

IRRITABLE BOWEL AND OTHER STRESSED GUT PROBLEMS



Please read the stressed/Stuck Liver Qi sections (pp 48-55) and 'upset digestion' p 104.

Ultimately, any gut problem is a combination of what is going in the mouth & the poor flow of Liver Qi ("stress" p 51).

Both of these MUST be resolved, as acupressure is an AID, only - not a cure-all.

We all store immense amounts of grievances - petty build-ups to outsiders, but present nonetheless. At times when there is intense body activity, this stored up mess can become very apparent, as it gets in the way of the now extreme busyness. Unless dealt with appropriately (not just taking antidepressants/sleeping tablets), it can create huge physical and possibly life threatening conditions (pp 55, 138-9).

Women who have particularly lived an early life of emotional and/or sexual abuse, and/or of stifling their true feelings - usually through fear of consequences, now in pregnancy (and as it happens especially if their qi and blood became a little 'unbalanced' premenstrually - see pp 48-50, 150) - may find it almost impossible to NOT become distressed, although there appears to be nothing in their current lives to be triggering this. Part of role of the pelvic opening massage is to release all that which has been so carefully stored - physically as fat/cellulite/fluid.

Mum may thus reach for cigarettes/alcohol/chocolates to try to stifle/swallow her feelings - regardless of the knowing of why one mustn't smoke or introduce chemicals into the (building)

growing site (baby), as the need to silence inner turmoil and retain apparent equilibrium may be too overwhelming.

Much damage done in childhood is revisited on both parents as they prepare to go down the similar path - impending parenthood. Though in a different role, many find at pregnancy that massive relationship and family crises fester, without knowing that it is fairly common, and that pregnancy is not all a time of love and light.

Both of you being aware that we all store emotional and energy residues (shock/guilt/shame/fear) stuff (until a mythical later), and that **doing your homework with these massage moves can loosen the load, being of major benefit in your future lives together.** It may be extremely useful to contact Kalina Rose at www.roseofraphael.com and buy a set of healing vibrational essences to allow both of you to clear the past stuck energy on relation to birthing and parenting. At least invest in some Rescue Remedy and take it.

Gut problems are not just uncomfortable - **they lessen the quality of the available Blood/yin and Jing.** This will create major distress for Mum later, as the fetus may plunder her reserves, leaving her in a depleted state for the rest of her life - especially reducing what is then available for future siblings.

SOLUTION : Find **friendly gut bacteria** stored in refrigeration at a chemist or health food shop. Take as directed, to assist recolonisation of the intestines, esp after taking antibiotics. Take a **small dose of Vitamin C** frequently throughout the day, some **liquid Zinc**, and a good (possibly liquid) source of **multiminerals, and vitamins.** Meditation and yoga are also likely to settle mum's and baby's entire nervous systems.