

BEFORE YOU START

In cultures whose healing traditions stretch back in time, (well beyond orthodox science/medical 'advances' in the past century), there was a healthy respect for nature. To live outside these 'natural laws' meant a quick demise - without the advantage of modern medical interventions that, while wondrous in some respects, have encouraged us to become complacent, even foolhardy and irresponsible about our bodies and our environment.

As I have worked with the Asian model of life and health for all of my adult (and maternal) life, I view the modern apparently therapeutic application of cold as being a very odd concept. Chinese medicine teaches that **pain occurs when there is a blockage in normal circulation.**

Applying cold (such as an icepack) just causes more congestion, further reducing circulation and hence worsening the pain. To most traditionally living cultures, using cold anywhere on or in the body is viewed as sheer stupidity. Their ancestors were diligent about ensuring cold was kept well away from everyone - especially women.

To you, this may sound 'way out' - after all, anyone who has undertaken First Aid training is familiar with the 'R.I.C.E.' mnemonic for direct action following soft tissue injury:

Rest. Ice. Compression. Elevation. Why not use M.E.A.T. instead? Movement, Exercise, Analgesics. Treatment. What all Chinese medicine has been saying for many, many centuries.

Our hospitals still use ice, 'everyone' uses ice - so it MUST be right! The assumption that those in authority actually know what they are doing is possibly what you may need to work with first. What works?

Cold used 'therapeutically' is a danger to your life force. Cold invasion CREATES more problems than it resolves, short and long term. For example, the application of cold compromises a woman's happiness by interfering with her periods. She may well endure the pain of a lifetime of being side lined or medicated in order to keep going, resulting in a 'high maintenance' monthly period without the ability to even feel sex (let alone desire it).

Cold wastes our life flows. As you will learn later on in this book, Yang allows for passion, desire and even ability to orgasm: all healthy ways to express our love and humanity. Maybe ask yourself - 'when was the last time I felt 'normal'? Perhaps not since . . . who knows?

The therapeutic application of cold is not the only cold that may be causing you problems - we also make cold lifestyle choices that influence our wellbeing, such as putting ice in our drinking water. Eating straight from the fridge. If you chill your own [inner oven \(gut\)](#) and then expect it to still work perfectly. . .

Imagine baking with the oven door ajar. Of course when you do the equivalent – add in cold to your gut – you can expect digestive problems!!!

Sleeping in a draft – [expect Bell's palsy](#) – even often just a super cold 'slurpy'/ smoothie may cause your body to [react in ways that you will regret](#) – maybe forever. (NOTE: "Bell's palsy" (one side of your face falling down) is not a virus catching up with you, as orthodox medicine currently asserts. Bell's palsy ('Wind Cold in the facial channels') is seen in all Asian medicine as a weakness that has led to a local invasion – and as such needs the appropriate remedies - not anti viral medication.

[Ice used 'therapeutically' on women at any time](#), but especially during pregnancy and childbirth may cause life problems forever after for her. Only warmth was used in the past. Warmth will feel supportive and comforting. Ice added onto engorged breasts/ swollen perineums, and on any wound stops the inflammation that is needed to allow support and the inner work to heal.

Before you use ice on an injury, or put ice in your drinking water, please ask:

- What is supposed to happen when my body is damaged?
- How is my body programmed to repair itself?
- Is the cold being offered to me assisting my body to heal itself?
- Is there something more constructive that can be done for me?
- Is this the most respectful thing I can do for my precious body?
- Is the area being numbed actually going to be better off because I temporarily cannot feel it?
- Why am I feeling pain at all??
- Maybe even - is the pain telling me to rest and regenerate, to take it easy?

Cold blocks flow.

Why add insult to the injury?

More specifically, how can the healing blood your body needs so desperately at this moment get to the wound site if cold has been applied to 'prevent swelling' and 'ease pain'? If you are troubled with [fibromyalgia](#) (as most are now told they have) – please start looking here.

Long term, is the area better off with the application of cold?

The answer is 'no'. Long term, the [cold stays in our body](#) and triggers a range of troublesome health problems. So why would we use it at all.

Cold is dangerous.

Cold is not comforting.

If there is pain, it is your body's warning to stop and rest up. Allow healing.

From now on, why not make decisions that improve your long term wellbeing, rather than weaken it? In fifty years' time, modern medical authorities are just as likely to have changed their minds about cold as they do about most other matters pertaining to your health. You may as well be 'ahead' of the times.