep gouge. You start shallow and gradually deepen the effects with each move.

WARNING!

Go easy to start with.

The first time it is often excruciating.

It is also possible that you may find lumps and bumps – which you don't move along, just work over these and let the body deal with them.

The second movement – across the pubic bone is often very painful.

You can start almost above the skin – feather touch and as you work over the time you have together – maybe not only in one session. Much can move – if it is done with the recipient 's breath and respectfully. More on this is in the [online courses found here](#).

Ensure that the person has emptied their bladder, as deep pressure will be exerted.

See how I am using two hands – the top one for strength/the pressure.



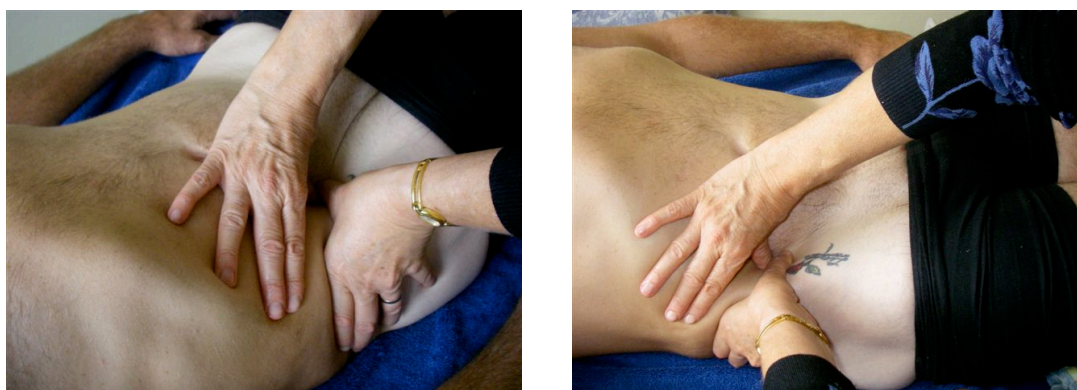
You may need to start shallower and work down to going deeper later.

Slow and methodical is best – without trying to gouge any ‘tubes’ or whatever out of the way.

If they have had an operation sometime in the past, it is vital to get the meridian flow restored.

At least they can return to the blueprint they started with. If the person has had an internal operation – the inner meridians and tissues – at least help dissolve the adhesions.

Using a tiny bit of organic castor oil can really assist here.

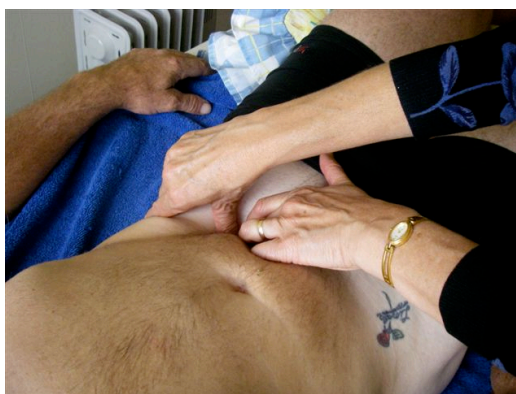
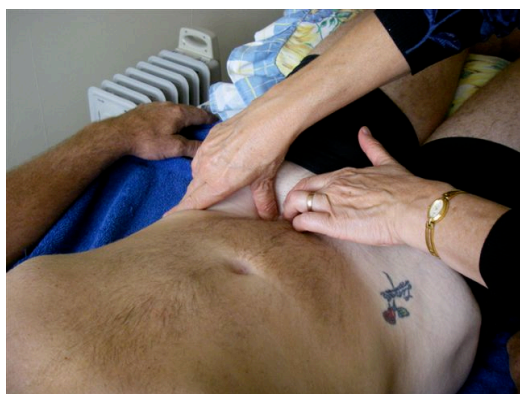


Please make sure that you check that the depth you are working on is fine – not comfortable, but should not be excruciatingly painful.

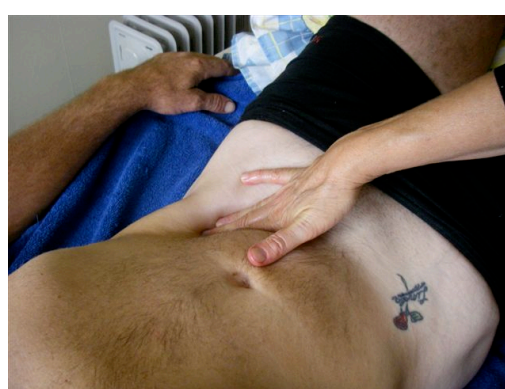
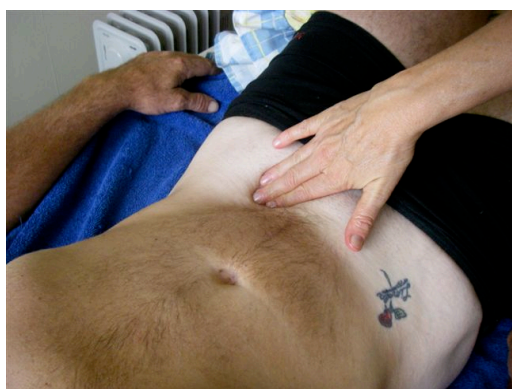
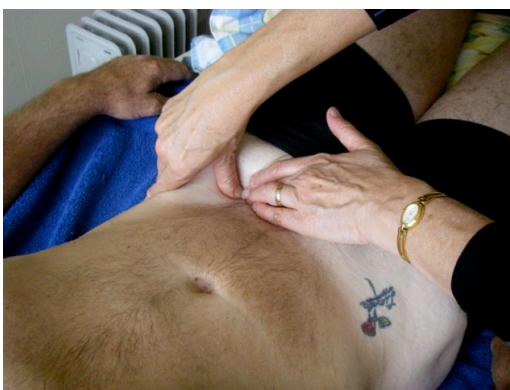
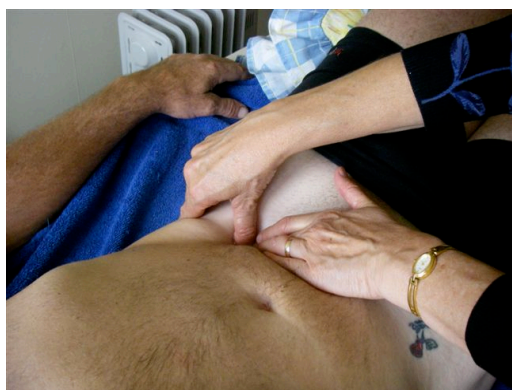
Start shallow.

You can go gradually deeper as the session progresses.

It is perfectly safe to do this even in advanced pregnancy – and often makes a remarkable difference to swollen legs and for pubic pain. (Perfectly safe, especially using the moxa for comfort first – and remember the water and magnesium prior to starting).

FROM A DIFFERENT ANGLE TO SEE WHAT IS BEING DONE

It is very important to clip your nails extremely short as great pressure is being placed on these points of contact. Please also ensure that as well as having warm hands, you use PLENTY of oil or similar to go easily over all the pubic hair.



That there is pain there means there was congestion – it should just feel like deep pressure - no pain attached. You may find yourself naturally working less deeply towards the hip region.

WHY LOWER LYMPHATIC/PELVIC DRAINAGE IN WOMEN?

Most women have significant congestion in their pelvises at all ages. Congestion in the pelvic region leads to most **period issues**. Using this massage can help relieve them.

Anyone having had a **previous C section scar or any abdominal surgery** will benefit.

It will **benefit pleasurable sensual experiences** and is even great as setting up foreplay.

This may also make women a lot more comfortable in their gut/body generally.

It may 'fix' the **leg/lower body congestion/swelling in late pregnancy** or when there has been pubic separation – to allow the flow of Qi through the area. Using moxa on the edge of the pubic bone mobilises the congestion that was creating the pain/blockage.

If there is any **menstrual, digestive or circulatory problem**, this is a great way to help the body heal itself.

WORKING WITH PREGNANT WOMEN

Very safe and effective and anyone can do it - just follow the general idea of the instructions.

When applying this technique to women, I have noticed very pregnant women in clinic are astounded that their knuckles return instantly to normal – **the carpal tunnel** fluids and restriction often departs – as soon as the massage happens. Just be careful of the engorged breast tissue on the very pregnant breasts.

Debilitating **pubic symphysis pain** is moderated and **fluid and swelling** of late pregnancy goes. **Bowel and digestive disruptions** can be reduced by allowing “normal” to begin to flow!!

This is very easy, very effective and completely safe. You will feel AMAZING afterwards – as the therapist as so much relief and comfort follows – and as the 'patient' as FINALLY there is lightness and freedom in your body.

FOR ANYONE

If you doubt your metabolism is working well, don't listen to the blood tests – assume you have a sluggish thyroid and get someone to help unclog you.

If you are trying to lose weight, gain yourself back after that last operation or whatever – then this is the work for you.

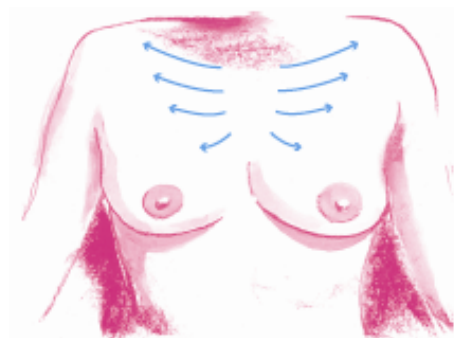
What is created in the body, it can uncreate.

MOVING BACK TO THE CHEST

The ribs are attached to the spine and the sternum (breastbone). This may be especially so if the person has any form of chest pain/breathing difficulty.

We often forget about our chest, so distressed by neck and shoulder and head aching. Often the release of the chest is the missing ingredient. It often holds the key when suffering with severe neck/upper back pain. It may surprise many that the amount of space within the chest and thus the amount of oxygen allowed in can be improved.

When suffering from carpal tunnel and all hand circulation problems, often just massaging here restores normal fingers – no swelling or funny colours - just normal circulation – and so simply!!!



We may also forget that the heart centre /chakra shuts down in most of us to live the lives we do.

Very few can live our lives in compassionate contemplation. This means we become very reactive if we do not SOMETIMES shut our feelings off.

I have seen instant results with neck and shoulder issues when the front is worked on. It often surprises me just how much difference opening the chest does make.

1. All structural work is more effective with this done.
2. It is amazing with carpal tunnel and all forearm problems.
3. It is great with all sinus infections and mucous in the chest.
4. Breastfeeding issues /breast lumps may also resolve.

It is especially helpful if an operation has happened in the hope of releasing what was possibly just lymphatic congestion. It can be done at any stage, even if the lymphatic tissue has been removed due to cancer.

This work is then best used in conjunction with a detoxifying agent.

START WITH THE STUCK LIVER QI MASSAGE

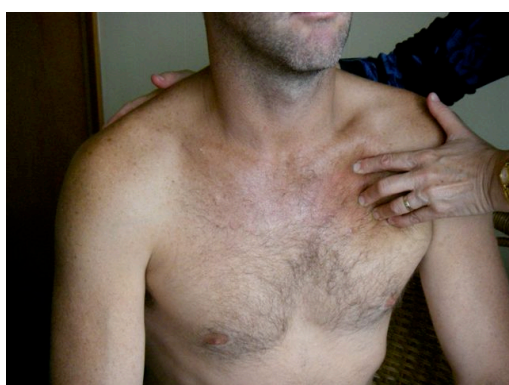
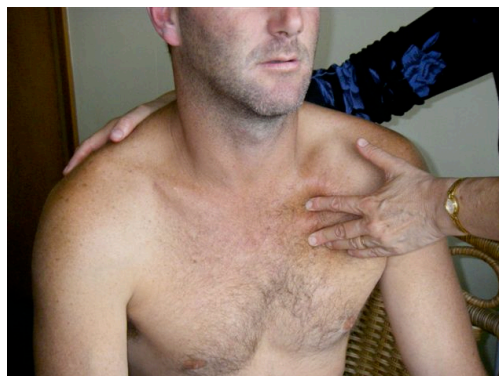
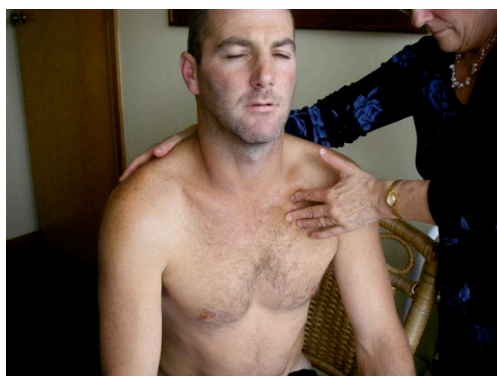
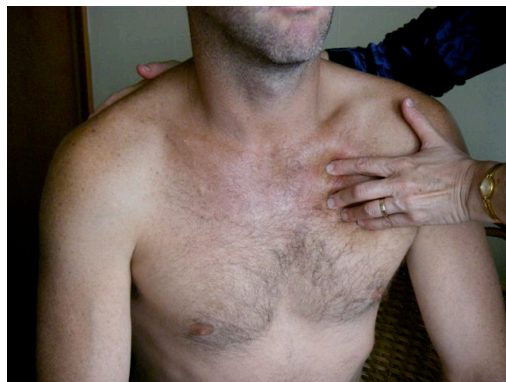
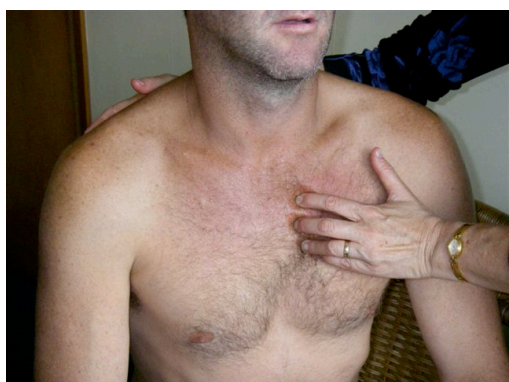
It is always good to get the person to move around in between each portion of this work, particularly if you have someone who is congested from a lot of pain and stagnation.

Use VERY firm and steady pressure, going deeper with each sweep.

1- OPENING THE FRONT

(This is a set of male pictures, as most women would not want their front exposed).

Have the person sitting up, bracing them with your other hand so they are not pushed forwards with the force of your movements on their chest



SLOWLY is the key. Go deeper as you increase the movement frequency.

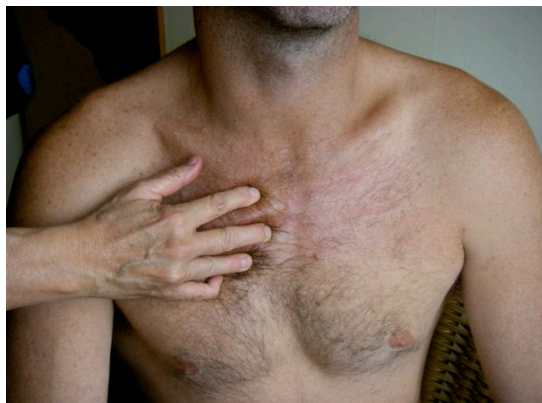
Hold the person steady as they may lurch forwards – this is very solid, deep **gouging**

I can't emphasise the need for slowness here.

Start at a very superficial layer. Get them to concentrate on their breathing.

Often helps if you are resting some of your body over their's, as the extra human touch desensitises to the pain that is being felt. (Cuddle whilst gouging)

Gradually go in deeply with each successive move.

2 - THE OTHER SIDE...

Each side can be very different, so please start lightly/shallowly on each, and get deeper as each sweep is accomplished.

Ensure you have enough oil on your fingers to not pull out the chest hairs as you go – on a man. **For women**, please be very respectful of the breast tissue. When lactating especially. This is a stunning move to clear any neck/shoulder problems.

If breast cancer has been part of their lives, this along with good nutrition and detoxification, moving lymph is a perfect team for enhanced wellness.



This is gouging – just make sure - it is SLOW.



Getting the person to move about and then keep going may free up a lot more – especially if some deep breathing/sighing is also accomplished.



3 – FINISHING OFF

After you have finished off each portion of the massage, it may be useful to flick your hands to release what you have moved from the person's body. It may sound odd – but the energy does get trapped. The difference is obvious to the recipient of your care.

Do some sweeps with the flat surfaces of all of your hands from the top and the centre to the bottom and the sides – move all that has been freed and released right away to be liberated.

Shake it off your hands once it has been collected off the superficial layers of the body.

Doing this feels so much clearer.

ALSO...

Be sure both are warm whilst doing this.

Both drink a large glass of tepid/non-chilled water.

At least sip it over the time of this massage.

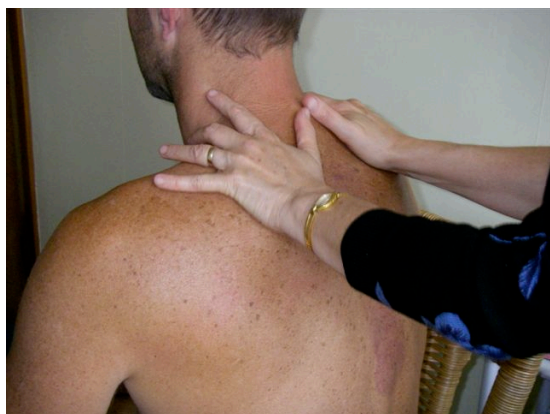
Water is great to allow the clearing in both people – there is usually as a lot will be let go that has been stored a while - a lot of Stuck Qi that has been moved on.

(WHY NOT COLD WATER?)

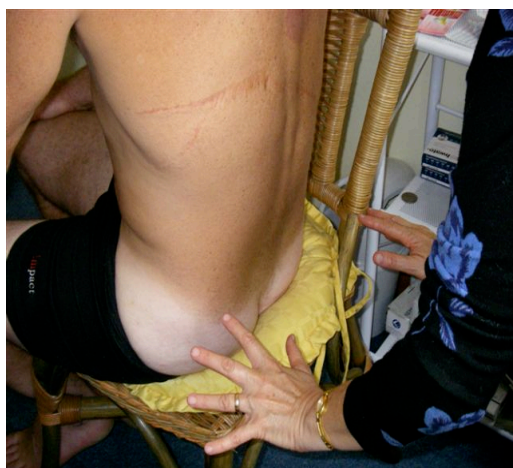
Cold causes the Qi to become sluggish/congestion to block up circulation.

Here we are encouraging movement.

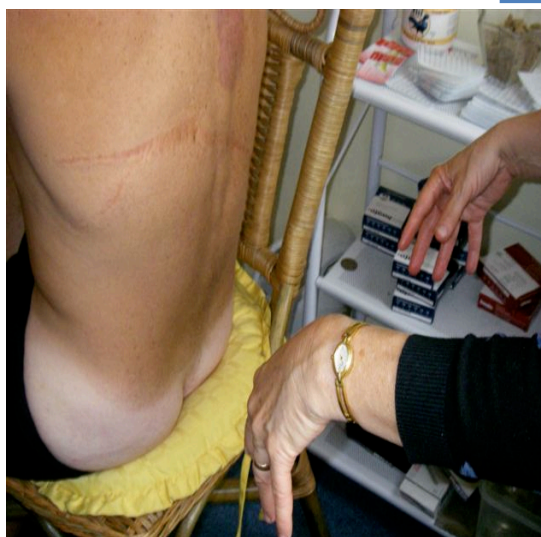
4 - SWEEPING AWAY WHAT HAS COME UP TO THE SURFACE



This can be achieved quite smoothly and quickly – it is just very superficial with intent to remove all that is not needed.



This is **very fast** with a **barely there** touch – the pictures do not give it justice - a **quick, light sweep** down and out.



These moves and more are available from the [self-paced courses you may find here](#)

RESULTS

His absolutely beaming face, all the way through – each time he was asked to move about there was far less pain. WHAT A DIFFERENCE!!!! He also noticed that when he got cold (which is an occupational hazard and happens whenever he goes fishing) his entire back plays up. He knows now to soak in a hot bath with three cups of Epsom salts, which alleviates most of it.

Using moxa and massage makes all the difference.

These maintenance moves can easily be incorporated in an intimate relationship.

Any time I do with is with women, they have the same response – especially as they then have more room in their chests to breathe, and feel so much lighter.

What Else May Help?

There are many more tips.

1. Magnesium is the start. Taking it orally or on the skin – and in a bath. Boosting your magnesium levels helps everything. Add in with the extra magnesium the other essentials for living well – fat soluble vitamins - plus [Vit D3](#) and [dietary fat](#).
 2. Avoiding cold – as it is not your friend in any form – especially not when you want better circulation (hence freedom from pain).
 3. Chinese herbs – to get the Blood Stuck moving. That is all pain of specific origin, this may be cardiac, awful veins, clots, issues anywhere are all remediable with Chinese medicine and sensible supplementation - especially [vitamin C](#) (little does, often) and E – preferably with Selenium in it (a great antioxidant).
 4. [Glutathione](#) using the accelerator will instantly make your body feel so much younger!!!
 5. [Anion pads](#) – in your shoes, on your back or in your pants (not only for embarrassing discharge issues - they work to normalise flows and cost little.)
 6. Avoid all non-nutritive ingestibles and opt for veggies and super nutrition.
- For more information, visit: [Nourishing Traditions](#)
7. Drink pure non chilled water – and lots of it.
 8. Exercise – get out and about and move your body.
 9. More touching/loving and intimacy – encourage the cockles of your heart to sing.

Give of yourself more, love more and laugh more