

HEATHER BRUCE

HEALTHY MENSTRUATION LEADING TO HEALTHY PREGNANCY

Healthy menstruation occurs as a consequence of a woman's 'sea of blood' being full. Jing unfolds according to a blueprint (see page 34-5), partially in response to the normal circulation and production of qi and blood.

Anything that interferes with any aspect of this, at any stage - especially within the pivotal stages in a woman's life (see page 41) may have consequences well after all is forgotten. If there are any menstrual disorders prior to pregnancy, the very same influences that created these will likely result on a less than perfect pregnancy, birth, lactation and/or recovery period.



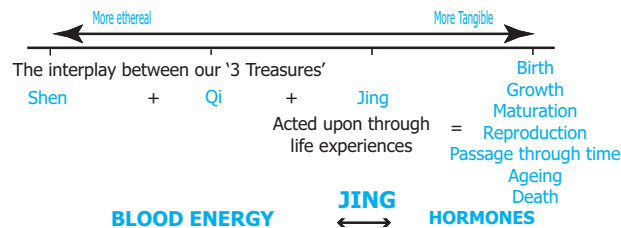
Ideally a woman actively resolves all aspects of her health before she embarks on the creation of another. Similarly, the more effort spent in really understanding herself, her sexuality and her inner life, the more she will breeze through the growth enforced upon all as they (unwittingly) remake themselves, whilst gestating another.

Anything that has altered the woman's self image, or that has impinged upon her full enjoyment of her sensual nature will bear fruit within the birthing arena. Those who believe having an easy pregnancy and birth is as simple as being 'healthy' (that is not obviously ill), and eating the current version of a "good" diet, and the "right" supplements, set themselves up for difficulties, as where Mum's head and heart hide and collide with her body cannot be repressed/hidden at such

times (pp 42, 50, 65).

Any apparent tinkering with hormones, especially in the attempt to force pregnancy rather than enhance well functioning to enable nature to prevail is bound to create challenges within the pregnancy/birthing/lactation stages.

In order for a well easy pregnancy, birth and recovery, Mum has to have had her **Shen, qi and Jing** able to express to their fullest potential, thus allowing the best quality **blood energy** to flow. In so doing, the physical messengers on the biological plane (hormones) are then capable of unfolding the mysteries of a well woman's life. If IVF or other medical assistance has been used to attain pregnancy, it is desirable to have the echoes of these imbalances, and the original energy and Jing blockages neutralised, to ensure a healthy pregnancy/birth outcome.



Western orthodox medicine's insistence in only looking to one part of the equation, as though every part of our beings can be medicated with artificial replacements ensures problems are masked, denied and left to chance.