

## INTRODUCTION

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In the modern western world, being a woman is too often viewed as a process of disease – apparently there are medical crises everywhere! Puberty, pregnancy, menopause. Pills, vaccinations and surgery offered for this and that dis-ease, hormones blamed for all sorts of feelings and upset, bleeding that disorderly, painful, difficult, pregnancy that is rarely left to take the course nature intended. In *The Human Matrix*, I explain why women's bodies are not functioning as well as they might – and what you can do about it yourself. No pills. No surgery.

*The Human Matrix* is a life manual. To receive this knowledge, it may be necessary for you to broaden your perspective of life, and your world view. Perhaps you could start by asking yourself 'what is negatively running my body and my life?' Here's a tip: skip what you may think is obvious – i.e. the 'actual' problem you have been told you have – be it endometriosis, hormonal disruption or Poly Cystic Ovarian Syndrome. Instead, this book will help you to understand why the disease is there, what sets it up and how you can undo whatever it is that's upsetting you.

*The Human Matrix* begins with how we are made. That is, through a woman's body. You may have found that western science focusses on the physical end game. We are taught to view physical end-results in your body as random, the result of bad luck. This is unhelpful - because the diabetes, endometriosis, fibroids or cancer or whatever else it is that is bothering you, has its instructions within you. Consequently, following mainstream medical treatment may just grow it all back again. Instead you could ask 'where to now?'

Start at your beginning. Ask questions, always. Go back to your own mother's nature and observe how your blueprint can be enhanced. *The Human Matrix* will teach you to examine 'why' questions about your own health and nature, and offer guidance about what to do once you discover that your own decisions have been sabotaging your health and wellbeing. This is a very different, though inclusive, model of health and wellbeing borne of thousands of years of acupuncture traditions, in tandem with my own experiences over many decades helping people with natural healthcare in the modern context of suffering.

Look to the programs that run you. In this way, you may see for yourself how life itself has impacted upon your blueprint. This is often the key to understanding the health outcomes you are experiencing now. The natural laws I write about here are not of my making - I have simply drawn connections between different healing modalities.

Many of the terms and phrases I use may at first seem strange. With perseverance, however, you will feel and know the resonance of these teachings with your life. For some terms I use, there is no English language or culture equivalent. They are borrowed from the many-thousand-year-old Chinese health and wellness model found in acupuncture and in Chinese medicine.

Modern medicine is based on a breakdown model for health, not a wellness one. It is much like a roadside assistance package – there has to be something 'wrong' to fix.

Common sense tells us what all farmers and gardeners know; that the soil in the garden is at least important as the seeds that are planted there. Good health, including growing baby/pregnancy, must by nature employ the same principles. This book is your guide.