

ENERGY CHANGES FOR A BETTER LIFE



HEATHER BRUCE

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Disclaimer

The information presented in these books is not intended to be considered as medical or legal advice. I provide this information as a way of sharing my decades of hands of experience as a natural health problem solver to those whose unanswered questions are still in the ethers..

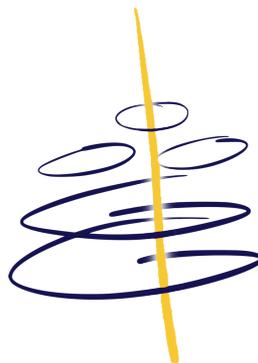
Aa an acupuncturist/naturopath/herbalist, in the past and now also a Qi mover and body aligner, I know that it is YOU the 'sufferer' who MUST make changes to affect change in your body/life.

Do the same - and the same, or a continuation along the trajectory you are on – will happen. In the past, I advised you to seek additional opinions from a range of trusted health professionals before making decisions that may affect your health and wellbeing.

Now I advise you to WAKE UP. Whose body.

Life is it? Getting more entrenched in what others tell you /think is NOT sustainable as none of it is altruistic or personal to you.

Getting MORE stuck is guaranteed if you do not find your own voice and USE IT. Biology is stable. When we follow life, and what we are able to do in a body and a life, it 'works'. When we chose to embellish nature with 'clever'/bright/new ideas all sorts of problems – will follow.



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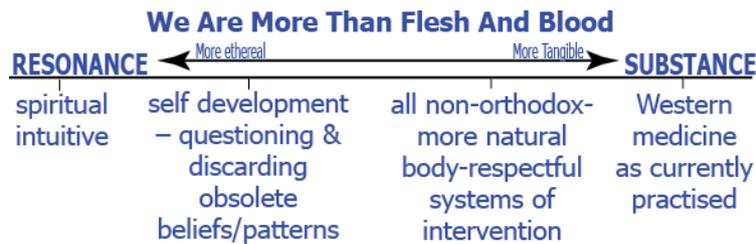
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INTRODUCTION

Here you are invited to change your perspective.

To what directs the physical: the electrics or energy

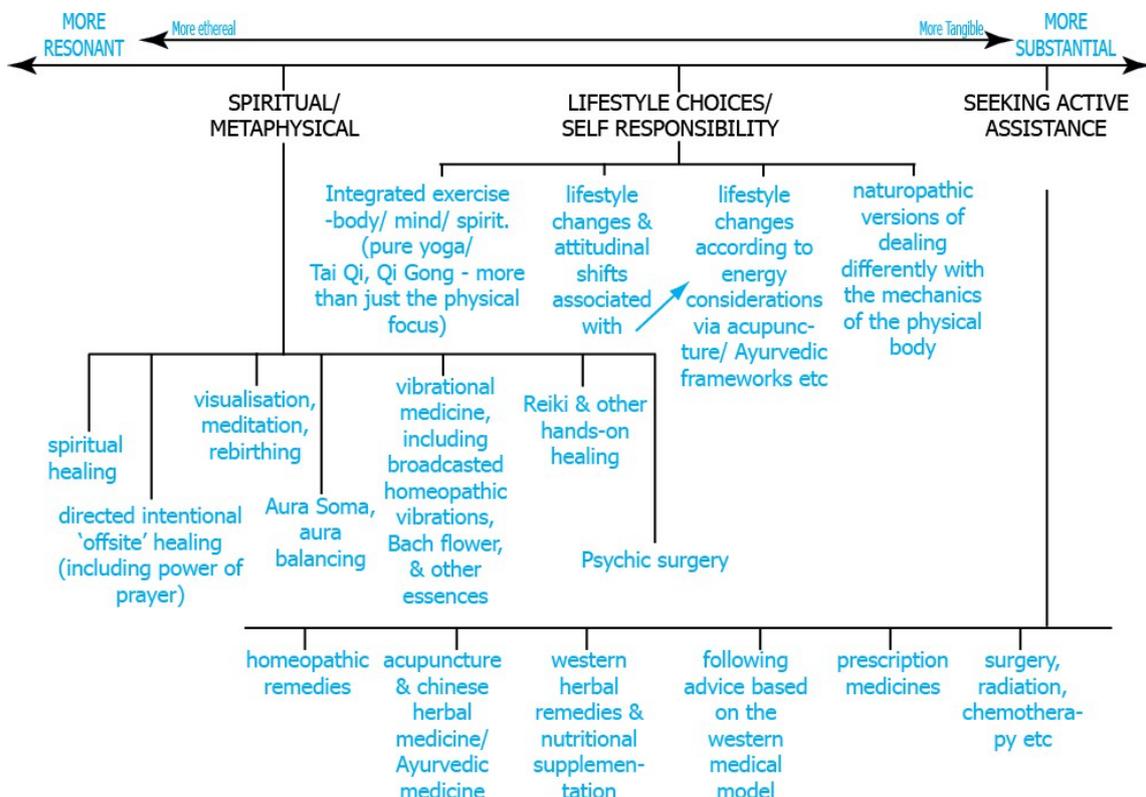
Energy runs the physical. Energy shifts easily, or you can leave upsets till they hit the structure: that machine you are inhabiting. And from the beginning . . .



You have been gifted a body, are more than this.

The orthodox medical model that you may be used to is a small part of what you need to investigate to understand the role of health and illness.

There are so many ways a body wears out whilst trying to function in undue stressful situations. Whether called ‘being hormonal’ or ‘stressed’: there are ways that all may find themselves in a mess, and differing ways to undo this.

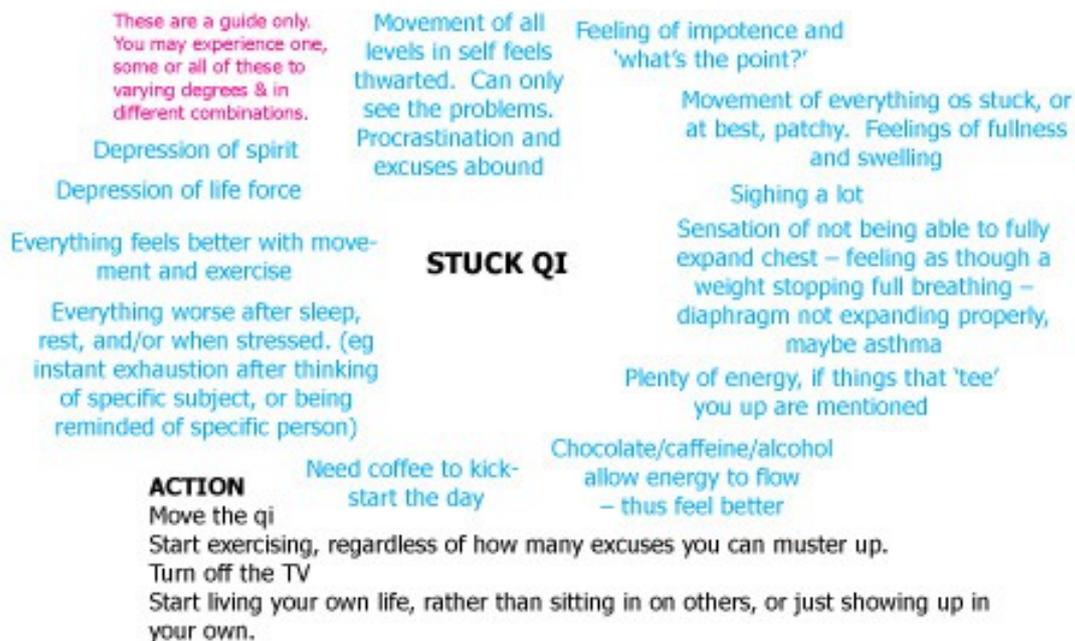


Handing YOUR life over to a medical specialist who looks as though with a telescope with one section of your journey in this body as though it is able to be divided up into bits may not be that useful.

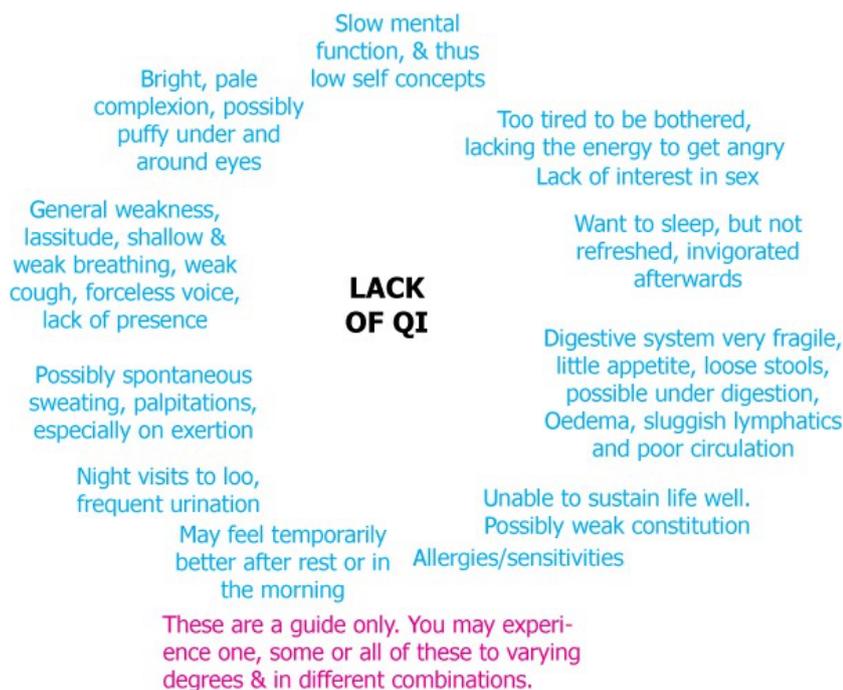
ENERGY AND ITS FORMS IN ILLNESS

Many think that they “need” more energy, but usually they don’t. Instead, they are likely in a stuck/congested/not circulating well state. As a body is not a collection of bits, but one entity, Qi/energy flow decrease affects it all. Below you see connections as the Qi flows or is stuck in all of it.

Stuck Qi - happens when we are **thwarted and consequently upset.**



Lack of Qi is common in those who are **ill and/or close to death.**



Women suffer Stuck Qi, as they “don't have a minute to themselves” and “everyone wants more” than they ought to give. It is often very difficult for women to say “no” gracefully, they wear themselves out – literally.

Unless having learned to look after themselves FIRST. (Self preservation)

Then to be more in a state to be able to choose to look after others. Or not.

When there is a lack of Qi, physiologically the mitochondria may need help to activate what energy is available. Usually there is a simple, natural solution – better food and life resources to have all working as designed.

Stuck Liver Qi

STUCK

We all know how this feels - we are called ‘emotional’. We are then told that we are being ‘emotional’. Yes, we are – secondarily. We feel. We hold it in. We then become STUCK in a state that was supposed to be like a cloud across the sun: temporary. Irked/irritated/constrained/annoyed: eventually feeling impotent, helpless, hopeless. Stuck.

These are a guide only. You may experience one, some or all of these to varying degrees & in different combinations.

<p>Reactive, feeling thwarted, irritable, angry outbursts, emotional & mental inflexibility, always ‘right’; sleeping disturbances, feeling disconnected and ‘out of sorts’</p>	<p>Surges, especially in moods resulting in occasional sense organ disruption (esp ears & eyes) Headaches, migraines</p>	
<p>Possible irritation, maybe itchy & uncomfortable, visual differences</p> <p>Eyes</p>	<p>Sense of Self</p>	<p>Blood circulation to head</p>
<p>Lumpy, sore, often cyclic changes.</p> <p>Breasts</p>	<p>STUCK LIVER QI</p>	<p>Going around in circles, getting stuck & staying there</p> <p>Planning & decision making</p>
<p>Feeling suffocated and feel like/can't take a full breath. Feeling of oppression, as though something sitting on chest.</p> <p>Breath & diaphragm</p>		<p>All manner of gut problems, especially those responsive to mood. I.B.S., Crohn's disease, sensitive and 'leaky gut'</p> <p>Digestive</p>
<p>Irregularity in all aspects, including sometimes 'normal'/sometimes not. Flow may stop & start again. Cyclic disturbances of everything, often called PMT.</p> <p>Menstruation</p>		<p>Bloating, feelings of discomfort, fullness, gas, vague aches & pains that come & go</p> <p>Abdomen</p>
<p>Possible infertility as menstruation is not perfect. More likely to have pregnancy complications</p> <p>Pregnancy</p>		<p>Pain & inflexibility, knots, tension, tightness</p> <p>Muscles & tendons</p>
<p>Cranky, irritable, difficult to be with, as highly unpredictable. Physical body reflects this</p> <p>Sexuality</p>		<p>Ridges, thickening, changes in growth</p> <p>Finger & toe nails</p>

Everything is magnified, or may only be evident, when 'stressed', when then the extra body reactivity will start a snowball effect of discomfort and overall grumpiness.

Temporary relief may be found in ‘what you reach for to get OUT of STUCK. Habits – whatever you have – the answer is TO MOVE. Your body. If we are “fed up”, irked, irritated, stuck in a cycle of Stuck Liver Qi. This is across all parts of your being: gut included. Commonly called ‘hormonal’.

Life must move. Women's bodies must flow. Monthly they make a potential baby nest. If not needed, then releasing it. THE KEY TO LIFE IN A BODY.

Help is at hand – you can easily shift this. Feel, Move, Say, CHANGE it

Bodies heal themselves,

Bodies remember all that as happened to them.

The STUCK needs releasing/clearing - flows have to flow

Structure determines function (when NOT aligned, havoc is created)

What you think becomes who you are

HORMONES? They are messengers that run in the blood – communication.

Blood energy

Please note that I am speaking from an energy model – not what is leaking when you cut yourself that is the physical liquid blood. To show the difference – when I mean the Blood energy, I use capitals.

Blood energy is what we *should* have in abundance, irrespective of age. It is pivotal to keeping us sane, happy, and healthy. In our reproductive years, great Blood energy is what enables us to reproduce easily and nourish our young well and stay sane whilst we do..



Our entire lives are run on our ability to produce and circulate Qi and Blood. Normal life depends upon this – not the messengers ‘(hormones) carried in the blood, but the Blood energy being able to nourish and sustain us.

When emotions are not expressed, the disruption felt eventually brings us down..

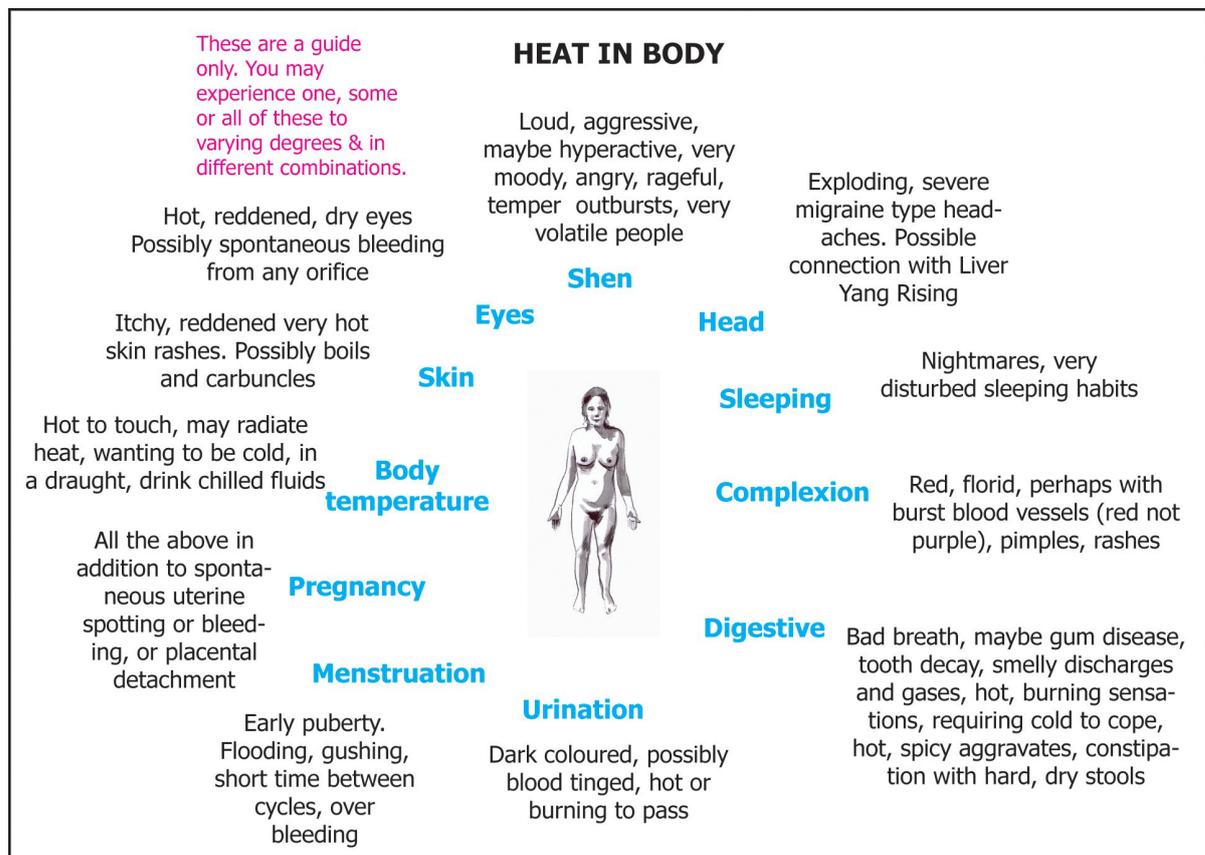
HEAT

A state of inner imbalance is when you feel hot, or overly warm. Inflammation. Body may look red; discharges are coloured, you feel better with cold, agitated with more heat. The heat drives the blood from the vessels, usually observed as heavy periods, periods that are too close together, or bleeding that goes on for too long. Bleeding where it is not expected: redness escalating, possibly babies lost.

Accelerated ageing when cigarettes and alcohol have been involved. Over heating, your feet may give you clues, (needing to put them outside the bedclothes at night). Autoimmune diseases may strike you down. Emotionally you could be labelled “neurotic”.

Heat dries you out (see Blood then Yin depleted next page) and gradually you will suffer more of the various upsets seen in the diagram below. Whilst it may take decades for these symptoms to appear, you can observe the progressions. Maybe called aging by those who do not know. . .

A lifetime of starving yourself in diets, or having an unhappy digestive system from ‘stress’, compounding an inability to sleep well, or/and a slow leaking cycle where more blood is lost monthly than is able to be replicated, or with a great gush or hemorrhage, may together or singly trigger more serious issues.



Where you may be ‘on edge’. Easily in crisis.

Deficient Blood energy (Blood Xu)

This does not mean that here is less blood volume, but quality of what there is there may be less than optimal. Deficient Blood may also mean less quantity, and is easily changed through better hydration, nutrient denser foods, and rest. Being a woman is not fun without sufficient 'oil' to keep her machine ticking over.

When you are in this zone, everything is harder.

DEFICIENT BLOOD (ENERGY)
Not necessarily anemia, but includes this

These are a guide only. You may experience one, some or all of these to varying degrees & in different combinations.

<p>Blurred vision, dry eyes, spots in front of visual field, visual disturbances. Dizziness/vertigo/soft noises in ears</p> <p>Dull, reddened skin, mild itching, skin sensitivity and irritation, rashes, dry and wrinkling skin.</p> <p>Insufficient quality and/or amount</p> <p>Late cycle &/or short flow. Scant amount, light red or brown in colour, possible cessation of periods</p>	<p>Easily disturbed, frightened, anxious, nerviness, neurotic, palpitations, general mental and emotional instability</p> <p>Shen</p> <p>Eyes</p> <p>Skin</p> <p>Lactation</p> <p>Menstruation, Reproduction</p>	 <p>Sleeping</p> <p>Blood Circulation</p> <p>Hair</p> <p>Complexion</p> <p>Muscles & tendons</p> <p>Finger & toe nails</p>	<p>Dream disturbed sleep, insomnia, light sleeping, restless, awakens and can't return to sleep, awake between 1 – 3 am</p> <p>Light-headedness, fainting, dizziness, vertigo.</p> <p>Colour fading, premature greying, hair losing health, strength, shine, growing slower and shorter. In severe cases, dried out and straw like appearance</p> <p>Pale, dull, unhealthy looking</p> <p>Muscle spasms, tremors, tics, cramps, tightness, numbness, tingling. Maybe thinness or emaciated</p> <p>Dry, flaky nails, poor, slow growth</p>
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HOW TO BECOME BLOOD DEFICIENT

Worry (digestion, circulation and respiration all reduced quality).

Malnutrition – dieting history, anorexia or bulimic past.

Digestive problems of any description, lessening the quality and amount of nutrients available.

Loss of actual blood – especially a history of flooding, or very long heavy bleeding from any source. Can be a once only birthing haemorrhage.

Stuck Qi creating Stuck Blood, so less in circulation than there should be.

Heat from any source, drying out the yin and Blood energy.

Blood in Asian medicine is classified as being “Yin” in the body. Heat depletes Yin easily by drying Yin out: meaning we may age faster than necessary.

Not being able to sleep well, or rest – due to a lack of Blood and Yin Qi means that as we do not replenish at night (as we can't, being Blood deficient) we get further and further behind, becoming unwell, unmotivated, lost and 'losing our marbles' even. **What to do?** Simplify.

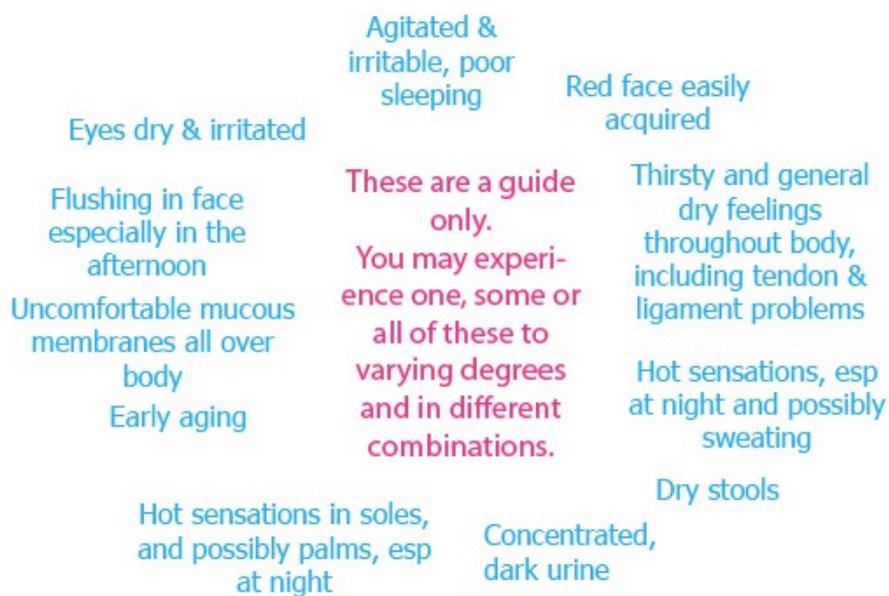
We need to value to our Yin and Jing. By 'overdoing' life we can see from the information above, that being Blood depleted stretches us thinly.

Yin Deficiency (Yin Xu)

Sleep is vital to rebuild and nourish ourselves. If not sleeping well, a struggle results to 'keep going'. Skin, emotional, painful joints, 'autoimmune' problems and feeling too weary may appear.

Accelerated aging/dried out/'old before our time' completes the picture. We may not have all this at once: any of these may tend to oscillate. They may worsen and improve, but with age or when not looking after self better, this will hit the downwards trend -'aging'. Relax - it is reversible – with effort.

Aging is simply you not looking after your Jing. You can undo the damage – with consciousness and great quality ingredients.



This eventually leads to the expected labels as 'menopausal', and 'neurotic' and 'losing it'. All leading to 'not happy'. We may feel dried up and spat out!!

From here, labelled as having 'depression', neuroses, palpitations, panic attacks and every kind of drama. The reality is *Blood* deficiency – see page above. By lacking the raw ingredients to keep the Blood energy nourishing all tissues and the Shen (mental stability) intact, you are not medication-of-the-day deficient, but in a state of relative malnutrition.

PROGRESSION OVER TIME

Decades may pass before a physical 'problem' reveals itself. A lifetime of putting up with what you felt was 'your lot;'. Perhaps 'women's curse' of raging, migraines, autoimmune problems and eventually cancer.

Please know that the biomedical options are pharma driven (see the Flexnor Report). Pain is always an indication of magnesium and vitamin D3 depletion .

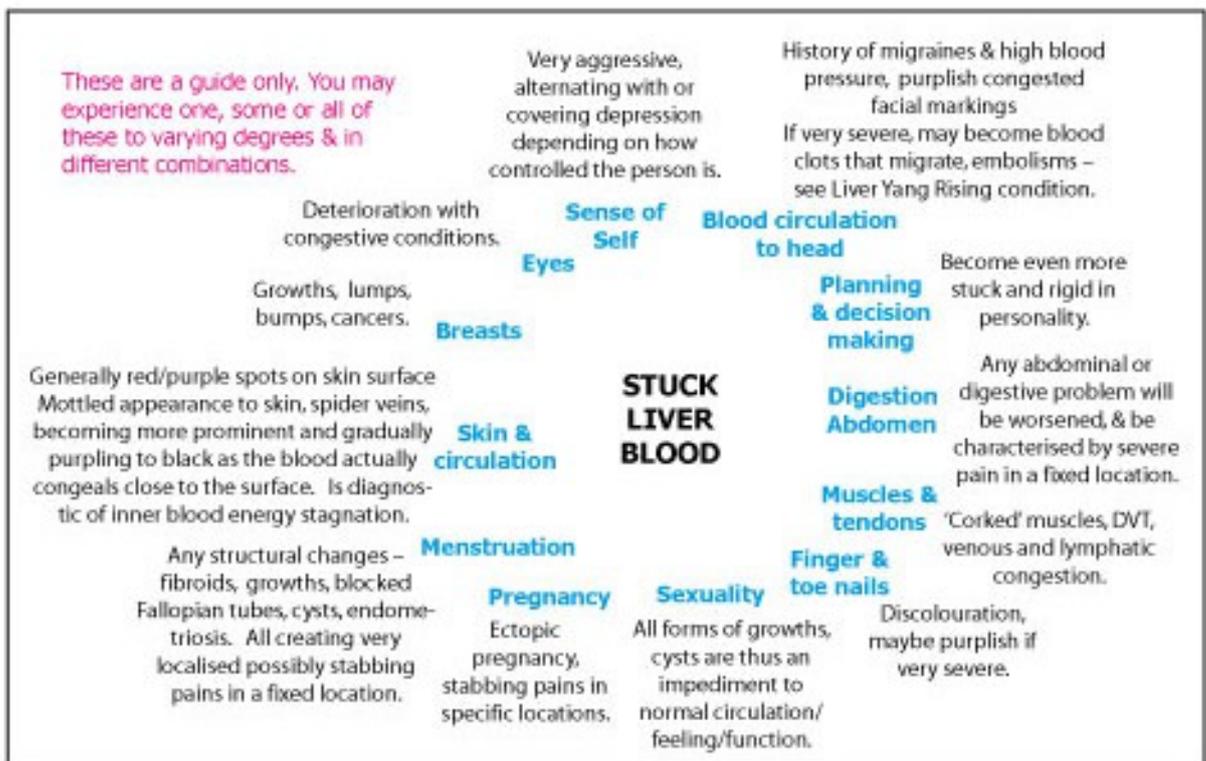
Time will lead you into (even if initially your woes were not caused by) Stuck Liver Qi. In turn, this will become to Stuck Liver Blood (below).

Stuck Liver Blood **Stuck Liver Blood**

This is where things get serious. Pain, and fullness, and tend to worsen. Here we see purplish colours in: legs, in spider or larger veins, on your tongue, if you poke it out and look at it, and in your extremities. This is not good.

Pain is in a fixed location: you can put your finger right on it. Think head, cardiac or womb troubles - endometriosis, PCOS, fibroids: any growth that should not be there. (Including blockages working up to heart attacks).

The area feels full and is resistant to pressure. It may feel as though you are going to explode, and sometimes, something might. Being full of extra physical manifestations, be they fibroids, cysts, tumours: anything where it was not designed to be, leads to ever more trouble.



There is no right, or likely way to have your body to start deteriorating. You may initially have versions/variations of some of these. All from one picture, some or only one from another: this is normal. Everyone has aspects all of these.

Due to the accumulation of stored toxins on all levels, the trip into Stuck Liver Blood may be dangerous, and needs investigating - at the least, the emotions need to be gentled.

Eventually we can get to life-threatening imbalances.

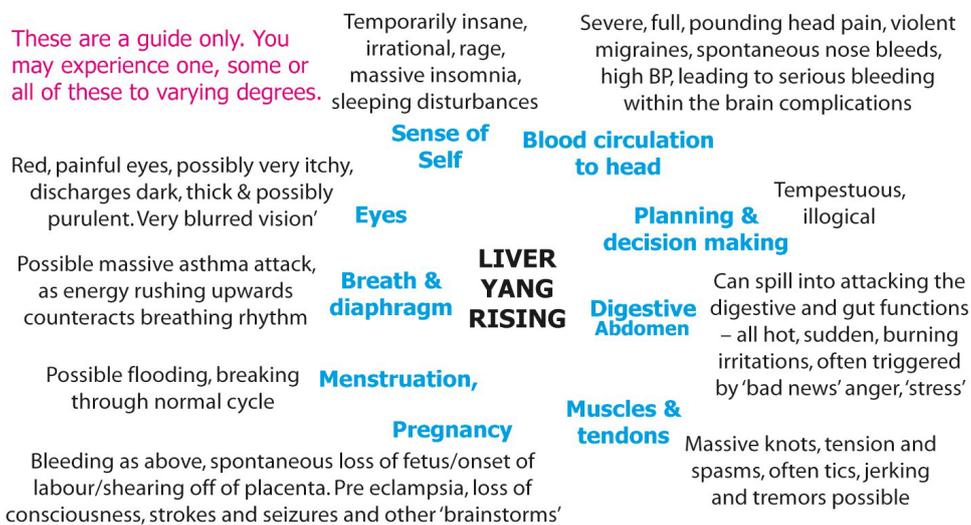
There is no need to say 'we don't know', as the medical people – as this gradual march towards n body anarchy is predictable for those who know body energetics.

LIVER FIRE RISING

The body explodes – think volcanoes!!

For some, being exposed to angry, violent, and abusive people was (and maybe still is) a daily reality. You can get here from 'festering', 'putting on a happy face' and invariably, blowing up, and likely before then, self-medicating, which further causes inner heat, yin depletion, fire blazing, and ever more likelihood of blowing your stack.

Maybe from very early life, your ways of dealing with the world were survival orientated and may need updating, as you are not as helpless as you were then. Can be through the minute choices you make in every stage of the day, as your inner life is not reflected by what you wish, but what you expect and project out to others.



We could either have an acute episode – become exceptionally angry, especially after sitting on our own private volcano for ages, or over decades, the combination of never being self erodes energy systems and blood vessels to the point where an incident occurs.

These are signs we need to move, to go get our life, rather than sitting and staring at screens all day. Nutritious diets and clean water are essential. So, too, is exposure to sunlight, exercise, and real rest.

Sleep help? You can replenish your Yin and Blood energy.

How to?

- 1) - A clue is to **drink a lot more pure** TEPID water - all day but especially in the morning: perhaps with half a lemon squeezed into a glass of warm water to start the day. This assists the physical organ liver to work better.
- 2) - **Move – get active:** several times a day. Drop all and go for a brisk walk, pick up a skipping rope, run up the stairs, get moving - your circulation going.
- 3) – **Simplify - avoid all foods/liquids that turn to sugar in your body**
No chemicals (numbers), anything that did not grow essentially.

Yang Deficiency (**Yang Xu**) (Equivalent to low thyroid/body function)

We began with Qi not flowing. Stuck Qi to Stuck Liver Qi and its life repercussions. Another branch of depletion is Yang Deficiency (Xu).

All are often concurrent, so you do not have to wonder if you are more than another. All can happen at the same time, depending on the day, the amount of sleep/food/angst you have been exposed to, the weather, your feelings, which as you know, can vary dramatically.

Yang Qi deficiency, is all that passes for so many of the medical conditions that you may be currently trying to fix. Yang depletion is equally brought about by overdoing life, lack of sleep, lack of decent food and lack of self-care, and is also the result of we eating/drinking or being otherwise exposed to too much cold.

Likely a large source of your lack of oomph, easy to do by overdoing it. The recent ice bath fad being of major concern. Wearing your Qi out temporarily, or in one hit by having a major accident or incident where you can't recover well and fully. Often it also shows up as a lack of bioavailable Iodine.

Whilst it all falls under the umbrella of low thyroid function, having a blood test to then be told that you are 'on the low side of normal' – means that you won't die/this is not urgent enough – it is just about your quality of life (which matters to you – but thyroid medication is not as lucrative as all the spinoffs from your metabolism not being normal.

You may not be feeling as though you are living.

This is so normal for most women, as the exposure to heavy metals then messes (often prior to puberty) with the way that the entire menstrual cycle can run. Thus who you are forever.

What to do?

Get rid of what is designed to be within, Avoid further exposure.

Iodine painted on your body to counteract the halogens none of us need that have made it into common expectations. Life is then easily improved. t.

Often apparently unconnected problems can be tied back to imbalances that gradually sneak up on you. Find out how you can alter what is sitting in/ messing with your energy fields.

In a nutshell – get rid of all cold exposure, move more, and consult with someone who understands how all parts of your story are interrelated.

Declutter, Reset, Restore

ENJOY!!