

WHY CAN'T I LOSE WEIGHT/WHY DON'T I FEEL WELL & ENERGETIC?

WHAT MY BODY
DOES WITH FOOD?

TEMPERATURE

QUALITY, MODERATION
& VARIETY

1

2

3

4

5

6

FOOD AS MEDICINE

REGULARITY & TIMING

CHOICE OF WHAT TO EAT

By concentrating on the right hand side of the line, counting calories, weighing and fussing over what goes in, we can ignore the more important aspects of the equation – what can my body DO with it, once I've swallowed?

Using the "Inner Alchemy" poster, and following the suggestions for eating, a gradual return to well functioning – on all levels - may be achieved. Fat, fluid and cellulite, phlegm in all guises, and bloating, discomfort and pain, and lethargy, may all be by-products of an inefficient digestive system.

To assist yours, rather than continuing to obsess on what to date hasn't worked, (what you put in your mouth), change the focus to all the factors that help to give you a contented tummy – see the chart above.

1. Please study the Inner Alchemy poster. A major cause of digestive disconnection is the emotional suppression we have all been taught as "being nice". By not truly expressing ourselves, and by not acknowledging our inner angst, it festers and turns inwards, to fight a war within us. This is then felt as "stress" - heartburn, bloating, reflux, ulcers, irritable bowel, eventually leading onto such conditions as Krohn's disease and cancers.
2. All foods have an innate energy vibration, and resonate at different levels. Choosing a wide variety of differing foods, according to the climate, season, and body cycles ensures that we do not become imbalanced. We can use food as inner medicine, to heal ourselves.
3. Eating or drinking anything cold, or raw, especially on an empty stomach, and/or if very ill or young, (especially children), will weaken the spleen yang qi putting out the inner fires of digestion, resulting in pain, nausea, mucous production, and fat and fluid accumulation.
4. The body works best with very regular, warm, nourishing input, no more than three hours between good quality snacks (to keep blood sugar levels stable, allowing the brain and moods to keep us sane and happy). Our body gears up for action in the morning, and winds down at night to regenerate, rebuilding for the next day. Hence, eating a small tea early, will allow the system to appropriately move through its 24 hour cycles. Awakening hungry, we can then eat a hearty cooked breakfast, constantly refuelling throughout the day, allowing the body to rest & regenerate at night.
5. Optimally fresh, preferably organic foods.
6. What you choose to eat could be a matter of honouring your inner temple, that it may support you.

ENHANCING YANG QI

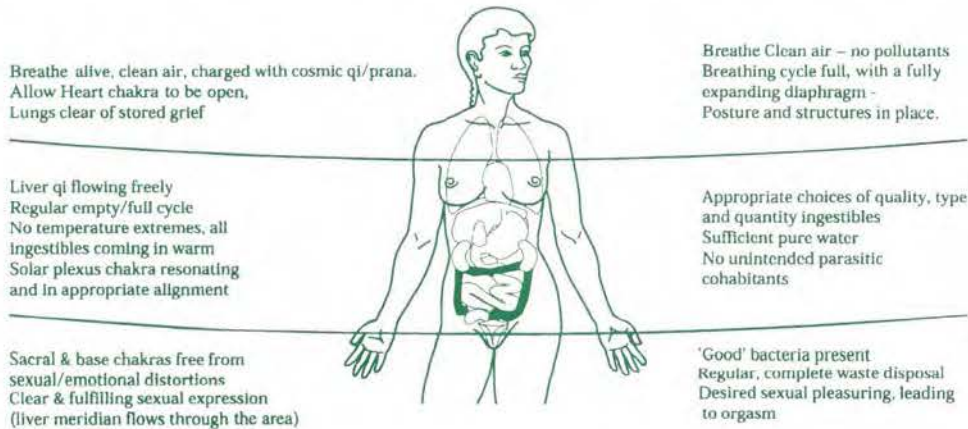
Regular, warm, nourishing, moderately sized meals.
Eaten in harmonious, calm and unhurried environments.
Absence of extremes of any description.
Freedom from cold, which directly wastes yang qi, hence weakens the body's digestive, protective and transportation abilities. Adequate movement to ensure freely flowing circulation.

ENHANCING YIN QI

Living a regular, orderly, enjoyable life.
Freedom from excessively heating or drying conditions. Adequate hydration with pure, fresh, (not chilled) water.
Plenty of restful sleep, relaxation, and 'down time' to regenerate. Emotionally fulfilling relationships, and a sense of connectedness, free from trauma.

Taken from "Living in it", part of a self healing kit, designed and produced by Heather Bruce, acupuncture practitioner, educator, and spiritual counsellor.

SUSTAINING OURSELVES - Maintaining a State of Wellbeing



MORE RESONANT FACTORS

MORE PHYSICAL

All body systems moving freely, as all liver qi smoothly operating – no emotional suppression.
No scarring, physical or in the energy fields, thereby ensuring free expression of natural vitality

WHAT DO YANG & YIN ENERGY DO?

YANG ENERGY

The energy that allows us to be active, vital, and responsive to external stimuli is called yang qi. Yang qi roughly corresponds to the Western concept of 'metabolism', and in the body...

- Transforms
 - Circulates
 - Warms
 - Protects
 - Holds in place/retains shape
- EXCESS COLD EXPOSURE WEAKENS YANG QI

WHEN WE BECOME RELATIVELY DEPLETED IN YANG QI, then

- We feel the cold easily.
- We 'catch' everything that is going around.
- We can't digest/assimilate food well, leading to mucus/fat/fluid accumulations.
- We can't get motivated & we lose our oomph

YIN ENERGY

Yin qi in the body, being more substantial, more tangible, can be likened to the bridge between the very light yang qi, and our physical form. It can be very loosely considered similar to blood and body fluids. Yin is essentially about replenishment and regeneration. Yin energy is tied to our constitutional vigour, our inherited energy bank balance - jing - which

- Provides rest & regeneration
- Nourishing
- Moistening
- Cooling
- Stability & constancy

EXCESS HEAT/DRYNESS WEAKENS YIN QI.

WHEN WE BECOME RELATIVELY DEPLETED IN YIN QI, then

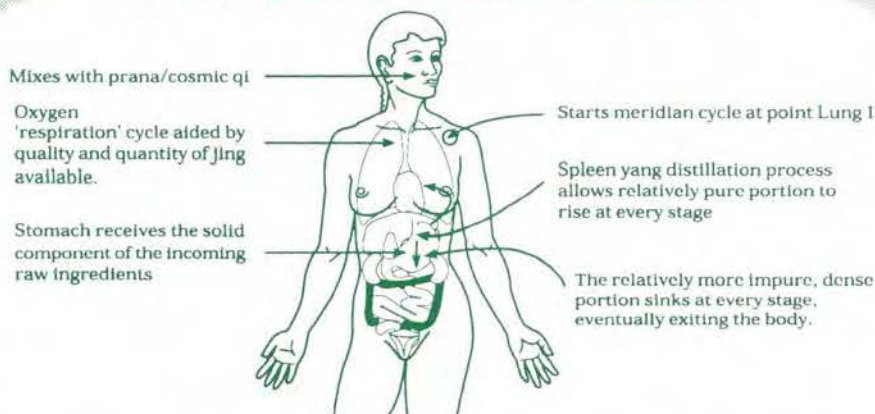
- We get over heated easily, especially at night
- We can't settle & relax to go to sleep
- We get hot/bothered/irritated/restless
- We age quickly, wrinkling & withering
- We can start projects, & not follow through

Information Taken From



www.heatherbrucebooks.com.au

WHAT HAPPENS WHEN WE EAT?



Food is received in the middle 'heater/burner', where the spleen yang qi fires up to distil the ingredients, into a purer component that rises upwards to become energy and blood, and the denser portion, which descends through the system, eventually exiting the body, as waste. Qi (energy) is formed by the action of the spleen/pancreas and the stomach energy with the assistance of the kidney jing. The combined action of the cosmic qi and the inherent qi of the chest - upon the energy components from initial digestion - forms the meridian qi that starts its external circuit at the acupuncture point under the collarbone at the junction with the shoulder.