

SOLUTIONS

Digestive energy is supposed to be going downwards. What is forcing it up?

An inner loop of distress. The expectation that it will still happen, that all is hopeless, that what you had to do to rid yourself of not coping will happen again and you are doomed . . . all of this is not strengthening, but weakening yourself.

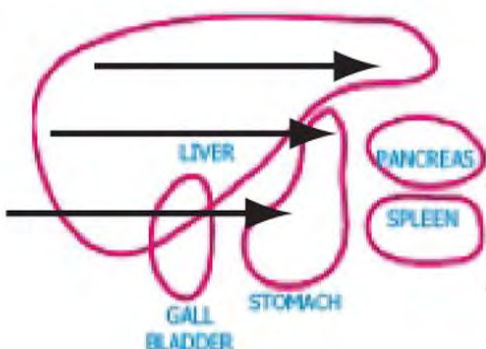
'Stress' – of course you are feeling dreadful – what to do to alter this? There will be clues in your 'story'. (The one that you carry about with you and trot out all the time – your defining signature - the one everyone knows about you – 'mum is /my early life was awful', 'I hate my sister because', 'no one understands me', 'my past baby died' . . . whatever it is – maybe now is its big moment to stop running you).

Seriously – something is holding this pattern close to you.

Are you sick of it yet? Can't stomach it? (Look to reason 5) below.

REASONS FOR NAUSEA/MORNING SICKNESS	ACTIONS TO COUNTERACT
1 - Stomach Qi is too weak /or empty (also Spleen Yang weak)	→ 1 } Eat small amounts of easily digested foods, very often.
2 - Stomach Qi is too full.	→ 2 }
3 - Stomach Qi is too cold. (also Spleen Yang is weak)	→ 3 - Avoid all cold/chilled/raw foods and fluids , especially when hungry/when stomach is empty, as then the Spleen Yang Qi is most vulnerable to cold penetration.
4 - Stomach Qi is insulted/assaulted. (over 'ripe'/damaged food).	→ 4 - Avoid 'rubbish'/all toxicity/including odd mixtures/food combinations. Avoid anything sweet in taste.
5 - Stomach Qi is being attacked by Liver Qi Stuck (stressed).	→ 5 - (Stress) Recognise it , and change especially eat in serene settings.
6 - Abdomen is overfull - Poo OR just that the developing uterus has a different qi flow, and is not yet being fully used by the baby - the body re-adjusts as pregnancy develops.	→ 6 - Ensure daily, complete bowel movement. In early pregnancy, the state of Mum's qi is often weak, and herbal tonics may help, also abdominal self-massage

What sets up your gut distress . . being 'nice'/ compliant/'easy to get on with'.



Liver energy invading (from your being angry/ frustrated/ irritated/and bottling it, festering and keeping your peace /being 'civil' – all create the inner war where the Liver Qi goes across and attacks your gut – and then you have all western medical labels – after the digestive weakness and before you actually resolve what causes it – the 'stress' of being you – you can get phenomenally ill – – after the colitis, IBS and whatnot – through to ulcers and Crohn's disease and into cancers.

Where does all that rage/fury reside? In your body – trapped there awaiting release - when too 'full' – it starts messing with life – think of a fridge that is constantly being added to and nothing taken out /thrown away/used .. it festers too – and eventually overflows. As you are. Time to unload some . . Before then such awkward issues as pH not right, allowing all invaders free rein.