



MMA Vol. 9 Risk Of Making Your Intestines Cold

I always tell my patients not to drink cold beverages and instead drink beverages which have a temperature higher than their body temperature.

I also recommend them to do half body bathing.

Why?

Because it is dangerous to make the intestines cold for the same reason discussed in the last volume (MMA Vol. 8 Do You Breathe through Mouth or Nose?).

That is to say, if you make your intestines cold, bacteria in the intestines flow into your blood stream and spread out to the whole body via white blood cells. This causes various health issues which are said to be difficult to cure in western medicine.

In the view of eastern medicine, the Intestines are the place where our energy is created, so if you make the intestines cold, the Intestines are not able to create energy. Since this energy has the function of protecting our body, the weakness of this energy means the weakness of our immune system. Also the Intestines are the place where food is digested so the coldness in the Intestines causes indigestion and the indigested food causes various kinds of inflammation all over the body.

In an experiment it was determined that when breast milk is checked before and after a woman drinks a cold beverage, the milk contains a lot of bacteria after the cold beverage was consumed. What will happen if the baby drinks the milk?

So it is very important to keep warming your intestines whatever health issue you have or don't have.