

Avoiding Life-Long Birth-Related Health Injuries



Heather Bruce

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**Cold prevents healing,
forever health crises**

The application of cold may initially feel good as it temporarily numbs a wounded area

AND

it has huge ramifications later on in your life

Missing piece of your health puzzle - a secret in plain view

Cold energy also leaches away your life force.

This sets you up for most health conditions

Remove/avoid the cold

and watch your body work as it should!

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DISCLAIMER

All information in this book is an educational tool and is tempered by the author's life experience and clinical practice. It is not intended to address the specific health concerns of individuals.

All humans live with the same blueprint: the information in this book is relevant to everyone. It will assist you to make life enhancing and life affirming decisions about your own health and wellbeing and that of your family.

If you wish to make health and lifestyle changes based on this information, the author recommends you do so under guidance from a local trusted health professional.



WARNING

What you see before you may look way too simple.
It is.

You may well hear the echoes of words from your older relations through this work. Supporting wellness through looking after Nature and thus yourself is the way all cultures, all traditions, and all elders the world over have raised their children.

What is not usually imparted is why they say the apparently (to young ears – and now ‘scientific’ followers) “arcane” things

Here you will find a life explanation - one that may completely turn your life around.

Here is the ‘why’ of ‘what’ has been happening to you.

It is not in the end results versions that you find why – and as all see as being ‘real’ or even ‘medicine’ the physical all are missing that the causes the setups are not there. What gave the body the idea it could . . . ?

Answers are in the day to day that all wisdom does hold.
Please be mindful that following what is in this book will transform your life.

Beware!
Expect transformation.

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FOREWORD

'*Cold Damages Your Health*' is just one in a series of eBooks written to guide your return to natural wisdoms, good health and common sense. I have lifted ONE chapter from this eBook and presented it here as a taster. Please look to taking a step towards health – and away from all exposure to cold. You possibly have been given ice at some stage or thought to use it – see '*Cold Damages Your Health*' and the short [home based course here](#) as you will need to get it out of you.

Astute observations of the past were grounded in centuries-old family traditions that kept humans safe prior to the existence antibiotics, better living conditions and vaccinations.

Times do change. Medieval peoples argued that the earth was flat, that the sun revolved around the planet and there was no such thing as a microscopic organism (hence no need to wash our hands).

What was accepted wisdom from the practices passed down through generations is now ignored: as we all seem to think that we know better.

Here I am sharing with you the essence of my nearly 40 years of being a natural health care professional. By suggesting a new way of looking at life, health and wellbeing and of empowering individuals with the basic knowledge so they might learn once again to help themselves, you too can live well. As our mothers, their mothers and their mothers before them all knew to.

Rescue your own health and vitality — and improve your quality of life through each and every day with the help of the information found here in "Cold Damages Your Body".

Why pick on cold?

Remember the 'old wives tales'?

In recent times, ice has been seen to become our 'saviour'.

If we hurt ourselves, medical authorities recommend ice. And even though the ice feels quite uncomfortable, and the body (especially a woman's body) will plead with you to reject it, we continue to apply the ice pack. Why not do it? [Finally there is a rebuttal](#). Acupuncturists and sensible people will have been saying not to for years.

In times past, people applied heat not cold.

Why use cold? - Experts say to.

It numbs the area. Stops circulation. Hence slows the healing down.

In fact 'everyone knows you use ice . . . '.

Actually everyone doesn't know.

Adding ice has been a very recent medical fad.

Traditional cultures, all pre 'science' Western ones, knew better than to expose any part of the body to cold — because it always causes further problems.

Often from then on.

All too often when a person comes into my clinic to be relieved of an ailment, I find I have to start by undoing what SHOULD NEVER have been there in the first place. Almost all revolve around not getting cold/staying warm.

Remember these?

'Don't sit on cold concrete, you'll get piles.'

'Don't sit in the draft'

'Come out of the cold wind'

Application of cold may work for you whilst it temporarily numbs the area — but from that moment on it can have huge ramifications for your life. This is especially true for women, as the case histories included in this eBook will show.

So very often, healing a particular condition is a simple matter of removing the cold, enabling the body to work as designed again — and nothing else really needs to happen as the body can then heal itself.

Often, all I have to do is eliminate what should never have been there in the first place — cold. So please do not add it in.

What to do instead?

Read on . . .

This change is [starting to happen](#) – and even the [man who 'invented'](#) /thought up this crazy idea has reneged on it. I do wish all would catch up. Thankfully many never did this.

ABOUT THE AUTHOR



Heather Bruce has spent many decades working with anyone wants 'more' when faced with apparently 'hopeless' health challenges. Being a naturopath and herbalist, a Reiki channel, and a vibratory healer, a [Maya/Arvigo© therapist](#), and senior acupuncturist, author and teacher, Heather combines many approaches and responses to solving all life and health conditions.

When she graduated from acupuncture training in 1978, Heather realised it was more important to teach people about how they were disturbing their own balance — and thus contributing to their own problems — rather than trying to 'fix' things 'for' them.

'*Cold Damages Your Health*' is one in a series of eBooks Heather has written to share her vast experience with traditional women-held values and knowledge.

How did she fall onto this life path? In 1977, Heather began her acupuncture training with a six-week-old baby in tow. Her maternal experience was totally at odds to all she read and formed the counterpoint to what she was being taught – male perspectives from a male culture overlaid with the perceptions of modern male medical 'authorities'.

She discovered almost no reference in her original acupuncture training to maternal care, for example, to birthing women or to the new mother. She began writing and presenting her own training materials to teach her colleagues and help make up for this deficit. In 1981 in Brisbane, Australia, she co-wrote and taught an undergraduate acupuncture course, commencing writing and delivering postgraduate seminars.

Heather is also the mother of four adult children. Over recent decades, she has witnessed the ever-increasing tsunami of interventions that have disempowered all - disconnecting everyone from their innate mammalian wisdoms.

Her third child arrived as a seriously brain-injured baby, profoundly autistic. Heather spent the first eight years of her life turning over every stone to help her daughter live well and achieve functionality. Kathryn inspired Heather to strive for more for all – especially those who feel that they are in a hopeless bind. [More here.](#)

From her first-hand experience of the suffering life can inflict when things seem not to be going our way, Heather has discovered many short cuts to good health.

Her [Pregnancy](#), Women's Health ([Periods](#)) and [Fertility Apps](#) can be used as navigation tools so you can access the insights that may make a massive difference to your life. They have been placed on this site <http://heathersays.com/apps/>

These can be found in other writings at <http://heatherbrucehealing.com/>

BEFORE YOU START

In cultures whose healing traditions stretch back in time, (well beyond orthodox science/medical 'advances' in the past century), there was a healthy respect for nature. To live outside these 'natural laws' meant a quick demise - without the advantage of modern medical interventions that, while wondrous in some respects, have encouraged us to become complacent, even foolhardy and irresponsible about our bodies and our environment.

As I have worked with the Asian model of life and health for all of my adult (and maternal) life, I view the modern apparently therapeutic application of cold as being a very odd concept. Chinese medicine teaches that **pain occurs when there is a blockage in normal circulation.**

Applying cold (such as an icepack) just causes more congestion, further reducing circulation and hence worsening the pain. To most traditionally living cultures, using cold anywhere on or in the body is viewed as sheer stupidity. Their ancestors were diligent about ensuring cold was kept well away from everyone - especially women.

To you, this may sound 'way out' - after all, anyone who has undertaken First Aid training is familiar with the 'R.I.C.E.' mnemonic for direct action following soft tissue injury:

Rest. Ice. Compression. Elevation. Why not use M.E.A.T. instead? Movement, Exercise, Analgesics. Treatment. What all Chinese medicine has been saying for many, many centuries.

Our hospitals still use ice, 'everyone' uses ice - so it MUST be right! The assumption that those in authority actually know what they are doing is possibly what you may need to work with first. What works?

Cold used 'therapeutically' is a danger to your life force. Cold invasion CREATES more problems than it resolves, short and long term. For example, the application of cold compromises a woman's happiness by interfering with her periods. She may well endure the pain of a lifetime of being side lined or medicated in order to keep going, resulting in a 'high maintenance' monthly period without the ability to even feel sex (let alone desire it).

Cold wastes our life flows. As you will learn later on in this book, Yang allows for passion, desire and even ability to orgasm: all healthy ways to express our love and humanity. Maybe ask yourself - 'when was the last time I felt 'normal'? Perhaps not since . . . who knows?

The therapeutic application of cold is not the only cold that may be causing you problems - we also make cold lifestyle choices that influence our wellbeing, such as putting ice in our drinking water. Eating straight from the fridge. If you chill your own [inner oven \(gut\)](#) and then expect it to still work perfectly. . .

Imagine baking with the oven door ajar. Of course when you do the equivalent - add in cold to your gut - you can expect digestive problems!!!

Sleeping in a draft – [expect Bell's palsy](#) – even often just a super cold 'slurpy'/ smoothie may cause your body to [react in ways that you will regret](#) – maybe forever. (NOTE: "Bell's palsy" (one side of your face falling down) is not a virus catching up with you, as orthodox medicine currently asserts. Bell's palsy ('Wind Cold in the facial channels') is seen in all Asian medicine as a weakness that has led to a local invasion – and as such needs the appropriate remedies - not anti viral medication.

[Ice used 'therapeutically' on women at any time](#), but especially during pregnancy and childbirth may cause life problems forever after for her. Only warmth was used in the past. Warmth will feel supportive and comforting. Ice added onto engorged breasts/ swollen perineums, and on any wound stops the inflammation that is needed to allow support life – blood flow - and the inner work needed for your body to repair itself.

Before you use ice on an injury, or put ice in your drinking water, please ask:

- What is supposed to happen when my body is damaged?
- How is my body programmed to repair itself?
- Is the cold being offered to me assisting my body to heal itself?
- Is there something more constructive that can be done for me?
- Is this the most respectful thing I can do for my precious body?
- Is the area being numbed actually going to be better off because I temporarily cannot feel it?
- Why am I feeling pain at all??
- Maybe even - is the pain telling me to rest and regenerate, to take it easy?

Cold blocks flow.

Why add insult to the injury?

More specifically, how can the healing blood your body needs so desperately at this moment get to the wound site if cold has been applied to 'prevent swelling' and 'ease pain'? If you are troubled with [fibromyalgia](#) (as most are now told they have) – please start looking here.

Long term, is the area better off with the application of cold?

The answer is 'no'. Long term, the [cold stays in our body](#) and triggers a range of troublesome health problems. So why would we use it at all.

[Cold is dangerous.](#)

[Cold is not comforting.](#)

If there is pain, it is your body's warning to stop and rest up. Allow healing.

From now on, why not make decisions that improve your long term wellbeing, rather than weaken it? In fifty years' time, modern medical authorities are just as likely to have changed their minds about cold as they do about most other matters pertaining to your health. You may as well be 'ahead' of the times.

UNEXPECTED/UNINTENDED BIRTH INJURIES

Nature does not set women up to be in danger at birthing. Interfering with pregnancy and mum's emotional equilibrium does. Please research yourself - undisturbed (hence natural) birth sets mum and baby up for an easy life together. [Perhaps start here](#). To avoid physical birthing injuries and to aid birthing readiness [childbirth education is important](#).

The best policy for ease of birthing and life as a mum is to let Nature be your guide.

There are several ingredients that form a strong pregnancy and birthing foundation: healthy regular menstrual cycles, being well supported, and being in good emotional shape, eating naturally grown foods and sleeping easily.

In Chinese medicine, the two major reasons women have post natal problems are:

1. [Invasion of cold](#), and
2. [Loss of blood](#).

Old wisdoms that are the results of observations over many generations are now scorned, as the profit-driven, invasive birthing techniques of modern western medicine take over women's lives. Very few western-trained doctors understand the energy systems that support the human body. And so we ignore the 'old wives tales' that warned against cold.

Invasion of cold is a dangerous practice to inflict on women - it is especially so when a woman is vulnerable, such as having just birthed. In today's crisis driven medical culture, birthing seems viewed as a dangerous business. More so through ignorance of basic needs of any woman let alone a birthing mum. Recent interventions: fetal scanning: worrying women without explaining how to alter what is happening to them and their pregnancies, and generally ignoring the natural template are creating women's trauma for them endanger the health and wellbeing of mothers and babies.

During pregnancy, the lead-up to childbirth and while breastfeeding, a woman can choose to look after herself - resting and keeping a low profile - or she can do what is current 'best practice' — invade her body with cold, so it is without feeling, and then race back to her usual routines as soon as she has birthed her new baby, as though healing after birthing and in preparation for breastfeeding was automatic, requiring no assistance, attention or responsibility from her (a situation encouraged by our modern economic system).

Often, it is in the birthing suite the problems start. Mum can become very cold immediately after birthing. It is not uncommon in this situation for women to go into shock. This may show as an uncontrollable shaking and feeling frigid, not being able to be warmed. Often cold offered as a solution: to suck, to place on the wounded perineum, as an invading extra in with the blood that is transfused, in cohorts with the very cold oxygen offered, or via the chilly ambience of air conditioning or lying in theatre on a freezing metal tray.

The act of applying ice to a woman during childbirth, or to women who are in the post natal period, when her body is already weakened from the exertion of late pregnancy, labour, birthing, possible loss of blood, lack of food and in the normal post baby hormonal transitions, has dangerous long term consequences.

When we apply ice and cold to birthing, bleeding vulnerable women - forgetting to factor in the long-term effects on her body. [The elders all knew this](#). We fail to recognise, for example, that the instant application of cold diminishes blood flow to the wounded area, which slows her likelihood of healing well.

All Asian countries know that post birth women are vulnerable to external invasion of cold, more so than at any other time in their lives. Please look to [here to undo this for yourself](#) as few others will even see the relevance for you, your pregnancy and your health long term.

(Even before birthing – just getting pregnant well) - having apparently low AMH, being you have 'old eggs', and that you are generally 'past reproductive usefulness' due to your chronological age misses the essential issue. We all age at differing rates depending on myriad factors. Similarly the [insufficient milk production](#) or lacking quality milk, are just further symptoms of the pace of modern life. Being a mum demands a lot from than most may realise.

She must rest, slow down and consume replenishing, nourishing foods and fluids. Along with magnesium deficiency and calcium excess, these all contribute to (and are solutions for) post natal blues. [See more here](#).

Why is there pain?

Pain is a warning. Take the time to let yourself heal. Often seen as something that has to be shut down, rather than a guide to take things easy to regenerate.

- Pain reminds you that trauma has happened and healing is required.
- Pain says - rest to heal - there is damage.
- Pain stops you in your tracks – to recover from the birth and to allow healing on all tissues to grow a stronger body than you had before pregnancy, if you let it.
- Spend the time in wonder and awe of your new love.
- [It is time for regeneration](#).

As part of the preparation – using ice is never a good idea as it is wasting the Yang Qi – needed to keep the blood in place, the baby in place, the digestive energy strong, the body resilient - the addition of any cold is NEVER appropriate to use on a woman, newly birthed, or otherwise.

What to use instead?

What feels good – warmth, rest, support, staying in bed with your legs together as much as possible. Your body heals with your lying down and staying 40 days in bed/at home – as all traditional cultures would have you do.

Using cold for perineal short-term gain

Kate saw me one week after birthing. She had experienced a vaginal tear and chose not to get it stitched. In hospital she was given as much ice as she wanted to numb the area. When she was assessed by a midwife, six days later, she was told the area had not even started to heal. The ice had suspended the healing and thus had lengthened the period time Kate would be in pain.

In addition, Kate had actually stopped the ice after three days, as it felt 'awful'. I could only hope that having removed some of the cold through cupping out the cold that should never have been introduced, then using acupuncture techniques, her body would be strong enough not to fall prey to the modern woman's scourge — mastitis. Wounds need healing blood to restore health - ice suspends healing blood.

This is why so many women in Brisbane (including other acupuncturists who seem to have not been taught the basics – as acupuncture practice is now academic, not a life based subject. “Do no harm” has also been lost. Invasion of cold is one of the two biggest problems ever in Asian medicine in birthing and in women’s health.

Gemma, a midwife, observed that once stitches had dissolved in post-birth women, the perineal gash was often as unhealed as it was prior to stitching. Yvonne, a senior midwife who has been exposed to much of my work, has discovered that post birth vulval swelling reduces almost immediately if warmth is offered – not ice.

The assumption that the skin would knit with the application of ice is just plain silly - it is beyond me how modern medicine has failed to notice that ice stops the healing blood from getting to the wound, therefore the wound cannot heal.

Jo's mother rang worried a few days after her first newborn arrived – Jo had a massive infection, was there anything I could recommend for her to take home to help the antibiotics? Apparently the placenta had been expelled cleanly. I rang Jo and asked if ice had been used after the baby was born.

She paused, then answered: 'just the iced condom down my knickers'.

The problems generated through wasting Yang Qi – particularly in women in such a vulnerable state – are not immediately visible to those who ‘break’ the new mother.

Melissa had great births, but after the last one has suffered massive varicose and vulval veins that are worsening now her periods have returned. Melissa was now flooding when she bled; something that had not happened before. She also felt hot and had taken to icing herself, especially on the rash that popped out before she came to see me.

Could it be that she was iced after her last birth?

Cherie sat on an ice pack diligently for 2 weeks solid after her first birth. The lacerations and perineal stitches felt better - she did what she was told and kept one gadget in the freezer and replaced the nearly melted one twice a day – wrapping it always in fresh toilet paper so it did not stick to her. She had a freezing cold belly. She also had a ‘tongue’ of tissue hanging out of her. When she started perineal steaming between pregnancies (to heap herself heal), this all retracted back into her body – she had never felt so good.

All fine till 22 weeks with the second baby – and not only did she have a freezing belly - she had massive back pain and was passing black clumps at night. Her GP took a look at her cervix and was horrified to see that instead of being plump and pink, it was blue. I cupped the navel and used moxa on salt on a tissue on her navel. She took personalised Chinese herbs to help baby stay strong within her. I checked on her two days later and she is calling it all a miracle – no more bleeding or back ache and the pregnancy feels solid again. No more ice for her!

Why are we creating these dramas for ever after? Which dramas?
 A lifetime of weakness and sagging body bits and functions

Body Disintegration

Immune System Breakdown
 Constant infections, slow to heal.
 Immune system corruption
 Temperature control breakdown
 Auto-immune activity
 Allergies, anaphylaxis

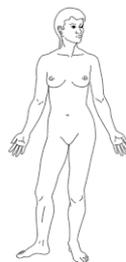
Loss of body integrity
 Flesh, tissues and organs start to lose the battle with gravity, all sagging, stretching and becoming flabby with poor tone, lustre and strength.

Circulatory distress
 Weakened walls of blood vessels create varicosities, leakage and bleeding.

Tissue and organ collapse
 Prolapses, incontinence, ~ pelvic floor collapse, haemorrhoids.

Bottom Dropping out of your world
 Feelings of collapse, emptiness. sensations of losing control, incontinence, leakage, life dripping away

Sexuality
 Loss of feeling and functionality
 Inability to feel or desire sexual intimacy and union



Bodily Decline

Reproductive failures
 Loss of adequate circulation and production in all aspects of sperm and ovarian function.

Pregnancy
 Constant heartache. Threatened/actual miscarriages/fetal & placental insufficiencies, IUGR retardation, premature delivery, insufficient energy to activate or complete birthing.

Digestive capacity diminished
 (Thus immune system disruptions)
 Leaky gut, dysbiosis, belly noises. Poor pH, excess mucous issues
 Allergies, food intolerances
 Undigested food in stool, Constant diarrhoea

Lymphatic system
 becomes sluggish, creating accumulations of toxic wastes, swellings, clogging defensive systems, eventually cancer.

Menstruation
 Blood may leak or gush, especially menstrually or during pregnancy, sustained flooding at any time, especially pre-menopausal.

Mothering
 Incomplete healing on all levels leading to bonding and/or lactation challenges. Not enough of self to go around.

Maybe men (young footie players) can get away with cold added in places – but women, especially just birthed, are at their most vulnerable. Insulting the body with

ice on their pink bits – including breasts, which will then suffer from lumps, cysts and [mastitis](#). Possibly even lack of quality milk as mum's gut is assaulted with antibiotics simply because no one knew what all 'old wives' did – that warmth is all women are to ever be exposed to.

Up inside a swollen vagina – an ice filled condom goes – numb it all – so the blood congeals, Yang Qi is wasted from then on - look at the diagram again. Enough said. Basal temperature/life force lowered when she is already losing so many resources.

A note for birthing mothers: Blood is itself a Yin category. This means that in birthing, or in a situation of sudden loss of blood, a fever does NOT necessarily indicate infection. It may instead be a shift in the internal balance that is associated with any severe loss of blood. The resultant loss of cooling energy may appear to be fever. The rise in temperature is a deficiency mechanism and, hence, a warning.

This is important after birth, when often it is only maternal dehydration (or loss of fluids of all forms) that causes the fever. No antibiotics are needed – just more rest, water, magnesium and vitamin C and D and so much more iodine painted on the body to allow life processes to flourish.

Be mindful - starting at conception (and not listening to 'what if something should go wrong'). When you lose trust in life, and your body to know what to do itself, it has.

Birth low grade fever . . . where to start? All that panic over ensuring baby is still breathing – all forgot to look to nature to see what normal is, and should have been.

The transition at birth to breathe independently changing from the fetal to baby/adult cardiac circulation is supposed to unfold naturally and gently. Please investigate all you can on [physiological third stage](#) and do [nothing to interfere with this](#).

Baby inside you has at anyone time a quarter to a third of the blood volume outside his/her body in the placenta and the cord.

By discarding this you are starting baby up for are usually tricky start. If not careful – whilst in shock from such a loss of Blood, fluids and Shen (travels with the blood) the addition of the chemicals deemed presently needed for life will ensure (on top of the antibiotics as the loss of fluids have given dehydration a toxic overload).

Mastitis

Unfortunately for modern western women, the current treatment of choice for mastitis is not what WAS, i.e. expressing some of their extra milk out to relieve pressure in their engorged breasts. The new model of 'care' seems to ignore women's bodies and their needs. Sports medicine where the young male body is at its peak, not in the highly weakened state common to newly birthed mothers, is irrelevant. [See here first](#).

[Laura saw me six days after her baby was born. I asked her how she got so much cold in her body, as the first thing I do when a patient arrives is check to see if the belly is cool — and hers was very chilly. This told me Laura was experiencing cold invasion — and as I had seen her a week prior to her baby's induction, I knew the cold had not been there birth.](#)

Apparently, the visiting midwife had placed wet nappies in the freezer to ice up in preparation for placement on Laura's engorged breasts. Laura said that even with the iced nappies, her breasts felt really hot — and when she went to bed (ice packs discarded) she felt as though there was ice all through her chest, right through to the bone.

*Laura's husband had been encouraged by the birthing manual *What Dads Can Do*. The following morning, he mentioned something he'd read in this book: 'on no account use cold or ice on breasts'.*

They came to see me. After I cupped her navel, Laura said she felt much stronger, the general weakness in her back and the tiredness she had felt on arrival at my clinic, left.

Please see all I have on the [breast site](#) when breastfeeding and especially all the information from the [very senior midwife and lactation consultant here](#).

This issue shows a total lack of respect: cold penetrates deeply into a vulnerable woman's body and lodges there indefinitely. This is why there is an epidemic of not just [mastitis](#), but bleeding and infections and prolapses and incontinence — all supposedly because of the natural birthing — but really a consequence of bad nursing. See this happen by understanding what the [Spleen Yang Qi](#) has to do.

Cold stored within may also prevent further pregnancies, as the cold wastes the energy that allows the circulation of Qi and blood. I see so many women after they have lived through a horror story. Distress and chronic upset further weakens the absorption of whatever magnesium has been ingested — resulting in insomnia, unhappiness (emotions, body, gut), all as a result of magnesium deficiency.

[Mastitis](#) is also part of the modern magnesium nutrient deficiency picture. When we have less magnesium (and dietary fat and Vit D3 than we should, we get irritated and have our [Liver Qi Stuck](#) so much easier resulting in all the problems this entails – and of course the breast being distressed is one of these – as they fall along the path of the Liver energy.

Taking magnesium orally (without calcium) will do for you what it does for cows – allows great lactation and no mastitis, with the bonus of no mood and sleep disorders!

I have had many women come to my clinic with mastitis. In times past, women did not routinely expect to be so afflicted — and they had no cause to — no-one would have ever thought put ice on an engorged breast or a new mum's body ANYWHERE.

Using [cold weakens](#) the Spleen Yang — which is usually already compromised due to women doing far too much and not seeing the postnatal period as a time of rest and bonding in the home. This can lead to eventual serious health problems — prolapses, haemorrhoids, incontinence, feelings of inner weakness, infections, bleeding out of turn and possibly more severe metabolic issues (including allergies, food sensitivities, low thyroid functioning (which is often signalled by hair falling out), immune disorders, mood and sleeping problems).

Please consult the picture two pages back.

Allergies & cold sensitivity

Often, cold that is thoughtlessly applied can stir up not just current issues - it can trigger chronic and apparently unrelated ones.

Nell's Story

"I have suffered from hay fever and severe allergies for most of my adult life. I am allergic to not just one allergen, but to multiple. The allergens passed through my milk to my infant daughter, giving her horrendous problems with colic and rashes. I had been 'naughty; whilst pregnant and had eaten a lot that I normally could not. This impacted very badly on baby, as after birth, I had a woefully restricted list of what seemed 'safe' to eat - so she was not so colicky and screaming constantly.

I had been through various allergy clinics and to no avail. Almost anything and everything irritates my nose. I've spent years being treated for every computation of possibilities, but the results have always been temporary, with the hay fever returning within a week.

No one ever mentioned temperature — I was on all sorts of exclusion diets, regulating all sorts of things, but I never paid attention to the conditions under which my body was expected to work.

It was obvious that I wasn't very strong. Everything seemed to disagree with me, and it seemed so random — sometimes things were OK and at other times I was a mess, apparently doing and eating exactly what had seemed to be fine previously.

Once I realised any difference that temperature made (just how sensitive I was), I was able to take charge of my health - I could determine whether I was ill or not. By simply removing the weakening impact of cold on my body, I have experienced no recurrence of sneezing, cold hands, and frigid feet. Maintenance now is common sense — I always wear my slippers inside. I always keep my body warm. I never eat or drink anything that is cold or cool. And I'm now allergy free.

If I choose to walk barefoot or take something out of the fridge and not warm it up, I'm riddled with hay fever again. The solution is simple — stay warm and keep cold away from me."

Fast forward to the birthing suite.

Everything was going well for Nell until the doctor pulled on the cord and it detached. Nell lost a lot of blood and was taken to theatre to stem the flow. She was shaking so much (from shock) that she wondered how he could restitch her. The nurse inserted oxygen into her nostrils, which was SO ICY that it immediately triggered an attack of hay fever. Nell ripped out the oxygen tubes, amazed that the medical professionals around her were so oblivious that they did not notice her reaction to cold.

Back in the ward, Nell's haemorrhoids after birth were so bad that she was offered - and took - the ice pack to numb the sensations of pain. By the time she came to see me, she was stricken with mastitis, digestive problems and urinary tract infections.

As soon as I started cupping out the cold, Nell's symptoms began to recede. Imagine that, just pulling out the cold undid what had prevented her body from working properly! Without this understanding, Nell could have gone on to experience decades of ill-health.

We all have to be so much more vigilant. I had the experience of seeing three young acupuncturists who were recently trained - and all were victims of cold and also of being 'modern misses'. They were running their lives their way. Not the ways that all great grandmothers would have expected of us.

We have the consequences their oral traditions – 'old wives' tales' warned us of.

Haemorrhoids & prolapses

Penny arrived in my clinic with dreadful haemorrhoids, after the easy birth of her big baby boy ten days' previously. She had a freezing belly - and had had an ice pack on her perineum.

Cold wastes Yang — something has to give and those somethings are:

Digestion: the ability to easily transform food and fluids appropriately, especially given the task of making milk for months and months onwards.

Circulation of nutrients: getting what is needed to where it is needed.

Stopping the bleeding reducing the uterus post birth: reshaping mum's inner being.

Keeping tissues in place: especially if there is already a weakness there.

So here Penny was, with a dreadful bottom problem - a breastfeeding mum has to do a lot of sitting. This was further aggravated for her, as she had a past history of poor vascular integrity. She continued to have haemorrhoidal problems, as well as problems with mastitis and breast cysts that needed ongoing support as she fed her gigantic fully breastfed baby.

Penny knew to avoid all cold, to never walk about with bare feet and to only drink warmed water — and she needed to be vigilant — as her constitutionally weakened Spleen energy was at its limit, growing baby and keeping her well, as well as holding her structural integrity together.

These stories may sound too simple – they are. A point too often missed by high tech expensive tests and non-traditional medical management is that life is to be revered. Quality of life, and supporting nature is what all good farmers, gardeners and mothers do.

In fact, modern western medicine would do well to test for common sense – are you cold? Does it feel better with heat? Her answers to these questions would result in answers that are easily and cheaply remedied.

Wounds that do not heal

Humans respond differently to different stimulus - yet there are common, observable, negative outcomes that are resulting from the current fashion of ice usage in maternity care.

Elle was a midwife. She had just had her baby and was suffering from mastitis. There was cold in her belly. But what had gone wrong? She had listened to me regarding the dangers of cold and hadn't allowed the wet nappy in the freezer to be placed on her breasts — but — she was very chilled (a not uncommon shock reaction after birthing) and figured this was the problem, so I cupped her navel also and she experienced a range of different sensations of cold being drawn out from very different locations in her body. As a result, she was warmer and her belly was much warmer.

Whilst this was happening, I was told her of the problems cold was causing other new mums. She said that she had noticed as a midwife that often wounds were not healing, that stitches were dissolving and revealing that NO healing had taken place - meaning women had to return to be re-stitched.

So what is happening? We have forgotten that allowing warmth and blood to circulate to the area aids healing — and that any exposure to cold diminishes the general circulation, and reduces general resilience as well as numbing the pain. I am hopeful that the tide will turn again and it is heat that will be in fashion.

Into her second pregnancy — **Morning sickness**

An acupuncturist came to see me 10 weeks into a subsequent pregnancy. In her first birth, she had had apparently un-stoppable bleeding immediately post-birth. Her doctor was getting ready for an emergency hysterectomy.

She had asked her husband to grind his fingernail into a pressure point on her big toe and the bleeding stopped. Her uterus was saved! Here she was having the baby she would not have – had she not known this.

Please investigate all that is up on the site www.fingertip-rescues.com



Lynne was plagued with shocking morning sickness. Although ten weeks, she really doubted she could make it. Not had this problem in her first pregnancy. Strong nausea, no appetite, felt as if something was blocked in her belly. She was very uncomfortable.

I cupped her navel, to remove the cold permanently):

She said:

"The cup was placed on my navel and the strength of the pulling sensation took my breath away. I breathed through it and felt a very strong drawing up of energy. After a few minutes, the pulling sensation began to come from the ache in my lower back and then another part of my back, moving around seemingly at random.

It was like the cup was vacuuming out all the pockets of cold that were stuck. I had no idea all that tightness and tension was sitting there. Eventually, the pulling sensations eased off and the cup was removed.

After a big sigh of relief, my whole abdomen felt warm and all signs of tightness and nausea had gone. I had not felt that good since before my daughter's birth."

Depending on a woman's constitution, she may react badly or not at all to the invasion of cold. Either way, however, the cold may sit inside her for decades, to re-emerge at some later date.

Lifetime Ill health

A woman can either be remade for the positive for the rest of her life as she makes baby – or wreck herself far better than she ever could at any other time. Crucial is the [40 day rest time for regeneration](#).

Over bleeding, either too frequently and /or too much is NOT normal. It needs adjusting, as it weakens a body to make all that extra blood lost monthly.

There are many cultures that refuse any cold anywhere near vulnerable family members — this is true for most of humanity. This is because cold invasion has the potential to wreck a woman's life — and this may only be the well meaning ice pack.

Please do not offer it.

Please do not accept it.

Very many cultures in fact use heat – and steaming for the mum – roasting her and actively having her sit over very hot water with herbs added – often many times daily for many months Please investigate what you may do – from traditions that your family may have access to as these have served all your forebears well.

What to do instead?

Rest

Heat

Make sure there is no damage by adequate birthing preparation – most Third World women who have herbal and traditional medicines are well versed in self help. Their midwives carry herbs and know techniques to assist healing and to ensure there is really no need – as they offer preventative belly and back /pelvic/sacral work.

Good nutrition is the key

You can avoid most problems with birthing through preparation – and find someone who uses the [Arvigo® pregnancy](#) work to assist your body to birth easily.

The 'What Dads Can Do' work offered here and through the [eBooks](#) and [Apps](#) will alert you to just how much the dads and partners of pregnant women can do to make birthing comfy and a memorable experience.

If this is not possible, at least look to the [Maya massage/Arvigo® practitioners](#) and their ways of assisting normal to return – all cultures had their tie honoured ways of ensuring their women lived long to raise their children.

*Birth is normal –
adding in cold to stop life flows is not*



Please do not ice your petals!

If you have and you want to know what to do about it . .

Start here

<http://heatherbrucehealing.com/taking-cold-out/>