

Hot Blooded Baby?

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- Is this, or was this your baby:*
- sometimes sleeping hot -
 - sweating easily -
 - maybe being slightly constipated -
 - prone to rashes or pimply outcrops -
 - occasionally having an odour about her/his body, or body wastes -
 - is slightly/vastly temperamental, busy and or difficult? -
 - hard to settle for sleeping/naps -
 - tends to awaken distressed or in a mood -

Rather than thinking that this is 'your lot', the baby's personality, and who she/he is, it is possible that you have a child with a tendency to "hot blood". Hot blood is an acupuncture term for an inner process that underlies various life expressions. An energy signature like hot blood, tends to colour every aspect of the person. It is like an overlay on top of who the potential person could have been and could be again. In addition to the physical manifestations, such as fevers, fitting, convulsions and rashes, heat upsets the emotional and mental balance. This causes all number of sleeping and mood disruptions and as we get older; all manner of menstrual and allied mood changes.

By alerting you to this early I am hoping that some of the severe or even apparently 'normal' adolescent and menstrual issues that you hope your daughter will not experience, can be alleviated all before she is three years old through careful parental management. It may also allow your journey through their childhood and into the teenage years to be vastly more agreeable for the whole family.

makes us more prone to diseases where heat, fevers, over bleeding and irrationality feature. The susceptibility and experience of these diseases creates eddies and ripples that also waste the 'righteous' or 'good' energy of the body. This means over the course of our lives, secondary fluid (and sometimes blood) loss leave us feeling harassed and worn out; we become dried out, wrinkled and age prematurely.

what is 'hot blood'?

This is an acupuncture term used to denote a state of altered functioning, where the body is operating with extra heart on board – from whatever source. This heat disrupts the usual pattern of life, making us feel more aggravated and irritable. It

how do we get 'hot blood'?

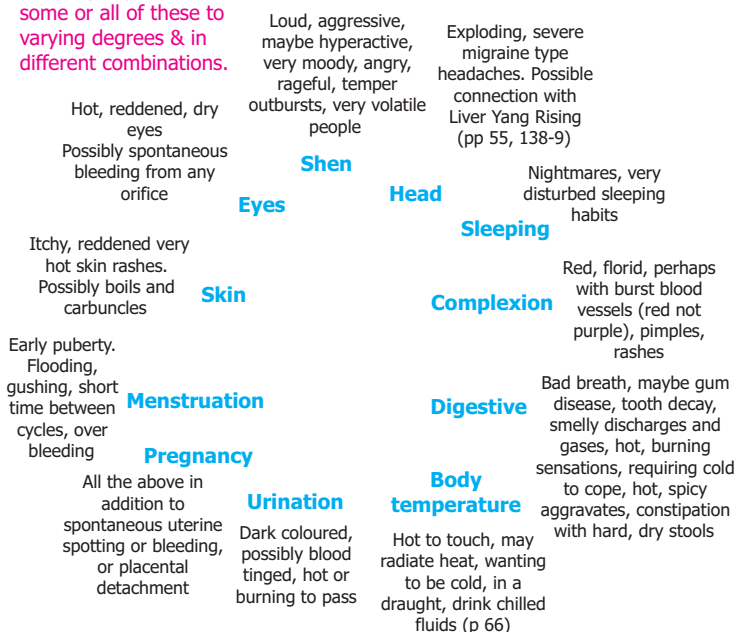
Initially this "hot blood" may show itself as a child 'with attitude'. This may have been bub since you greeted each other. Hot blood can be something that we 'inherit' from parents who for whatever reason were showing this energy tendency themselves. Consult the diagram opposite - this may have been you before falling pregnant.

It could be that birth experience (shock or trauma), or 'catching' Mum's trauma from the birth has thrown baby into this state. There is also the possibility of the baby having been exposed to toxins in utero or prior to conception.

Vaccination (the injection of multiple toxins, before the immune system can efficiently deal with even foreign proteins in mum's milk, let alone something willfully forced into

HEAT IN BODY

These are a guide only. You may experience one, some or all of these to varying degrees & in different combinations.



its blood stream) may set this in motion, or aggravate an already reactive body.

It may be that a combination of these factors has led to baby not being breastfed, or to reacting allergenically to substances within the milk itself. This happens when Mum chooses foods and fluids that are heat creating, such as caffeine, preservatives, chillies, oranges and their juice. With careful management, the manifestations of heat may be managed, but often reducing both the triggers that cause it and the results, is an easier path

what will aggravate this?

Anything that is unnaturally present in the system of a developing child, whether in utero or within the first few years of maturation, will aggravate this state. This is particularly so for any foreign chemicals – whether ingested or injected.

■ Sugar in any form

This includes honey, dried fruits and concentrated foods (such as juice), all of which require water within the body to dilute, which is a major factor with inner heat. Inner regenerative resources (yin) are stretched unnecessarily by the modern choices we all can make and they are usually based on our adult perceptions of taste.

■ Salt, fat, preservatives & artificial anything.

The ingestion of these acts in the same way as sugar and concentrated foods, creating inner heat and depleting regenerative resources.

■ Oranges & orange juice.

These are particularly toxic and heating to the liver, and should be always avoided. Most people then say, “What about Vitamin

C?” There is very little found in oranges – even those grown biodynamically and tree ripened. Red capsicum, green vegetables and berries contain far more Vitamin C than any orange you chance to meet.

■ Alcohol, caffeine & chocolate.

These are the very things that are exciting to the taste buds, and are reached for in preference to bland nourishing substances, when imbalance is raging. For a baby, when Mum ingests anything from this list and possibly even the foods her diet is based upon (especially gluten and dairy) – his/her system may further go into toxic overload.

Crying, wailing, arching back and screaming are all signs of extreme discomfort, not of ‘being spoilt’ and ‘bad behaviour’.

A baby with these behaviours needs help, not time waiting for him/her to ‘grow out of it’.

Do everything possible to retain breastfeeding, and simplify Mum’s diet, so baby can be nourished, rather than slowly poisoned by what should be “Mother’s Milk” only.

■ Lack of routine and clear boundaries.

Our inner regenerative abilities are threatened when heat/toxic/frenetic energy is on line to gobble our inner resources. This leads into a cycle of child not being able to go to sleep until very late - regardless of how exhausted all become. In these instances, all that is really needed is to get the heat, from whatever source, off line. By doing this the normal calm and peaceful blueprint for early baby growth and development has an opportunity to reassert itself.

Babies and children who are prone to hot blood are also prone to over stimulation,

getting all worked up and then unable to easily settle. Having no television, scary stories and videos, and respecting their youth will all allow your precious infant to develop and mature well.

Using behavioral approaches that fail to recognise that a pattern has been established in the energy signature of the body, and it is *this* that is driving the behaviour, do little to help the baby or child. The baby/child is *not* being ‘bad’, ‘naughty’ and ‘difficult’ – there is an imbalance that is creating a distortion, an overlay, and it is this that needs correcting. You may think it is “just” them, but often, a very peaceful person is inside there, waiting for expression, once the overlay of trauma/ toxins/ temper is alleviated. Of course if you and your baby have been dancing with this for a while, both of you will have learned and preferred responses to dealing with each other.

Underneath this, there may also be a set of parents who are all keyed up themselves; ‘hydrating’ themselves with caffeine rather than lots of pure water daily to flush away heat and toxic build up, choosing to consume tasty (chilli/ curries/ preservative full and suchlike ‘yummy’ foods), sweet treats and other self medicating (cigarettes and alcohol) substances that fuel their own inner fires. Having a less reactive parent is always going to be part of the solution.

what next?

Babies respond, as does everyone, to overheating from within. They however are more susceptible to overheating, as they are new and still developing. Their ‘qi’ (inner energy) is more unstable than that of adults, and they have a greater tendency to ‘flare up’ especially if shocked (Shock will

occur if the birth has been difficult for baby, particularly if birth was induced and Mum interfered with during labour).

Anything that creates inner heat will also cause baby to *react* with irritation, as the baby is actually being physically internally agitated. Baby may begin by being very restless, feeling overheated, getting hot to touch and sweaty, and in extreme cases, tending to convulsions. Difficulty in living with her/him will arise, as the baby may appear to think baby knows best and have a tendency to try to rule the roost. By not taking parental direction well, or it not being provided, sleep and eating schedules go out the window, leading to temper outbursts.

What is really ruling the household is the shock/toxic heat in the baby, that is neither being recognised, nor alleviated. Peaceful sleeping is not possible when heat has internally agitated the spirit within. A baby showing these characteristics is a sitting duck for vaccination irregularities.

Besides getting off to sleep easily, bad dreams and night terrors are likely to plague your child. S/he will feel under siege, and your best efforts to overcome this, Controlled Crying may even have been tried in desperation, are likely to have worn you both out. Baby actually needs *help* as well as lots of love (we all do) and disciplining.

Instead of trying to find solutions to the ones that medicine actually recognizes, such as rashes and ones for which behaviouralists may suggest, controlled crying is an example, it may be easier for everyone to look further within to the programmes in the energy signature. This is what lies beneath the obvious physical discomforts. All of these issues have at their core 'hot blood'.

Failure to help a baby, will develop on into a toddler who is 'busy', who will possibly be saddled with different labels when slightly older such as ADHD. All the while, the child needs help.

The medical profession is rather like a roadside crisis call out service – as the car hasn't actually broken down yet – they have no tools in their tool box to 'fix' what essentially just needs a tune up. For this, one normally goes to someone trained in well maintenance.

seeking professional help

All this whole scenario may need is a good osteopath in combination with shock antidotes - whether Bach flower or other vibrational remedies. My preference for shocked baby is "*Healing Birth*" followed by "*Nurturing Welcome*" specifically designed by Kalina Rose, that may be purchased at www.roseofraphael.com.au.

There are brilliant acupuncture techniques available - mostly by those trained in paediatrics specifically, or the Japanese style. There are easy to take paediatric Chinese herbal formulations that will very quickly cut the heat down, lowering temperature – not just on skin, but in mood and instigating peaceful sleeping, skin and digestion.

later on – baby is no longer 'cute' . . .

Whilst babies are small, the stoppiness that goes along with 'hot blood' in acupuncture terms is somewhat handled through a baby's lack of size, and the natural order of parents' age and apparent wisdom. Once a baby grows, this is far more difficult to cope with –

regardless of how much that baby was wanted, and is loved. If left to develop, as we age, there are more issues to be dealt with - and those around will then say "s/he was always a difficult kid". This usually has nothing to do with 'good' or 'bad' parenting choices and actions, but is an outcome of how our baby's energy developed.

Eventually the precociousness and tantrums, the swearing, acting out and general behaviour, (that which you have watched in supermarkets with pursed lips, and were never going to have in your own kids) makes you wonder about how your life would have been if you were child free.

Whilst the schooling process spends many resources trying to socialize your child into being 'good', 'compliant' and 'quiet' enough to try to teach, life may become more complicated with the actual physical issues brought on by the 'heat in the blood'. These include all manner of allergic responses, infectious diseases, skin and blood disorders, along with the anger and temper outbursts.

The child may not be well liked at school, may have poor self image and may feel left out, causing them to develop inappropriate coping strategies. Leading into puberty, this is a recipe for hell to erupt. Feeling 'picked on' and precious will be part of this picture – imagine being premenstrual all your life to date. Reactivity is part of who you think this person just is – but anyone would be like this, if all their lives they had an irritation wearing them down.

early puberty

Girls who start puberty early will possibly have this energy tendency to 'hot blood'. Human females have a blueprint to mature around 14 years of age. Because of our culture's state of super nutrition, this may now be seen as breast

buds forming at eight, pubic hair before ten.

This can be slowed down, leaving more years for childhood, and less likelihood of menstrual flooding and irregularities. Thinking of these as 'hereditary' and running in the family is to forget that besides 'genes', we inherit behaviour, eating and lifestyle choices. We are also governed by energy that is very malleable in the right hands.

If this is your daughter, she could greatly benefit by being seen by an acupuncturist and Chinese herbalist. Western naturopathy and herbalists, like their parent modality, orthodox medicine, do not easily recognize the energy changes that need adjusting back to wellness. If she (or you) has these tendencies, they can be balanced back to a more standard 'norm'. You could argue that this would take away your uniqueness – but many distressing and disruptive emotional, mental and blood deficit consequences come of having too much menstrual bleeding and too much heat in the body.

what more can | do?

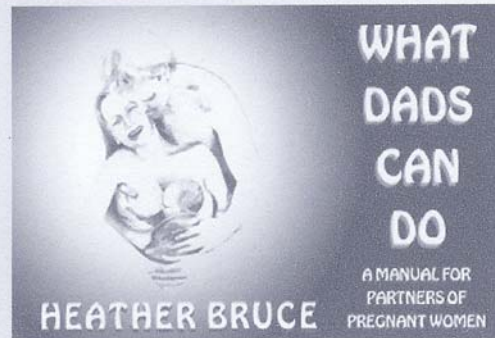
Begin by realising that a lot of what you are dealing with is an energy imbalance. By doing something to correct what is interfering with your babies/child's life, you are making a great start. Personalising this as something you may have 'done wrong' or 'could have done better', is not helpful to any of you.

Encourage the whole family to drink **pure, unchilled water** at every opportunity - including yourself during pregnancy and breastfeeding, and your baby/toddler. Concentrated fruit juices and carbonated drinks will only create more likelihood of 'hot blood'. Go back to basics - what would have happened a few generations ago? Remove plastics, electrical and electronic diversions, and start all meals from basic ingredients. This may sound impractical, time consuming and backward, but is always a good start.

Much quality and joy is to be gained by being in the now, as baby is; sharing space with a toddler as if this were the only moment; and being present, rather than just holding the physical space for your inquisitive child. This develops into having real conversations about feelings and life with your adolescent, who will actually require you to *be there* yourself.

Conscious parenting raises conscious beings – and as we all want the best for our children – how much better could it get than this?

Heather Bruce is an acupuncturist, naturopath and Chinese herbalist who has re-established her well woman's clinic in Hawthorne Brisbane, after a writing sojourn in her native New Zealand. She is also Mum to four kids aged 12 to 29. Heather is available for consultation at **Health@86**, 86 Riding Road, Hawthorne, ph 3899 2274. Her passion is to assist people to help themselves, through the acupuncture/ common sense mode. More on this article's topic and many more can be found in Heather's recent publication – **"What Dads Can Do – a manual for partners of pregnant women"**, available at www.easybabies.com.au and through selected stockists.



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Deadline 1st July

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