

KIDNEY YANG DEFICIENCY

The symptoms listed on p 17 in general yang deficiency are a guide only. As pregnancy is a time of extra heat, and blood in the body, (p 68) **it may be that Mum's usual cold intolerance has been offset, and any cold symptoms she would normally display are lessened or absent.**

The key factor in determining if you need to boost Spleen or Kidney yang in her body are obvious if the following picture is present. Review pp 16, 17, 100 -2 first.

KIDNEY YANG DEFICIENT SYMPTOMS

Needing to pee a lot, especially at night. This may be seen as 'normal' in pregnancy, and so it is when the baby is over 7 months along, and taking up a lot of space. However, prior to this, and often in very early pregnancy, women sometimes are up several times a night, or very often during the day.

This not only is a sign that the **Kidney Qi** is weakened and needing support, but the **lack of quality sleep, as interruptions are occurring, weakens her kidney qi and thus Jing further.** (Good argument for getting older child/ren into stable and separate sleeping arrangements).

Weak, or aching lower back. If very strongly deficient, the knees and legs may also feel unstable and weakened. Whilst she may see this as being normal - for her - it is actually the beginnings of an overall depletion of her inner resources, hastening the ageing process. She may have **cold intolerance, and poor circulation**, with cold hands and feet (see above general pregnancy disclaimer).

Lack of any interest whatever in sex. This may become such that there is no feeling at all, even with direct stimulation. Sensual numbness may set in, as the body shuts down non essential (for physical survival) drains on its most precious essence and Kidney Qi.

SPLEEN YANG DEFICIENCY

Spleen Yang deficiency shows in any of the yang qi functions seen on pp 17, 18 except temperature regulation - that is more the Kidney and Lung Yang role.

SPLEEN YANG DEFICIENCY SYMPTOMS

Poor appetite. This may be slightly offset by late pregnancy. If Mum really isn't interested in food, feels vaguely (or frankly) nauseated by even having to think about it, Spleen Yang/Qi needs help. Without a healthy interest in food, the blood energy can not flourish, and the baby will be compromised, at least as Mum will be unlikely to produce abundant good quality milk. (pp 237, 239). Further afield, weak Spleen Qi/Yang is responsible for prolapses, incontinence and haemorrhaging (pp 102-3).

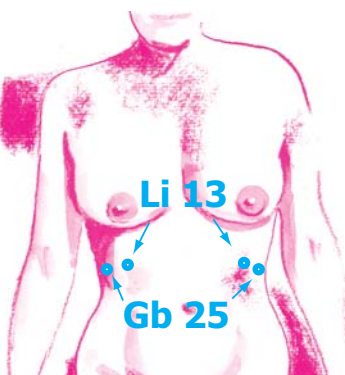
Loose stools/apparent diarrhoea. This may seem normal to her, but unformed stool is a sign that the Spleen Qi is not doing its job of transforming well. Assimilation may thus be lessened. (pp 53, 103).

Fatigue, especially after eating. The weakened Spleen Qi may be only capable of doing one thing well. Putting the brakes on external activity at least ensures that food is still processed. Maybe also **becoming vague and memory failing** - this is often used as an excuse during pregnancy and breast feeding, but is actually a sign that there is too much load on the Spleen Qi, and 'non essential' (to survival) roles are discarded/lowly prioritised. Blood quality and Jing suffer as a result (pp 62, 67).

Abdominal distention, gurgling, possibly discomfort and dull pain, especially after eating, as transportation and transformation (digestion), may show signs of weakening and deterioration.

KIDNEY YIN DEFICIENCY

This is very serious if left untreated. Usually shows up in pregnancy with hot blood (see p 67). Medical advice is to rest, and hope everything resolves itself. This is a little like a broken leg 300 years ago - it would depend on the luck of circumstances as to whether you lived/had a leg that worked at the end of the waiting. Similarly, waiting for nature is only happening in this situation as there is nothing MEDICAL that is going to help. This does not mean you need to sit it out.



By pressing the points on the ends of the ribs - which may be a little hard to locate on a very pregnant or well padded woman - you can tell if it is more a case of Spleen yang deficiency (**Liv 13** - the point at the end of the 11th rib) or the Kidney Qi/Yang/Yin deficiency (**Gb 25** - the point at the end of the 12th rib, nearest the waist line, and more towards the back).

Looking at the symptoms on the opposite page, you will get a fair idea of what to do - if in doubt - do the lot.

Mum MUST stop work, rest, indulge in no sexual matters, relaxing into being pregnant. Warm, nourishing foods, plenty of water, no caffeine, chocolate, alcohol, cigarettes, sugar or cool/cold/raw foods or fluids are to be consumed. Changing gear into being a 'jersey cow' may be the way to stay well.

HEAT ENERGY IN THE BLOOD

It is also highly important that the two of you become a team working towards a family, rather than you going off to 'bring home the bacon' or dissolving into 'I can't cope with all this extra pressure'.

Not only is the health of the pregnancy and the baby at stake, but Mum's future carrying capacity and her health into her older age. If you have needed IVF to conceive, it is even more essential that Mum is not trying to repay debts incurred, as the IVF process is extremely costly to her Jing and Kidney Qi - which was probably not good to begin with, which is why IVF was needed at all. All this leads to the likelihood of premature labour/failure to thrive/possibly compromised infant.

It is avoidable, but not through hoping for the best, and putting faith in medical interventions. **You need nature on your side, and you need to work with it, not assume that there are modern answers - they come at undisclosed costs.** Visit www.birthmatters.org, read anything by Michel Odent.

Kidney Yin deficiency (p 66) leads onto heat on the blood, or arises from it (pp 26, 27, 67). This then compromises all the reproductive planning, as heat/toxins directly DESTROY yin/jing. Women who miscarry/have premature labours could choose to live their lives differently - **we create our own realities, and we thus can alter the consequences by taking charge.**

Harbouring grudges, having family wars, attempting to overthrow businesses/finish assignments/decide whether to leave the job/marriage/country or otherwise change life is going to have emotional heat created and is thus going to assist in creating pregnancy and health instability.