

The Mystery of Mastitis

Heather Bruce

It may be helpful to look at what is seen as an infection in the mammary glands, from the energy viewpoint, thus possibly avoiding what otherwise seems to be a random event.

In any part of the body, if we introduce cold, or cooling, we slow the flow of all aspects of nutrients down. This means that the placement of anything cool on an engorged breast is likely to cause local stagnation in circulation, leading to a tendency to hardening, reddening and on into a lump, and then infection. So, regardless of how much it eases the engorged feelings, a cold ANYTHING should be banned – gently milking off some of the excess under a warm/hot shower is far more woman's body friendly.

Similarly, if we stop to see what is passing through the breast tissue, we find the liver lines of energy. The liver energy in the body is that which keeps everything freely flowing. Unfortunately for women, when we get irked about anything it shows up in the pathway of this channel – our reproductive bits are totally under its spell.

This translates as anything that annoys us, to any degree, slows circulation down. A major issue is lack of orgasm, and the stuck energy that results from the constant non- discharge of our release. This may seem odd talking about in mastitis – BUT – the number of women who are getting what they want in all aspects of their lives is not high.

The actual fallout of a labour/birth/relationship/life that is not what we thought that we wanted – is – we get more stuck and pissed off. When we're all too nice to voice it – it attacks us. This is where a lot of our period pain and PMT comes from directly – eventually it solidifies enough to be called fibroids/endometriosis and cancers. In the interim, it gives us our cranky bitch overtones.

A classic case in point was a mother who I visited at home, as she was desperately ill with mastitis, three weeks running – always on a Thursday.

After doing all the usual things an acupuncturist would look to in the first two weeks, I tried a different position the third week. What was behind all of this? Why a Thursday?

It lead up to the weekend, where the dad would be away on church business all Sunday, leaving her home bound, as she had been all week. This



was complicated by the fact that she had been so sure she was having a girl (before the days of scans), that she had painted the spare room pink.

On top of another boy, and a husband who was more interested in keeping the church people happy, than being actively involved at home - she couldn't complain about her lot in life. Why? Her mother had

been stunning – all those little kids all by herself all day – and all her female relations just kept on coping - and what was her problem – she only had two infants to deal with? She wasn't coping - we are not robots! Women, especially after birthing, need a tribe about them.

These days, isolated and living in our own little boxes, everyone just assumes maternal love will gush out with the milk. It can be a daunting. If birthing has not allowed her to be initiated into herself as a mother, it is a very dreadful time of life - and the breasts cop it.

We can, through using the energy model, apply a non - confrontive way of dealing with the very real issues that form our lives- thus we are helping ourselves to GROW through, rather than HARBOUR (often all through our lives). The traumas and difficulties are all part of being a mother, a woman and a human being, create.

It takes more than a mum to raise a baby, especially if she is to repair properly after birth – forget being back up and mobile after a week. Where is the baby moon, the sisters and the tribe of elders to help? If we want the milk to flow, we have to realise that new mums are delicate, vulnerable and need to heal.

Yes - I know we can all play Super Woman, but if we do, this may create not just mastitis but ongoing emotional pain and suffering. Honouring our own selves, at least as much as our newborn, is a good start.

Heather Bruce, is working in Brisbane as an acupuncturist/healer specialising in women's business, especially the interface medicine/hormones. She has begun her publications with "What Dads Can Do – a manual for partners of pregnant women". She will soon also have "Well Woman's Baby – Birthing the Mother Within" written and out in the New Year. You can visit her website www.heatherbrucebooks.com.au.