

EQ Health Link

The Link between how and why people who suppress emotions such as anger present with diseases such as cancer or a weakened immune system with stats and case studies:

In fact, uncontrolled anger is worse than useless: It's bad for you. Several studies have found a link between anger and disease. For instance, a large study of almost 13,000 people found that those who had high levels of anger but normal blood pressure — were more likely to develop coronary artery disease. The angriest were three times as likely to have a heart attack as the least angry.

So how does anger turn into disease? Your body's physical reaction to anger is intended for the short-term — it gives you the immediate boost you need to survive. But if this explosion of hormones is triggered too often, you can suffer long-term effects. Anger's stress hormones may contribute to the build-up of plaques in the arteries that can cause heart attacks and strokes. These hormones may also increase levels of C-reactive protein (CRP), which causes inflammation and may also contribute to cardiovascular risk.

One 2004 study in *Psychosomatic Medicine* found that people prone to anger had levels of CRP twice or three times as high as others. Anger can even cause electrical disturbances in the heart rhythm.

Anger has been linked to depression. People who report being frequently angry are less likely to take care of themselves. They're more likely to smoke, drink to excess, and eat badly, and they're less likely to exercise. While it's hard to say that in these cases anger is the cause, it's certainly linked with a lot of unhealthy behaviors. Anger can also be an expression of feelings of helplessness or depression.

How dis-ease really gets manifested in the body

The basic premise of mind/body medicine and psychoneuroimmunology is that our thoughts, feelings, and mental states influence our bodies at the physical level and express themselves in our health. The brain has often been called the organ of the mind. It is, at least at the physical level, both the source and executor of all that we think and feel and it is through the brain's connections with our other organs, glands, and tissues that feelings influence health.

The Stress Response, which is also called the Fight or Flight Reaction, results in a series of events that occur in the body when a person experiences something that they perceive to be threatening or challenging. The evolutionary purpose of this response is to prepare the body to either fight or run away.

Symptoms of illness result from only the following 3 factors: 1) Toxic Thoughts 2) Toxic Emotions 3) Toxic Chemicals produced in your body from your negative emotions.

Your toxic (negative) thoughts, which really determine your perception of life events, cause you to have negative emotions, which cause the cells of your body to create toxic chemicals and in turn cause your body to create toxic cells that lead to DIS-EASE.

Emotional stress has the biggest impact on your immune system above any other factor. If you are in a state of balance and harmony mentally, emotionally, and physically, then illness simply can not set in the body. Most people have not been taught how to deal with stress and live in a balanced fashion. The society of today promotes drama, stress and struggle. The secret then is that the suppressing and storing of emotions are the true root cause of most illnesses.

X-rays taken of a cancerous brain by cancer Dr. Hamer showed in all cases a 'dark shadow' somewhere in the brain. These dark spots would be in exactly the same place in the brain for the same types of cancer. There was also a 100% correlation between the dark spot in the brain, the location of the cancer in the body and the specific type of unresolved conflict. On the basis of these findings, Dr. Hamer suggests that when we are in a stressful conflict that is not resolved, the emotional reflex center in the brain which corresponds to the experienced emotion (e.g: anger, frustration, grief) will slowly break down. Each of these emotion centers are connected to a specific organ. When a center breaks down, it will start sending wrong information to the organ it controls, resulting in the formation of deformed cells in the tissues: cancer cells. He also suggests that metastasis is not the SAME cancer spreading. It is the result of new conflicts that may well be brought on by the very stress of having cancer or of invasive and painful or nauseating treatments.

Really being positive which supposedly leads to good health and trying too hard to be positive and dismissing bad emotions leading to ill health...

Before we can be positive, we may really need to discover the true root factors that triggered the manifestation of the illness as discussed previously. Even conditions such as the so-called common cold and the flu may have distinct emotional and mental factors contributing to them.

Any time you are sick in general, you need to listen to your body and hear what it is telling you. Instead of always looking for a magic blue pill or a magic supplement, one needs to be more conscious of their bodies. If you are chronically sick then you need to assume full responsibility for your own health. No doctor or drug can cure you of any illness. You have the cure within you to eliminate any disease. God equipped all of us with everything that we will ever need in this world.

Also, when you are stressed out or carry any of the negative emotions such as anger, resentment, hatred, impatience, etc., you tense up. This tensing up causes many of your biological processes to be impaired. Nutrient transport, cell respiration, detoxification, elimination, digestion, assimilation, hormone production and brain function become severely disrupted leading to a gradual degeneration in your whole system.

Understand that you need to manage your emotions and the impact they are having on your body.

This is a chance to release emotions that have been suppressed. This is a way of releasing suppressed emotions that cause disease. This is an opportunity to be very honest with yourself and about your feelings.

When you stuff your feelings, you deny them. Then you create an undercurrent of pain that remains with you until you admit how you truly feel. This undercurrent of denial creates disease and/or emotional mental, physical and/or spiritual imbalances, can even shorten your life and does definitely narrow the scope of insight.

Emotional denial creates outbursts of constrained anger, over sensitivity to just about everything, dishonesty and projection. Until you are totally honest about your feelings, you will not take responsibility for your responses, blame others for feelings of inadequacy and indulge in revengeful attitudes and in self-pity and likely become bitter and self-negating.

These habitual characteristics are far more painful than expressing honestly what it is that you actually feel no matter how painful those feeling are. This creates instability and then disease can take over the body, the mind, your emotions and spirit... your life

Stats for SA and thoughts on suppressing emotions (anger) leading to weakened immune system

'While there are a variety of things that are thought to cause cancer, trapped emotions are a contributing factor to the disease process. Every cancer patient treated in a study was found to have trapped emotions embedded in the malignant tissues. ...

... trapped emotions are, known to be an underlying cause of cancer. It is vital that these trapped emotions be removed. Even though they may have already contributed to the cancer, once removed, they cannot cause any further damage in the years to come'.

Dr. Bradley Nelson in his book "The Emotion Code" (June 2007)

Trapped emotions are said to exist in most people, leading to two main effects, one of them mental, one of them physical. The mental effect will be expressed in an exaggerated/unhealthy emotional response even to relatively innocuous stimuli, throwing the person off-balance by sustaining a negative vibration and making them unable to deal with emotional challenges in a healthier way, leading to self-sabotage etc.

Sometimes/often more serious in consequence can be the physical effects of trapped emotions.

As we know, everything including our body is energy, and so are "trapped emotions", however, trapped emotions are a negative energy. According to Dr. Nelson's insights, these trapped unseen emotional energies "distort" the body's tissues, just as a magnet will distort the picture of the TV screen. Tissues continually being distorted (i.e. irritated) in this fashion will eventually suffer the effects, with pain and subtle malfunction frequently being the first result (which can be difficult to detect). (The release of a trapped emotion will often cause immediate relief of discomfort and other symptoms.)

If tissues are subjected to this negative energy over the long-term, "the tissue may eventually enter into a state of metaplasia, or change. In other words, the specific type of cell begins to revert back to a more primitive cell. The next step is malignancy, or cancer."

A case of breast cancer

"...Muscle testing showed that the trapped emotion of sadness was lodged in the area of her left breast. Sarah and I stared at each other for a moment in wonder. She was a survivor of breast cancer. Four years before, her left breast had been removed in a surgical mastectomy.

This trapped emotional energy had become lodged in her left breast, where it remained. ... My ... feeling is that it became trapped in these tissues – that lay so close to her heart – because of her love for X... Whatever the reason for its location, the trapped emotion stayed in her body as the years went by. It caused a constant low-level irritation in her tissues, and this may have been a contributing factor to the cancer. The signs were not recognized soon enough, and ultimately her left breast had to be removed to save her life, but the sadness remained. Releasing that trapped sadness from her body helped her to heal emotionally. I only wish I could have discovered it years earlier, which might have helped her avoid a lot of pain and suffering, and might have even helped her avoid breast cancer."

A case of lung cancer

"When Rochelle first came to me for treatment, she had a cancer the size of a baseball in her lung. She was going through chemotherapy when we met. I asked her body if there were trapped emotions in this malignant lung tissue and the response was 'Yes.'

The trapped emotions in Rochelle's tumor dated back many years ... Consciously, Rochelle believed she was fine ... But her body revealed that the emotions of resentment, frustration and abandonment had become trapped inside of her

'No, no,' Rochelle insisted. 'I never felt that way. I knew Danny would be gone and it was fine with me. I was OK on my own.' And yet, after I'd run the magnet down her back, Rochelle sat up and shook her head. 'You know, it's the funniest thing,' she said. 'I feel so much lighter, like a weight has been lifted from my chest.'

... I only saw Rochelle three times, but it was enough for me to release all the trapped emotions that showed up in the area of her tumor. About five weeks later, she showed up at my office ecstatic over the good news. Her doctors had taken a new x-ray and the tumor was completely gone from her lung.

Could the trapped emotions have been a significant contributing factor in the creation of this cancer? I believe that the answer is yes."

Why is suppressing anger bad for one

When we live with suppressed undercurrents of pain (and most people do for lengthy periods in their lives if not for their entire lives), then... every time we meet a situation that resembles our original painful emotions, then distress increases and goes deeper into our system, energetic, physical and emotional; therefore and of course impairing our spiritual openness and understanding.

For example, if you have felt rejected in your life and have not given that pain a place, a space, for release by admission or acknowledgment, then, any situation that resembles not

being recognized, will intensify, increase and deepen into the undercurrent of dishonesty that you have (yourself) impacted, into your energetic emotional physical and spiritual bodies... your life.

How to handle 'bad' emotions, are there 'bad' emotions and why so

When it's correctly channeled, anger can be constructive. It can drive people to speak out and solve problems. It's the impulse behind much great literature and music. The white hot anger of the righteous has often been a powerful, positive force in our world.

As stated before, Dr. Bradley Nelson recently published his experiences in his first book, "The Emotion Code, How to Release Your Trapped Emotions for Abundant Health, Love and Happiness", possibly another milestone work in the area of the healing arts. Judging by the real-life stories quoted, this method comes close to a near-panacea for both emotional and physical ills which seems to even allow to directly aid in the healing of cancerous tumors by removing their emotional and thus "energetic" basis.

so what to do?

Write you feelings down... honestly! Writing in itself is release. Remember we are not digging up or boring into old stories. We are simply acknowledging how we do feel and how we have felt. Releasing those feelings and opening that pain to liberate them, not to intensify them. In other words...your journal is a journal of honest acknowledged feelings to be freed forever.

Admit your feelings honestly and write them down. You need not edit what you express or apologize. You just write what you feel. That is all. No guilt, no story, no forgiveness is necessary. Just write, feel, release. You may cry, you may yell, you may snap for a moment or a little while, but feel that and free that feeling without building a story around it. This is very personal writing and is only for you and not for anyone else to read.

You need not fix anything, just feel what you feel...in freedom and honesty. If you start to create bigger stories that dramatize your feelings...just stop and release what is being felt in the moment. Just feel, write, acknowledge and release. You may also draw as well as writing. However writing is releasing! So be sure to write. This is your journal, your private feelings. Let them have a space for letting go freely and forever. It's a lot like taking a refreshing bath after traveling on a dusty road after a long journey .Some people have had great healing, even from cancer, by opening the undercurrent of denial by acknowledging and releasing their feelings.

So start today and write. This is an important time to clear away the residue of what has passed and...still lingers ... because it has been denied. BE HONEST AND RELEASE!

Always giving in to emotion cant be good can it? Doesn't sucking it up make you stronger?

Anger; most of us don't like it whether it's directed at us or we're directing it at others. What is it about this emotion that makes us so uncomfortable? We all experience being angry, but few of us have developed the skills to effectively process and express our anger. Why have we not learned this skill? From the time we learn to talk, we are told "don't raise your voice, please", "speak in your inside voice", "we don't yell in this house/classroom". Without knowing it, our parents, teachers, coaches and other influencers are delivering the message that we ought not get angry that this feeling is negative or harmful in some way. When we are young children, the odd tantrum tends to be tolerated without too much intervention. But as we move into our teens this becomes less and less tolerated and we are expected to control these outbursts.

This expectation would be fine if we were taught to effectively process our anger. But what typically happens is that we aren't provided with this training and a pattern of suppression begins. We learn to suppress our anger in order to be "nice" and "polite" and to "get along" with others. We gradually find ways to manage our suppressed anger in order to divert our attention from it. There are so many ways that we do this, from using exercise, food, alcohol and cigarettes, to taking depression and anti-anxiety medication.

Vulcan's did not throw out emotions because it interfered with logic. Spock explained that in the beginning, Vulcan's were creatures of pure emotion and passion. It got to a point where they had all but destroyed themselves as a race. They turned from emotion to logic as their salvation. However their "primitive" emotional side will re-emerge during mating times and in a certain disease of the elderly.

It is not easy to learn how to accept emotions, because they often do not feel very good and we have instincts that may tell us to avoid them. With persistent practice, though, you can learn how to be more accepting of your emotions. Mindfulness meditation, or the practice of being aware of both your internal and external experiences, can be tremendously useful as you are learning how to accept your emotions, deal with them and not need to 'suck it up'.

When is screaming in anger or wallowing in sadness good and bad? When is it better to plaster a smile on your face?

It is important to make the distinction between acceptance and resignation. Accepting emotions do not mean that you resign yourself to always feeling terrible or wallowing in pain. It also doesn't mean that you hold on to painful emotions or try to push yourself to experience emotional pain. Acceptance simply means being aware of your emotions and accepting them for what they are right now.

How do we express negative emotions in a healthy way?

Anger can be expressed without hurting the person who has made us angry. To the contrary, being truthful enough to express your anger is an act of love for yourself and for the other person. When you express your anger instead of suppressing it, you are saying to

yourself “my feelings are important. I matter.” To the other person, you are saying “our relationship is important enough to me that I want it to be based on truth, and the truth is that I am angry about what you did/said”.

Moderate anger may not be the problem, expressing one's anger in reasonable ways can be healthy. "Being able to tell people that you're angry can be extremely functional.

So, how does one begin to heal the emotional and mental traumas from one's past? The secret to healing yourself on all levels of your being is to learn how to let go and forgive. Learning how to forgive yourself and all the people who you perceived as hurting you is the best remedy for any life issue whether it is a chronic disease or an unhealthy relationship with a family member or past lover.

Notice that I said perceived as someone who hurt you. The fact is, no one can ever hurt you in life. You can only allow yourself to be hurt. The mental and emotional grief that you have experienced in life was really due to the perceptions that you had about each life event. The key is to learn how to change your perception in life.

Ways to stay emotionally healthy

Talk to people: Keeping your thoughts, feelings and troubles to yourself is only going to increase your emotional burden. Share your problems with someone whom you trust—your spouse, friend or other family members. But remember, although talking to these people can give you solace, they may not be able to get to the root of your problem. The best person who can help you is your doctor who may refer you to a psychologist.

Have a positive outlook: Look on the brighter side of life. Try not to entertain negative thoughts and feelings. Avoid situations that may get you stressed up and may disturb your emotional equilibrium. Go out, socialize with friends, family and colleagues and make time to enjoy some of the things that you like the most such as playing your favorite game, going to the movies or listening to music.

Practice relaxation techniques: Meditation is a good way to relax mind and body. Similarly soothing music or a fun filled movie can also boost your emotional well being. Try to remain calm in disturbing situations. Self-care: Eat and sleep on time. Exercise regularly. Do not abuse alcohol or drugs. Besides aggravating your emotional problem, substance abuse can lead to many other health disorders and family problems.



Solutions: Every problem has a solution. If there is no possible solution, then maybe it is not a problem any more—it is a situation. With certain situations, there is hardly anything that we can do to keep things under control. So remain calm and let things take care of themselves.

Forgiveness: Forgiveness can actually heal you of disease. I will say that forgiveness is the magic cure that many people in life are looking for. There are many people who carry hatred, resentment, anger and bitterness toward the people they think hurt them. These emotions set in the body and get stored over the years until they manifest as disease and other imbalances. Your emotions also get stored in your energy fields and form blockages.

One bit of advice I can give is that to be able to forgive someone else, you have to forgive yourself first. The same principle applies here where you simply just let go of the past, have the thought of forgiving yourself and release any anger or pain from the past event.

How should you express anger especially? Should you scream immediately, calm down first or does the answer lie in resolution of the issue causing the anger or in simply expressing the anger...could you just run to another room, scream come back looking calm?

In short, learn to deal with your reactivity in the moment, should you be in a room with someone, you may want to step out, take five deep breaths in and return when you feel your emotions are under control. Secondly, direct your attention towards dealing with the issue that causes the emotion by assuming Full Responsibility for your own health . No one out there can ever heal you. It is your duty to heal all levels of your being to be completely well. Educate and empowering yourself with sound holistic health knowledge, you will be well on your way to healing. Commit to doing whatever it takes to heal yourself. Forgiveness- as explained earlier will be the best medicine for your recovery. Implementing a diet and environment that will support your physical health. Learn how to adjust your thoughts and emotions to support long term health.

What is the link between positivity and health (stats on SA) and thoughts

The relaxation response has been found to counter many of the negative physiological effects of stress and to enhance immune system function and the body's capacity for healing. Many other interventions and lifestyle changes have also been shown to have similar beneficial effects. These include progressive relaxation, mental imagery, Positive thinking and visualizations, breath work, proper diet and exercise, biofeedback, massage therapy, aromatherapy and expressive therapies, counseling, and many others.

Where is the line between being positive and trying to be so daily, trying too hard to be positive and suppressing emotions ...can you become truly positive and healthy as a person?

The only way one can truly heal from any disease is through healing every level of their being. One needs to look at their mind-body-spirit complex and work to heal those areas that are out of balance. Without such balance, one can never truly heal!

AT THE SOURCE OF EVERY ILLNESS, LIES ITS CURE!!!

Often, when we have an uncomfortable feeling, such as sadness, fear or shame, our first reaction is to reject that feeling. We may tell ourselves that the feeling is a “bad feeling” that we do not want to have. Next, we may do something to try to get rid of the feeling, such as trying to push the feeling away or using drugs or alcohol to feel better.

An alternative is learning to accept your emotional experiences. Accepting means that you practice allowing your emotions to be what they are, without judging them or trying to change them. Acceptance means letting go of attempts to control your emotions and learning that emotions themselves cannot harm you (although, the things we do to try to get rid of emotions, i.e., using alcohol, can harm you).

Psychoneuroimmunology has given us some bad news about the stressful lifestyles that so many of us live. At the same, however, it has brought some very good news. The good news is that the body knows and can re-establish a more adaptive way of responding.

If you're experiencing problems dealing with anger, please contact **Dr. Sandrina Haeck** for a consultation:

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