

(Wrong gut bacteria and the Candida and the eating patterns that keep them on line).

What to do?

Stop breaking your body's blueprint – when you feel something – EXPRESS yourself. What you have been calling what is happening to you 'normal', quite possibly no one else would . . . A well adjusted body needs to be working on 'automatic' without all the emotional charges and loops disrupting the regular flows that ensure wellness — moderated panic and/or shock and/or rage and/or terror all have a part to play in the average woman's residue after making it to adulthood/ birthing — and the NEXT relationship/pregnancy/baby often is a major trial — as she has a lot to undo before she can just enjoy being present enough again to BE herself /happy and /or pregnant again.

- ✚ Often the **birth trauma** (from her own birth or carried down through the maternal line in stories and cellular memories) acts as though it were post traumatic shock syndrome — it is THAT distressing to be still carrying around aftermath. Ask any woman who did not get what she felt she was due — yes her baby is alive — but look what else happened. . . . and it stays forever as guilt/shame/rage/despair . . ('What does being pregnant mean to me?')
- ✚ Add in Iodine to the daily schedule – paint it on your belly – about a palm sized piece - and move it around the breast and abdomen – in the morning – this often is all that is needed to normalise the gut and metabolism. [See more](#). I have had amazing results with women using this topically – not oral iodine – it does not seem to be taken up in the present world of too many other chemicals. Painting it on also seems to sort out all breast tenderness, lumps and general debility - paint it on.
- ✚ **Work on what is really the problem** — the nausea is usually just a red light on the car's dash board . . . it is the way to get to see someone to start really healing (your life) — and to allow a lot of what had happened the first time to come to the surface on all levels to be cleared.
- ✚ **Stop all excess inner (thinking/worrying/obsessing) and outer activity.** (Going to work/keeping up appearances)
- ✚ **Meditation and yoga** are also likely to settle your nervous system.
- ✚ On the more mundane and obvious front — working with the gut directly. Often **just squeezing half a lemon into some warm water and drinking this prior to arising** can help with the physical liver/gallbladder's role of getting the peristalsis moving and the excess wastes discharged — before eating anything. This alone can often restore your good humour.
- ✚ Find **friendly gut bacteria** stored in refrigeration at a chemist or health food shop. Take as directed, to assist re-colonisation of the intestines, especially after taking antibiotics.
- ✚ Take a **small dose of Vitamin C** frequently throughout the day, some liquid Zinc, and a good (possibly liquid) source of multi minerals, and vitamins.