



## MMA Vol. 26

### What To Do For Pregnancy

If there is no physical defect, the infertility is mostly caused by the coldness of the body.

If you check your temperature, the temperature should be lower than the normal temperature (97 degrees F or 36 degrees C).

In Oriental Medicine this is a condition of weak Kidney energy.

So what should you do?

Yes, **WARM YOUR BODY.**

Wear clothes which do not make your body cold.

In winter, everybody wears warm clothes, but even in summer, you should keep it in mind to protect your body from the cold caused by air conditioning, wearing double clothes or socks. Making your legs cold leads to making your lower abdomen cold where you need to warm up especially.

**Do not eat foods which makes your body cold.**

Avoid fruit, eggplant, mushrooms and hot spicy food.

If you like to eat fruits, avoid tropical fruits which are grown in tropical countries and eat fruits grown locally such as apples, pears, berries, etc.

Summer vegetables cool down your body and among summer vegetables, eggplants have a strong action to cool down your body.

Mushrooms also have a strong action to cool your body so it sometimes is a reason for a miscarriage.

Taking a lot of hot spicy food should be avoided. Hot spicy food seems like warming your body. However, you feel warm when you lose the heat inside your body with sweat so as a result, they make your body cold. Hot spicy food is eaten a lot in tropical countries for the same reason as tropical fruits because they need to cool down their body.

### **Drinking too much water makes your body cold.**

When you drink water, drink water warmer than your body temperature. If you like to drink tea/coffee, dandelion root tea/coffee is recommended because of its strong warming action.

### **Eat root vegetables.**

Eat root vegetables like carrot, Daikon radish, burdock and beans like black beans and red beans to strengthen your Kidney energy and warm your body. (Also refer to my book, 2.8 Kidney energy if you have one.)

### **Take long half-body baths.**

Half-body bathing is most effective to raise your temperature. Continuous half-body bathing at your temperature plus 7 degrees F makes your temperature rise. ( Also refer to my book, Part-I Body Temperature and Strength of Immune System.)

### **Improve your energy flow.**

If your energy flow is not good, the heat created in your body by the above method doesn't circulate throughout the whole body. It shows up as the coldness of hands and feet, coldness or tightness of the abdomen, or other health issues. Please use acupuncture treatment to improve your energy flow and strengthen your Kidney energy which is strongly related to the coldness in your body. Also at the treatment, home therapy with Moxa (heat therapy) can be instructed to improve and maintain the condition between treatments.

At the end, repetitive miscarriages would be caused by the same reason.