

Reading Your Emotions

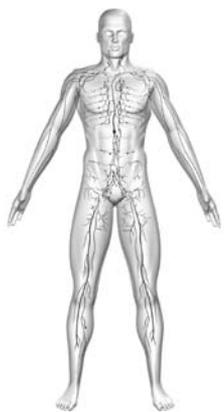
by Dr. Carol Ann Fischer, D.C., N.D.

For many people, the New Year is a happy and joyous time to start over. But for others, it is a time of increased stress, anxiety, and unwanted emotions. Our emotions reflect the needs of our body, telling us what systems want help. What we feel emotionally also has an effect on our health.

Unhappiness or negative emotions are an indication of a nutritional deficiency, a malfunctioning endocrine system, and organ system imbalance. Overcome by emotions means that your body is asking for help. For thousands of years, relationships have been observed in Oriental Medicine between emotions and body systems.

In the endocrine system, there are several major glands that produce hormones to help your body function. Located on top of the kidneys are the adrenal glands. They are so important that there are two of them, one on top of each kidney. These are the main stress/energy handling glands. They are also connected to the hormone pathway that makes the “feel good” happy hormones.

The adrenal glands help your body respond to stress, give you the energy to get up and go, and work to allow your body to relax and sleep. If you experience fear and anxiety, your adrenal glands are overworked. There are many herbal and nutritional supports available to help improve the ability of the adrenals to recover from these negative emotions.



The thyroid gland is located at the base of the front of the neck. The thyroid gland is responsible for metabolism and weight gain. When the adrenal glands are overworked, the thyroid gland attempts to help create balance, but it too becomes overworked. Irritability and anger are associated with

thyroid gland imbalance.

The key is to keep both the thyroid and the adrenal glands in balance with each other and the rest of the endocrine system. All glands of the endocrine system must be in balance with each other, much like a finely tuned orchestra. Often, both the thyroid and the adrenals need nutritional support to help balance them out, within the endocrine system.

According to Oriental Medicine, there are emotions associated with different organ systems. Joy and despair are associated with the heart, while guilt and sadness relate to the lungs. The emotions related to the digestive tract are confusion and worry. The negative emotions of anger and hate relate to the liver.

Your body does not whine or complain when it has a difficulty or an imbalance. The body presents you with indicators, like the emotions. There are other types of indicators of body issues, just like there are red warning lights on the dashboard of your car. There is no such thing as a bad body, just a body out of balance, and out of communication with you.

Overwhelming emotions can cause your heart to race, your breath to

quicken, and your digestion to slow down. Emotions can be stressful, but emotions are a part of life. How life and stress affect your body, and your emotions, and how you respond to them, determines whether or not you are happy.

Bring your emotions back into balance by eating healthy, using whole food supplementation, and balancing your organ systems. Both diet and nutrition can help the body deal with the emotions associated with life by providing the needed building blocks for a healthy body. Make sure to eat your A, B, C's daily – apples, beets and carrots. Your vitamins should include the A, B, C's too. There are specific whole food vitamin A, B and C complexes that can provide proper nutritional support for your body each and every day, when your diet cannot do so.

Besides using emotional indicators, individualized testing can determine what body system needs the most help, and the best nutritional support to use for their recovery. Holistic physicians use both Hair Analysis and Saliva Testing as tools to determine the status and function of the adrenal glands, other hormones, and different organ systems. These tests are inexpensive and non-invasive, and can be performed in the privacy of your own home.

Muscle Testing is another method used to evaluate the adrenal glands, other individual endocrine glands, and various organ systems. Each muscle of the body is related to a different gland or organ in the body. By simply testing these individual muscles, an assessment can be made of the related body system. Then, a customized program to return that system back to balance can be determined.

There is also an extensive muscle testing procedure that can scan the entire body very quickly, to get an idea of the nutritional status of the major organ and glandular systems of the body. This evaluation is often available at no charge as part of your initial consultation and evaluation with a Holistic Wellness physician.

Disclaimer: The recommendations in this article are not to be taken as medical advice. If your health is not what it should be, consult a qualified wellness consultant to determine the cause of your distress, and for specific recommendations on your personal health issues.



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