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Balancing Emotions with Chinese Medicine: part 1 - overview *by Donna Nesteruk, LAc*



When we direct our thoughts properly, we can control our emotions. – W. Clement Stone

It is important to remember that to experience certain emotions is normal. Feeling occasional emotional highs and lows are natural and healthy. It is the extreme sustained reactions or fluctuations in mood instead, which may lead to disease.

But what happens to your psyche and body physiology when emotions become out of control?

From a Chinese medicine perspective, when emotions are out of balance, the qi (the vital energy) can get stuck, become too excessive or even depleted. This imbalance in energy can weaken your body and lead to specific symptoms and/or disease.

Organs of Emotion

In Traditional Chinese Medicine (TCM), there are specific emotions and elements that correspond to specific organs. For instance, Chinese medicine understands that your Liver is associated with the Wood element, which correlates to the emotion of Anger. Similarly, the element associated with the kidneys is water, and the emotion associated is fear. The kidney connection to fear may be a reason we tend to 'pee our pants' when very frightened – this is a typical physiologic fear response.

In Chinese medicine if emotions are not expressed, they become "stuck" or stagnant within the body. When there is too much stuck energy in the liver from excess stress for example, it causes 'liver fire' to rise up, and can cause both anger and stomach problems like ulcers or reflux.

The Chicken or the Egg?

When we speak about emotions and physiological health of the body, we may want to ask: did the emotions cause the physical problem, or did the physical problems create the emotional issues?

Perhaps you are suffering with a physical ailment, which may result in emotional anger or frustration. Or, perhaps you are suffering depressed emotions because of your present circumstances. As you can see, it is not a linear cause and effect occurrence, but instead a loop in which emotions can be the reaction or cause of disharmony within the body.

Chinese Medicine to the Emotional Rescue

Either way, Chinese medicine can help you maintain a harmonious internal flow of positive qi ('vital energy') to keep both the body and mind healthy.

Through the gentle and non-invasive treatment of acupuncture, Acutonics® tuning fork therapy, and a healthy lifestyle protocol, your emotions and their corresponding ailments can change for the better. Research has shown clear benefit using these for sleep, insomnia, depression, anxiety and so much more.

Also, it is important to remember to be kind to yourself and your emotions. After all, you will live with them every day of your life.



Editors note: This is the first in a series of articles about how emotions and your organs relate to each other from the perspective of Chinese medicine. Please follow the Inner Source newsletter and blog to find out more about specific emotions, their associated organs, and some of the disharmonies associated when these emotions are not in balance.



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<http://www.innersourcehealth.com/Donna.aspx>

You can see Donna's last news appearance here:

http://www.innersourcehealth.com/news_video.aspx?EntryID=482