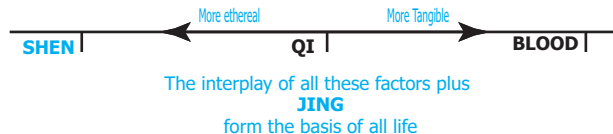


## HONOURING OUR BLEEDING

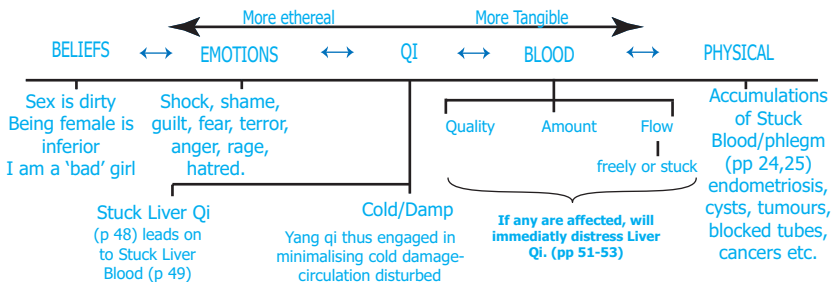
To be a woman is to be governed by the tidal flows of qi and blood as they create the monthly fertility dance. **Women are designed to be in constant change.**



**When the blood energy is full and able to freely move (Liver Qi healthy - pp 44, 47, 48, 50), all is well.** When either the quality of amount of blood available (energy and/or actual liquid), is reduced, or the movement is hampered, (pp 49, 150) all sorts of immediate personality/menstrual issues arise.

These imbalances, which may be considered to be part of the 'family inheritance' - "All my female relations have periods/migraines/arthritis/gall stones like this" can be resolved by adjusting the actual energy issues, to the left of the physical symptoms.

### HOW MENSTRUATION IS AFFECTED BY LIFE



To spend the early adult years tinkering - like playing darts in the dark - with artificial hormones and eventually on into surgical 'solutions' for menstrual conditions is to leave the pregnancy years (and often beyond) in tatters.

All early menstrual imbalances that create less than totally symptom-free periods need to be adjusted appropriately BEFORE the energy distortions stay long enough to make changes in the actual physical body. By placing young girls and women on 'the pill' as if this resolved the emotional/sexual/energy distresses that preceded the menstrual symptoms, is to guarantee that they will spend most of their lives chasing headache/stress/tension/sexual/emotional/pregnancy and sanity assistance. (Look to what the Liver Qi and Blood service p 44).

Women, particularly when mothers, or in a 'tending to' role are capable of extending themselves past where it is really feasible. In so doing, especially in their peak Jing expression (20 - 35 years), getting the habit and pushing on into when the qi and Jing start naturally dwindling, rapid ageing (Jing depletion) is guaranteed.

**Women who have 'given their all', especially in repeated IVF attempts to conceive, constant miscarriages, very closely birthed babies AND working to pay for it all, can expect to feel 'chewed up and spat out' by life. Their Jing and Blood energy has been squandered** (see p 36).