

HEALTHY LIVING

Emotions and Health

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Have you ever pondered on the definition of emotions; the word Emotions come from the Latin word “to move out”; our emotions are an expression of our physical and psychological perception concerning our being. Every thought and every emotion for its direct effect upon the physical constituents of the body. Discord in the mind is translated to disease in the body.

Feelings in themselves are nothing to fear. Rather, they are something to celebrate, if we see them as guide posts to a deeper truth. We don't want to deny them; they are there for a reason. They may be a message to us that something is not right. Have you ever wondered how your emotional health can affect your physical health? The body and the mind are intimately related through chemistry, it is not difficult to see how chemical imbalances in the body can lead to emotional and behavioral problems, and conversely how emotional and behavioral problems can lead to physical difficulties. It is possible that our diet lacking in the appropriate vitamins and minerals could affect our emotional health. Look at the mineral Calcium known as the “knitter” It is responsible for solidity as well as movement of the body. Calcium is essential for many mental activities. Calcium deficiency reduces memory ability, recall is difficult and thinking is estranged. There is a lack patience, fatigue, indifference and disgust for life in general. Calcium synonymous with bravery, hope, and strength is lacking, so are these qualities.

Iodine is considered the “metabilizer”, iodine can guard against harmful toxins entering the brain and other parts of the body. Weakness of intellectual faculties causing a lack of direction and control; tendency to cry easily and excessively, feeling that something has been neglected, forgotten or left unfinished which prevents contentment and peace are signs of iodine deficiency.

Sodium from a source like celery, not table salt, sodium chloride the “youth” element may lead to the following emotional symptoms, melancholy, depression, quarrelsome, provocative, the nervous systems is inflamed and overheated. The memory is faulted, thinking is difficult, recall is incomplete; feelings of apathy, disinterested and undependable judgment.

Potassium known as the great “alkalizer: along with potassium work together in all the cells of the body. Potassium deficiency fosters fear of being alone, easily startled by noises and other surprises; despondency, depression, lack of pride and interest of good hygiene.. Moods fluctuate during chronic potassium hunger, from truthfulness and stubborn carelessness to lonely and withdrawn.

Magnesium the “relaxer” magnesium soothes and cools the brain and nervous system. When the nervous system is hyperactive there is a magnesium shortage resulting in anxiety, apprehension, figity, overlying concerned about work and industry; negative passions such as hatred, temper outburst, jealousy, quarrels, resentment, bitterness, hostility, selfishness and greed are all present when magnesium is low.

The mind and body are often crying out for nutritional support and is always doing its best to regain equilibrium. By replacing nutritional deficiencies we can “move out’ a cause of much mental discord. The body begins to feel better, the mind takes note. The mind then works with the body to continue the healing process. The mind believes that since the body is improving it can validate and support the healing. Take the time to explore your feelings and emotions; don't ignore them they may be letting you know this causes imbalances that had to be corrected.