

AN ALTERNATIVE TREATMENT STRATEGY

BELLS PALSY

ICTAM VIII

HEATHER BRUCE

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Looking at the Obvious

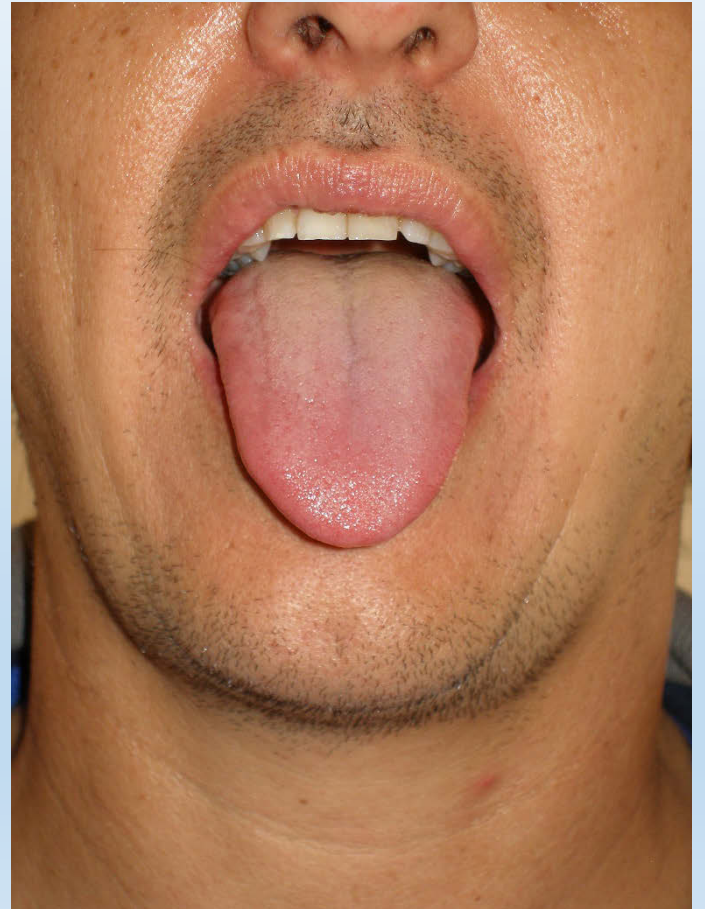
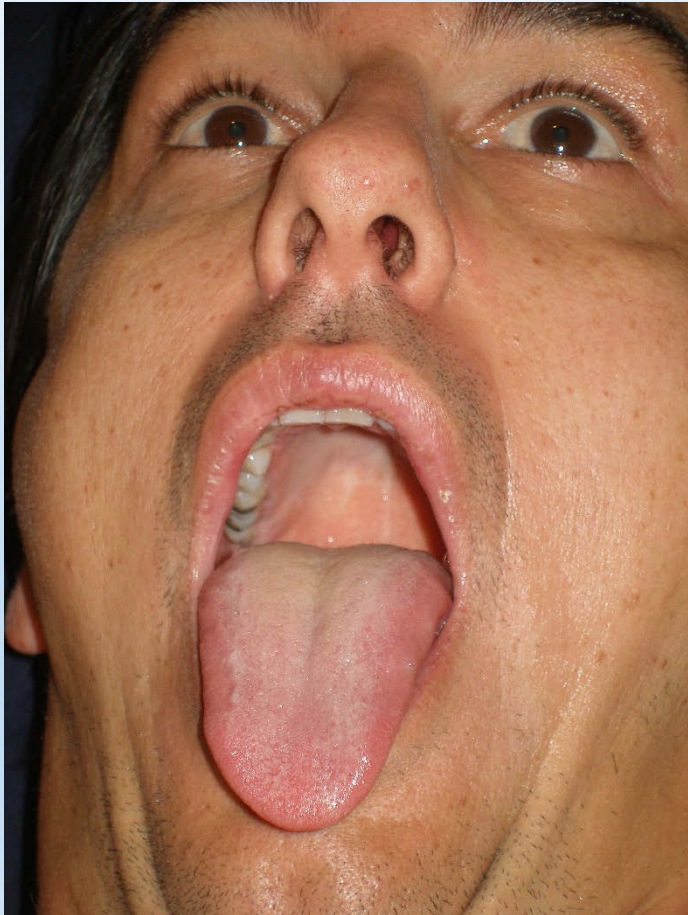
1 – *Microclimates* - removing lurking cold

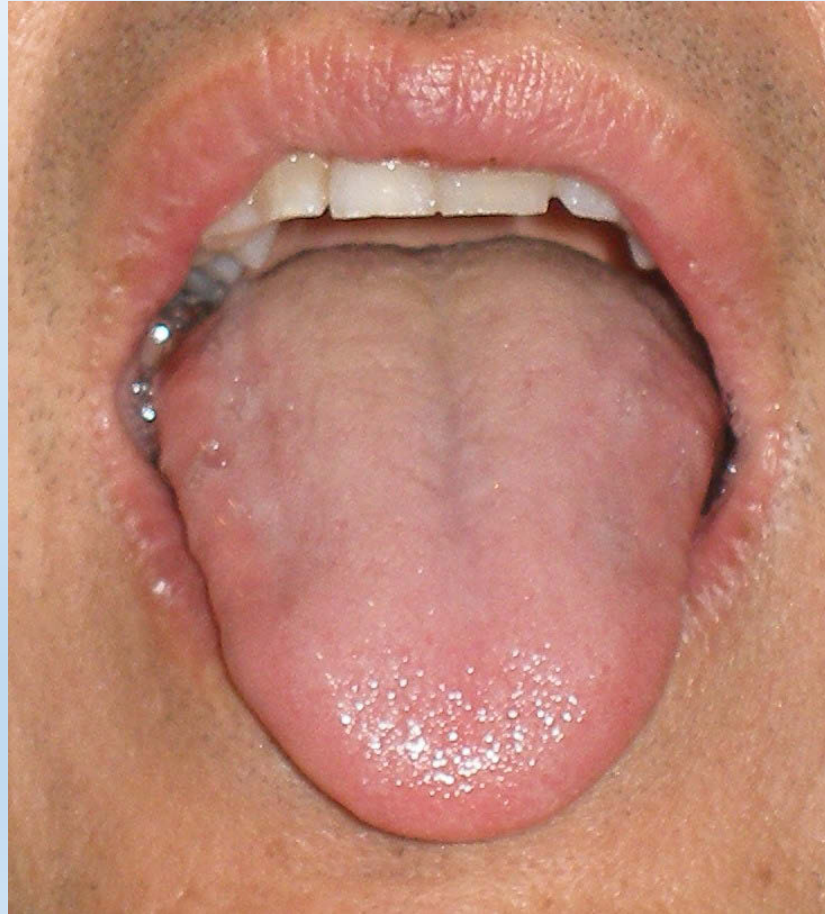
2 – Unblock meridians – *scars/bleed* veins

3 - Using *massage* with acupuncture to improve outcomes



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MICROCLIMATES?

Palpation will direct you.

Returning to our medicine and energy we will again be empowered as healers.

Where did we forget that the body has ENERGY and it can flow or stagnate?

From there – all manner of PHYSICAL blockages eventually become named /medical conditions.

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***1 . MICROCLIMATES:
REMOVE COLD –
ALLOW YANG TO FLOW***

WHAT DOES COLD DO?

CAUSES CONTRACTION

**HARDNESS – circulation slows right down – becoming solid – think
cysts /fibroids/pain relieved by heat**

CONSUMES YANG

CAN IT FLOW?





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COLD

1 - What it does – how we can recognise it

2 - What we can do to remove

3 - Why we need to remove it

4 - What happens next?

5 - Then what is there to look at?

(possibly then wait and see if we do need to do what looked apparent before)

WHY BE BOTHERED?

What is blocking THIS body?

Treatment requires the body to repair –

What is blocking this? Were cold to be lodging, without us going off to look specifically for it

The usual labelled thinking required to use the textbooks and protocols - may be totally inappropriate – first it clear

WHAT DOES YANG DO?

- **Digestive fire – needs to be protected to provide life**
- **Thyroid (BBT) and other metabolic issues**
- **Circulation and eventual degenerative changes if damaged.**
- **All aspects of Spleen qi holding**
- **Immune/lung qi strength**
- **Reproductive & sexual ‘oomph’**
- **Fluid transformation**



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SOME POSSIBLE VECTORS

POINTS TO CONSIDER

- Early lives – inconsiderate birthing exposures.
- Loss of umbilical blood, vastly reducing the volume, breathing capacity and warmth, also the Shen ???
- Shen travels through the blood – what of the shock issues?
- Forgetting that baby circulation is immature and there is a huge peripheral area that loses heat quickly (Little body mass) Early lack of appropriate clothing = parents are warm enough (e.g. All babies in strollers without booties/hats to keep warmth IN)
- Cold/cool ice creams/fruit juices/etc

MORE POSSIBLE VECTORS

- **Later life**
- **Choice of ingestibles**
- **(poss. already internal heat there and self medicating)**
- **Occupational**
- **Hobbies (fishing in NZ is standing in very chilled water)**
- **Sleeping arrangements – one partner sleeps ‘hotter; than the other, necessitating other to get continual small increments of cold invasion – stored for later**
- **Clothing – fashion statements**
- **And others too numerous. . .**

HOW WE GET COLD (therapeutically)

- 1 – **Ice** physically placed on everything acute.
- 2 – **Cold blood** replacement/nasal gastric feeding etc
- 3 – **Vibrational effects of medications** - insulting body with cold = eg antibiotics . . .
- 4 – **Air conditioning** far too cold for the weakened, vulnerable ill and wounded who there for apparent healing and comfort.
- 5 – **Actual cold connection** – in lying on metal, and having metal in
- 6 – **Fed and watered with chilled products** . . . et al



COLD – BE GONE!!!

AREAS TO LOOK
Upper back

Belly

Hands & feet/
bum at night/
general chilliness

REMOVAL METHOD
Scraping & cupping

Cup navel /then moxa on
ginger/salt

General navel cupping with
possible back work

CASE STUDY

- **Ron (76):**
- **Came in with BURNING feet problems.**
- **20 years duration.**
- **Burning such that he freezes them at night - and has done so for years.**
- **Walking around on frozen ground/frost for 30 minutes so perhaps could get to sleep before burning started up. If not - water bottle from freezer. . . .**

Ron

1

- **Aching/sharp pains in feet and legs**
- **Spurs on soles of feet.**
- **Many ops on legs from All Black days.**
- **Car accident – leg broke, rest, in traction, traction collapsed and rebroke leg.**
- **Car ran over him at 12 and broken vertebra in lower back.**

Ron 2:

- Itches all the time (chemical/mining legacy – vast personal contamination).
- Esp on upper chest at night –
- Legs burnt in mining fire/skin cancers.
- Much of life in very cold waters as a fisherman (West Coast/glacial fed)
- Pants soaked in oil and set alight accidentally – is a rescue specialist

Ron 3:

- **Macular degeneration, prostatic rebore,**
- **Several hernias, and ops for them,**
- **Reflux and on medication for this.**
- **History of severe PTSD – mine rescue worker**
- **Large personality/emotional issues as a result.**
- **Very difficult to sleep and refuses medication**
- **Very red deeply cracked tongue.**



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RON'S TREATMENT?

- **Cold cupping on navel, as he had such a FREEZING belly – also very large as a monstrous beer gut/ascites.**
- **Extensive moxa on needles (Bl 23, GV3,4) in addition to many others**
- **Immediate result – pain gone in feet (past football injuries) they felt less hot.**

- **By third treatment burning feet gone.**

REVIEW

- WHY? Yang has to flow
- It protects by sectioning off cold – for later – often decades – thus hampering normal yang activities as it is ‘taken out’.
- All other yang functions suffer.
- TRY IT AND WATCH THE TONGUE AND ALL OTHER MARKERS /S & S/
LIFE CHANGE

IS IT SAFE? – not to????

- Use protocol
- I use after IVF transfers if belly cool to touch. When up to fullterm– if cool belly
- Have been cupping ALL pregnant navels – as it rescues the yang (esp if iced when last birthed)
- When ever belly is cool to touch – from Cv 2 to diaphragm – this is THE FIRST intervention – and often the only one needed. **RESTORE NORMAL**



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WHAT DOES COLD DO?

- **CAUSES CONTRACTION**
- **HARDNESS** – circulation slows right down – becoming solid – think cysts /fibroids/pain relieved by heat
- **CONSUMES YANG**

2 - REMOVE STUCK BLOOD

***Bleed veins that are stuck/
congested around the Ki 3 area***



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Likely results

- What I have seen happen so far
- Instant suppleness of the joint
- Headaches/stuffy head/sinuses cleared
- Sense of lightness in the legs
- Cleared whites of eyes
- Veins in other foot disappear so I can't bleed them
- Leg joint pain/stiffness removed

Why/how?

- Bleeding the congestion in the Luo releases the Qiao
- What do the Qiao vessels do again?
- Yang – provide circulation from the head/eyes
- Yin – to the head and eyes
- Brain – all matters
- Lateral body, esp joints
- (Includes here all seizure/brain storm activity)
- Likely clearing potential/future stroke activity

PLUS

- Cosmetic – they are gone!!!!
- Must have been hydrated before bleeding happens
- Not on a new moon or day before or after
- MOON PHASES run the water on the earth and in the body - also the energy flows.
- ALCHEMY was acupuncture

3. USING MASSAGE WITH ACUPUNCTURE TO IMPROVE OUTCOMES

WHY?

- My personal practical positive
- Is more effective and less painful than strong needle stimulation
- Allows the time to RELATE with the patient and for them to feel cared for – and to calm down (we ARE primates)
- It works!!!!!! (Results = 'evidence' based)

PROTOCOL

- Moxa on sacrum to loosen the yang
- Stuck Liver Qi – bra line area
- Sacral/pelvic opening
- Upper lymphatic drainage
- Lower lymphatic
- Prostatic drainage if male

Incorporate needles as required – I usually intersperse massage as I go
see articles

ALTERNATIVE PELVIC OPENING



PROSTATE WORK

- Actually invaluable for **prostate health**
- **Fertility** – esp assisting varicosele and other physical damage (think stray hits to genitals over a lifetime)
- **Cardiac clearance** – frees upper heater
- Often frees up the lower back issues
- Allows all meridians free movement – all associated with Liver/emotional /sexuality

PROSTATIC DRAINAGE PROTOCOL

1. Cup cold from navel if belly cool
2. Massage sacral area after sacral moxa
3. Attend to any relevant scarring (blocking channel flow)
4. Needle BI sacral points and all other relevant – Shen calming etc . .
5. Master Points and belly moxa on needles
6. Possibly upper lymphatic THEN this . . .

MASTER POINTS TO PALPATE

USE ALL AREA NOT TEXT LOCATION

- Sp 4 – MP Chong (deobstructor meridian)
- GB 41 – MP Dai Mai – girdle meridian
- Ki 8 – Xi Cleft Yin Qiao
- Sp 8 – Xi cleft Sp meridian
- Cv 2 – local
- Pc 1 – Mu of Pericardium (experience point – also ‘Kidney Yang’ measure)



MOST MEN

- Find this extremely uncomfortable
- Reassure them that it will not be this bad again. Use all the moxa and needles first as it softens the pain and maximises positive effects.
- Find the left side worse, so do the right first.
- Often feel a lot taller immediately after

PROSTATIC DRAINAGE

Trevor says:

- Subtle freeing up around the whole pelvic girdle and a strange, almost..... lightening sensation in the scrotum and base of the penis.
- Lightening, meaning a less heavy feeling, and a sensation of paraesthesia, or very light pins n' needles.
- It was pretty subtle, I haven't had analgesics in my system for about thirty years, and I think I'm pretty in tune with subtle sensations that occur within my frame

PROSTATIC DRAINAGE

- For a long time, I was plagued with a cramping in the area of the Rectus Femoris or just anterior to the Ilio-tibial tract on one side or the other, that area would suddenly grab, and pull me up short. This has not happened since.
- Trevor (after prostatic drainage)

4. JING MARKERS AND FERTILITY PROGNOSIS



TREATMENT STRATEGIES

- Get rid of what is clogging up the system, to **allow nature to reassert itself**.
- In any area – often is in expectations, and even not really being committed to the one who is presently partnering.
- **Look to life** – vets and farmers
- Patience and self discovery grows the inner person, who will be a better parent

Decades of clinical experience

- Look at **what makes good** periods/eggs/sperm
- What does **Ki yang** mean in **sexuality**?
- **Why is 'normal' not happening?**
- **Look to male BBT** – is it rectally 36.6/8 initially in am? See www.easybabies.com.au
- **What needs to be cleared out** before a new project (baby) can be started? (Do we build a new house before cleaning out the block? Why think it appropriate with making a baby?)

The view from my rural clinic – where an AHA!! moment occurred – where should we start building a baby? (I was actually working with Julianne (see below) trying to conceive when I thought of this analogy



BABY MAKING

- Where would we expect a builder to start the new project – on the empty block of land, or ON TOP of the derelict building?
- To make good sperm – with what is left over from living a life – need the gut and the yang to be strong.
- Why do we at least not clear the space (have normal menstruation = good Qi and Blood circulation and production BEFORE attempting to make a new person with the old goods?)

Neighbouring block is empty – awaiting building - like well couples



FERTILITY **JING** MARKERS

- **HAIR** – flower of the kidneys
- **NAILS** – and red start to periods – (and hair) blood quality and liver blood esp.
- **SLEEP** – blood nourishing Shen & peaceful ? Amount of Liver Stuck
- **VAGINAL LUB** – estrogen/Ki yin/jing
- **LIBIDO** – myriad – incl. Ki yang
- **TEETH** – jing/Ki/aging sign (gift horse in mouth. . . .)

STRAW POLL of 28 CURRENT women fertility patients

- 21 - **HAIR** issues/falling – often in clumps
- 14 - **WARM FEET** at night, so out of covers
- 12 – low/absent **LIBIDO** (not all asked)
- 12 – low/no **VAGINAL LUBRICATION** (not same as above always)
- 9 - **FINGERNAILS** – very poor
- 12 – **GRINDING** of teeth/very disturbed sleeping
- 9 – **BROWN BEGINNING** to period

HEATHER'S FERTILITY JING MARKERS

		KIDNEY-JING/YIN	BLOOD	LIVER
1	HAIR QUALITY	✓	✓	
2	WARM FEET	✓		
3	TOOTH GRINDING			✓
4	FINGERNAILS		✓	
5	LIBIDO & LUB.	✓		
6	OV.MUCOUS	✓		
7	COLD HANDS & FEET			✓
8	BROWN START		✓	
9	TOOTH QUALITY	✓		

MEN'S ISSUES

- **WARM FEET** at night/often hot & for years
- **LOW BASAL TEMP** – often 35.5 – most under or just in 36 C - only one of 27 has normal – 36.8 – none others even 36.6!!!
- **COOL TO TOUCH PENIS** – when erect
- **GUT ISSUES** – either active IBS/reflux or by looking at mess on the tongue . .
- **EXERCISE/LIFESTYLE** – sedentary & toxic.

PROGNOSIS

- **DEPENDS** upon

WHETHER

WE CHOOSE TO WORK

with OR **against**

LIFE AND ITS NATURAL FLOWS

FIND OUT MORE

- Use Heather's decades of hands on healing experience
- Click to articles

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Patient info - for those who want to know how to nourish self –
www.simple-natural-solutions.com

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