

FOREWORD

The term, 'morning sickness', is one in common usage. Many women in early pregnancy wonder if it were coined by someone who had not been pregnant, as some suffer ALL day and for some it is a constant reminder that their life is no longer their own.

To assist those who are afflicted by nausea and other digestive discomforts, this eBook also includes a few other issues that appear in human bodies, as often the 'cut and dried' version of 'disease' that western medicine presents is actually not what happens. The body works in concert with all other aspects — emotional, spiritual and even other physical regions.

Thus, what is presented here may initially seem technical. But if you move your focus away from the body and label you give the condition, to where the organism actually works — as a unit — it becomes very clear to you that you are NOT a bunch of symptoms. Also simply how many things have the same root cause.

From the energy perspective, there is a central raft of imbalances when pregnant. (Perhaps read the accompanying eBook [Inner Changes For a Well Pregnancy](#) before going further on this one). What was happening in your body prior to pregnancy will now show up to assist you or feel as though everything is working against you. How you are feeling about pregnancy in general, this pregnancy in particular, your life, your mother (or in-law) and even whether you want to stay pregnant, will impact on how your gut, hence how you are coping with life.

Chinese medicine sees the major causes of disease as being climatic and emotional — hence most of these eBooks are written as we live and as it has been observed through another cultures' medical system.

Please be aware that few western-trained medical people have any idea of this framework. It is not generally known, yet when you follow what is very ancient, you will find that the common sense and replicable system of medicinal cause and effect works. It has stood the test of time, with family and life research having been already carried out through generations of healing traditions.

Our own (medical-based) version is brand new, and still looking for external and pharmaceutical answers, when really we hold our own keys to health and vitality within what we choose to do and be in our lives. Hopefully through reading this material, you will feel safer and more in control of what seems to just happen randomly at the moment.

BEFORE YOU START

WHY USE THE ENERGY MODEL OF ACUPUNCTURE?

To allow us to conceptualise what is happening in the actual/physical/mechanical world we live in, we need more than a report of what the bits do (as in the orthodox medical model which does not give a complete picture). Hence I have started this eBook with the tools that will help you throughout the pregnancy and your life living in your body. Included are the simple triggers and easy solutions to most things that happen which means that you can become empowered and in charge of what takes place at any stage. This can then assist you throughout your career as a parent and prior to this as a birthing partner — with your baby or spouse.

TERMINOLOGY

The terms yin, yang and Qi are all explained in the [Inner Energy Changes for Well Pregnancy](#) eBook.

Simply put — **Qi** (pronounced 'chee') is a short-cut for a concept of energy that is far more embracing than the English counterpart 'energy.'

Yin and **Yang** are relative terms that explain relationship. They have no correlating words in English. This then makes understanding the acupuncture model tricky without using them. They DO NOT mean female and male or /dark and light/or any other polarising version of duality. Briefly, when I speak of *yin* I mean that which allows rest, regeneration, nourishing and cooling and when I speak of *yang*, it means that which allows 'oomph' — metabolism, circulation, warmth, protection and the ability to hold things in place.

ROLE OF ORGANS IN ACUPUNCTURE

The named physical organs are also the over-arching concepts that are used to explain what is happening in the body. This means that when I write 'Liver', I am not referring to the physical liver organ, but the energy sphere of influence that Liver flows through. Thus when speaking of Stomach Qi I mean that which is supposed to be flowing downwards, and when it doesn't, it creates a feeling of nausea, which in pregnancy is called morning sickness. To grasp the importance of what is eaten, felt and spoken about, a background in this terminology is strongly suggested, hence the accompanying eBook is where I would ask you to pause and study first.