

Understanding Heat and cold: The Detox Dilemma

Many people interested in food and nutrition are making assumptions about diet and about “what is good and bad” for you, using the mind rather than the feeling of the body, either diagnostically if a practitioner, or internally, as a person who is interested in health. This is as a result of not sensing heat and cold within the body as an overall expression. Let us look first at signs and symptoms of coldness and heat within the body:-

Coldness	Heat
Cold	Hot
Below	Above
Accumulative	Expanding
Deficiency of heating energy	Deficiency of cooling energy
Soft	Hard
Tired	Awake
Interior related	Exterior related
Chronic	Acute
Pale/ blue/ white	Red/ green/ yellow
Sallow	Bright
No- odour	Strong odour
Slow	Fast
Deep	Superficial
Quiet	Loud
Little to say	A lot to say
Grief, fear, muddled	Anger, excitability-anxiety
Low consumption	High consumption
Inward looking	Outward looking
Sensitive	Insensitive
Victim, past focused	Aggressor, past projected into future focused
Seems depressed, but can be tired	Depression, mania, anger locked internally,
Will tend to be frustrated at not being able to express, no energy to do so, or will simply be exhausted.	Wants things their way, tends to be stuck, tight and rigid, or over-excited and over-pushy
Main issues tend to be fear related.	Main issues tend to be anger related

Heat Pattern

This tends to be a more male pattern. He will have a red complexion and speak in a loud voice. He will find it hard to sit still in the chair, will be open and will express himself easily. He won't be shy, may be anxious or tense, but he tells you about it. It probably involves working too much, a very stressful job, and doing more than he can do. He has goals and a large social network. He will have, on palpation, a full pulse with some power in it that you can easily feel at the surface of the skin. His abdominal muscles and

the muscles over his body will be slightly taut and tight. He may complain of back tension, usually in the upper back and the neck/shoulder region. He is most likely to come to you for an acute injury or tension in the upper body or an upper-body related symptom. It is more likely that he is constipated and dehydrated because of the heat in his body.

Coldness Pattern

This person, more stereotypically female, is cold and she will be tired generally. She is pale and lethargic and more likely to be still than moving. She will have a weaker voice. She may have a lot to say, but it will make her tired to express it all, so she would prefer to just lie down. She will look sallow, overworked, and fatigued. She may be sad, grief-stricken, fearful, phobic, muddled, or confused. She will like the warm and hate the cold. She will generally not have an appetite, or at least it will be reduced. Everything will be pale and weak-looking. The issue will tend to be a chronic case and not an acute problem, often related to low energy and problems resulting from this.

From these we can make a general guess about heat and cold. Be aware that sometimes the pattern can seem complicated, there will be both heat and cold signs together, but *overall* is the key here - there will be a predominance of heat or cold and that's the root of the problem. Then comes the process of recovery or coming to our senses. The following are general approaches to heat and coldness within a person being treated:-

Coldness Pattern healing Principles

Warm the body - don't cool the body. Try not to be in a draught. Don't get so hot that you start a sweat. It is always better to warm from the inside out, rather than from the surfaces inwards. Cover and gently warm the very surfaces of the body. Deep tissue massage is not appropriate. Manipulation and aggressive procedures are not appropriate either. Foods that are raw and cooling and hard to digest are not appropriate, they need to be warm and easily digestible. The salty, sweet, and pungent tastes are appropriate, with only a very limited amount of sour and bitter flavoured foods and herbs. Try not to get into long debates or conversations, try to reduce excessive output of energy. Sleep as much as you need. Be in a soothing environment, one that is calming and relaxing and warm. Don't have long, hot baths. Have either short, hot baths or short showers. Do limited exercise, just enough for circulation and movement, until you feel warm all over - yet not to the point of sweating, as this lets out heat.

Heat Pattern healing Principles

Cool the body down and calm down. Try to reduce the use of frantic visual and sound-based equipment such as TV's, radio's and other stimulations of the upper body. Bring sensitivity and sensation to the feet and toes and away from the neck and head. It is best to cool down from the outside inwards, making exterior treatment methods like massage, acupuncture, etc. the most appropriate primarily. If you have only interior methods of

treatment, use food and herbs that cool the body down, these will reduce the content of saltiness, sweetness, and spiciness and increase sourness and bitterness. Vegetarian foods are cooling, particularly those that are white and green and blue in colour (cooler), rather than red and orange (warmer). Longer, hot baths are appropriate here, as are sweating and exercise. The primary, most important methodology needs to include releasing heat from the body, via the pores of the skin. Enemas, colonics and deep massage are all appropriate. Any treatment of the skin that allows the blood circulation to come to the surface and open the pores is also appropriate. All cathartic methods of treatment are appropriate. Cleansing dietary programs are all appropriate here.

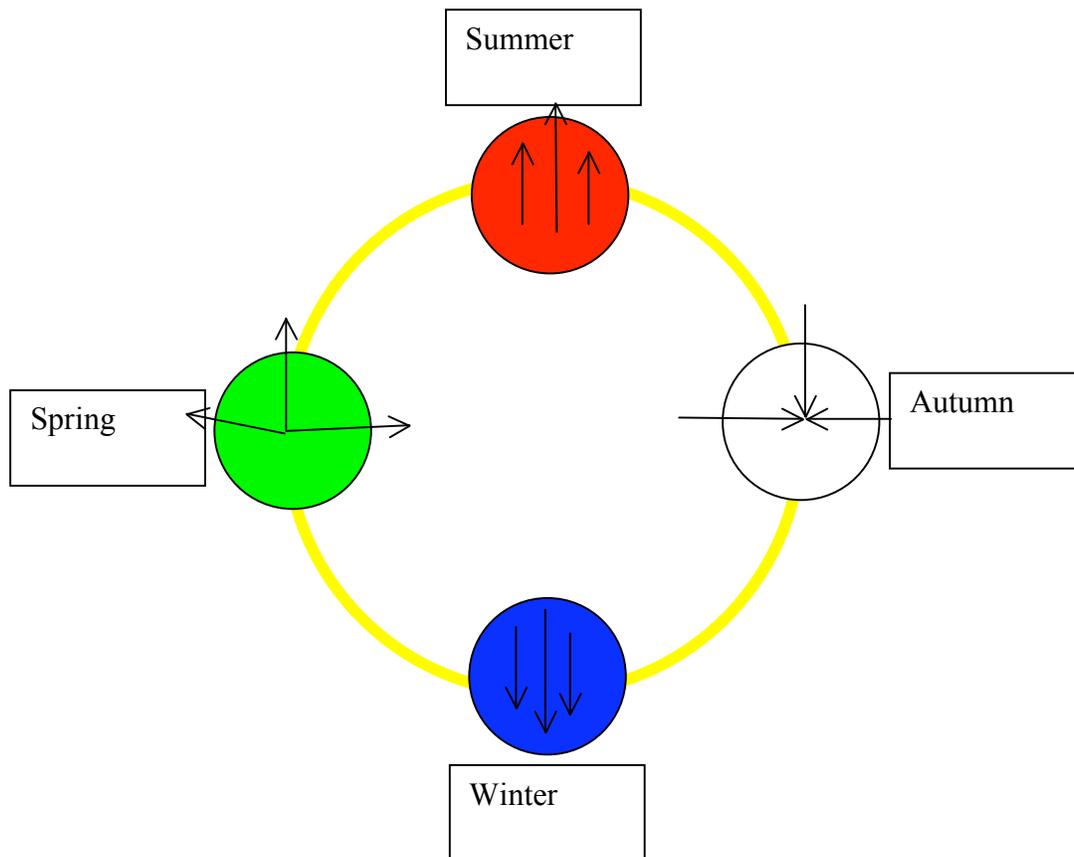
From the above we have the very fundamental basics - of course there is a great deal of variation in symptom and individual. Some people require to be warmed up a little bit, others a lot; some people need to be chilled a little, others a lot, it's all a spectrum. However, if the main principles here are applied, there is no pattern of symptoms that cannot be understood or treated appropriately. This is also not a cure-all, especially if one believes that death is a dis-ease (please see my previous article "healthy death"). The curative aspect of any treatment is the fact that it alleviates *suffering*, not that it resolves nature because nature is irresolvable, it is us! What this provides is a methodology to help the body come back to its sense and as a result, self-heal or move towards its "health-instinct", to coin a popular phrase!

The Detox dilemma

Most of the important and influential diet programs of the last few decades have focused very strongly on "cleansing" and the "detoxing" of the body. As we can see from above this is important but is only half the picture of health, and only for some, but not all people. It is true that overall the western world is a very overheated and over-noisy and over-"thought" place and to cool it down would be ideal. Most of the major dis-ease we see around us is associated with overheating and inflammation – cancer, arthritis, tendonitis, tumours, allergies, etc. There are plenty of reasons to suggest that a cooling diet and cooling ways of living are "best". From this we get ideologies, which are in fact "fragmented" modern ways of thinking, such as Gerson therapy, the work of Dr. Plaskett and the focusing on alkalinity and low-sodium diets. Based on yinyang theory, Macrobiotics, particularly of the George Oshawa generation, focuses on rice and vegetables and also a move towards cooling. From these stemmed more and more diets focused in Raw foods only, vegetable juicing-based diets, the list is endless. These are almost all cooling-based diets, with possible the exception of the Atkins diet, which tends to be high meat consumption and therefore generally heating. One goes on the program and comes out cooler, but for some people, especially many women between ages of 14-45 or the ages of their menstrual cycle, these diets tend to be too cooling and as a result the person can actually become sick from using them. Salt, fat and sugar are not dangerous but they have an effect. It depends how much one needs this effect which dictates if something is right or wrong at a particular time. A person who is generally hot, can become very cold and require more heating foods and vice-versa. It is what is going on, day-to-day and moment-to-moment that allows one to really get in touch with diet.

Being instinctual about food can be very coarse or highly sensitive, but the more sensitive we are, the less likely it is that we will get sick or choose food that can upset the system. Choosing food needs to come down away from the brain and into the feeling. This immediately provides the sense not to go for ice-cream in the middle of winter when you feel cold, or steak and chips in the middle of summer.

So let's look at the seasons. If we are hot and so require or feel we could do with a "clearing out" of the body because it feels hot, tight, over-eaten, stagnated and heavy, then what is the most appropriate timing for sending the energy outwards?



The arrows simply denote the direction of energy of each season: Spring is up and out, summer is up and up, autumn is down and in, winter is down and down. The best time for detox therefore is obviously...

Spring! Yes it's the spring-cleaning of the body (note that this relates to the organs of the liver and large intestine – both expressive and outward-moving energetic systems). However if the body is tired, weak, flaccid, worn out and cold, then your system is in perpetual autumn-winter, which means it is almost never a time to spring-clean as one has to warm up before spring-cleaning is appropriate. Those who are too hot also ideally shouldn't spring-clean in the autumn and winter because the likelihood is that they will

find this *too cold*, as some heat is required to keep the body going in the winter. However, they will need to keep the body moving, not sedentary, otherwise they'll get a cold or other illness.

Overall what does this tell us? Simply that the body and the seasons relate closely to each other. We can take the same notion and relate it to day and night. The spring of the day is the morning and mid-day is the summer, times of highest activity. The evening and end of the day are the slowest and more calm. High output of energy therefore occurs in the daytime and less at night. More input is required during the day to keep output going, less at night. The process is very simple, it's all associated with our intrinsic sense of things. No doctor or therapist is required if one is sensitive to this. Also it is important to look at day and night and seasons in relation to the body state as it is NOW, not an idealized view of what you want to create or what you "think" is good for you, based on dietary programs.

To be free from the doctor's clutches one must be able to sense the body again, to really feel what you need, what you require in every aspect of life. This is the living instinct running through one's veins and it is the basis from which to begin to go home, back to nature.

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