

## COLD - WHAT IT DOES & WHY WE NEED TO AVOID IT

**Cold can be felt** – cold to the touch, or a feeling of cold, made temporarily better with the application of heat.  
**Cold can be seen** – mottled, purple or white skin.  
**Cold can be presumed** – by symptoms that appear when the weather cools, when warmth is craved and soothes, and when cold air/water/food/fluids are avoided. These symptoms are relieved/given relief by heating/warmth.

Cold typically arrives **through breathing cold air** [think windows open/fans and air conditioning often whilst sleeping], **drinking and eating cold things** (particularly when very young or overly hungry, when the yang qi [digestive strength] is very weak). - **using ice packs** on vulnerable, damaged body parts, **walking on cold** tiles/wet ground with bare feet), and **being exposed to cold and draughts** – think air conditioning again(see page 98)..

**COLD ONCE IN THE BODY MAY LURK FOR DECADES**, quietly consuming our yang qi (metabolic/protective and digestive strength).

**COLD CAUSES CONTRACTION AND HARDENING**, meaning at birth Mum's body will work against itself, with the residual cold impeding the muscles' ability to prepare the body for birthing. Spasms and pain are consequences of a deterioration of optimum circulation, due to the presence of the cold interfering with normal flow.

**COLD CAUSES EXTRA PAIN, AS IT STOPS CIRCULATION AND CONTRACTS THE TISSUES.**

**COLD KILLS LIBIDO AND SEXUAL PLEASURE.** Our yang energy allows us to feel and respond enjoyably.

Just as yang qi is damaged by cold, everyone's body prioritises its perception of wellness differently. The yang qi functions of holding blood and tissues and organs (and babies) in place, of having a healthy immune system and an excellent digestive (thus healthy body) capacity may be stronger or weaker in different individuals, and at different times in their lives.

Thus there is no set way that a given individual will respond to either invasion of cold (whether sudden and acute or an insidious long-term accumulation) or depletion of yang qi. It is therefore important to prevent, rather than remedy, inappropriate lifestyle choices.

Regardless of whether something feels good or whether Mum feels like eating/drinking or being cold, she and you must realise that there is no luck involved in health crises, diseases and incidents. They are all created by our actions.

**Bodies store and remember.** As we age/wear out our Jing (p 66 ), our Yang Qi may suddenly (apparently) collapse. Our systems attempt to keep functioning regardless of our misuse and neglect. As pregnancy is one of the pivotal times in a woman's life (see page 41) change can be swift and permanent.

Looking at any acupuncture text, it becomes obvious that pregnancy, birthing and post-natal complications neatly fit into general categories of cold invasion; qi and yang pp 19, 48; blood and/or yin depletion pp 19, 56, 66; Stuck Qi (usually emotional suppression p 48); Hot Blood (see pp 67, 110, 219) or Stuck Blood see p 49 - (usually from all of the above).

**PLEASE PAY ATTENTION!**

## HEATHER BRUCE

**It is the first tenet of healing to do no harm.** The application of cold in an already weakened, highly vulnerable maternal system can be seen as an insult to the concept of 'healing'.

In the past few years, in modern hospitals, common sense seems to have been replaced by 'scientific' rationales. Yes, the introduction of cold numbs an area, by temporarily killing off sensation, but the immediate benefit may give years of unpleasant related consequences - expected by any trained energy practitioner, although possibly improbable to one who looks only to the obvious physical 'here' and 'now'.

**The use of cold prevents normal healing.** As a direct result of this, there is now an explosion of post-natal mastitis and perineal/uterine infections and over-bleeding episodes, as maternal yang qi is not being respected (pp 18, 23).

In times past, warm showers and gentle self massage helped engorged breasts; sun lamps and warm salty baths (for sitting in) helped sore perineums. These common sense practices have been present in all cultures, yet the modern scientifically-based medical framework seems to have forgotten them. Just removing the cold energy resonance interference from its otherwise therapeutic interventions – infusing bodies with substances – blood and its products, nutrients and medications straight from the fridge, would greatly assist healing.

In the Chinese, and many other traditions, a practice of '**MOTHER ROASTING**' (p 223) was an integral part of post birth recovery/care. The new mum was squatted over a small fire, to allow the heat to penetrate upwards (often smoked with fragrant healing herbs) into her very being to replace

## WHAT TO USE INSTEAD OF COLD

the essential yang qi lost in the birthing process.

Why are we accepting the practice of placing freezing cold iced condoms on an area that is weakened, traumatised, and usually wants warmth? **SOLUTION** - warm, salty sitting baths, - at least a cup of salt in each – followed by 10 minutes exposure to a heat lamp, twice a day (pp 226, 231).

Why do we allow ice and cold cabbage leaves (they should at least be bashed, to allow the active ingredients to bleed out into the surrounding tissues) anywhere near an engorged, hot milky breast? **SOLUTION** – take a warm shower, and gently express some of the extra milk away, allowing the warmth to penetrate and comfort – the heat brings extra circulation, assisting in the softening and REDUCTION of lumps. (Also see pp 237, 238). Then use the warm bruised cabbage leaves. **Cold creates local areas of energy stagnation, which then harden in the physical, and go on to fester.**

Why are we so surprised that the new babies, sleeping in very chilly nurseries get sticky eyes, sneezes and nasal mucous? **SOLUTION** – keep babies warm, especially the air they breathe, as it must be warmed by baby's fragile yang qi before entering the new lungs. If the baby is weakened or premature, the extra cold invasion could be potentially lethal. (Strong yang qi means immune response intact).

Acupuncture balances energy flows, restoring normal blood circulation, encouraging healing. Chinese herbs nourish, rebuild and support all aspects of well functioning. Common sense must prevail over the medical focus which sees all of life as only existing at the right hand side of the line.