EMOTIONS
Root of all Illness
Tonita Gonzales
SEQUENCE OF EVENTS

1. Stress, Shock or Trauma

2. Imbalance suppresses the immune system

3. Impact to hormones, adrenaline, and Glucose

4. Disturbance transforms into illness
STOMACH/SPLEEN
LUNGS
HEART
## Emotions and Curanderismo

<table>
<thead>
<tr>
<th>Element</th>
<th>Organ</th>
<th>Emotion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fire</td>
<td>Heart</td>
<td>Joy</td>
</tr>
<tr>
<td>Earth</td>
<td>Spleen</td>
<td>Worry</td>
</tr>
<tr>
<td>Metal</td>
<td>Lungs</td>
<td>Grief</td>
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<tr>
<td>Water</td>
<td>Kidneys</td>
<td>Fear</td>
</tr>
<tr>
<td>Wood</td>
<td>Liver</td>
<td>Anger</td>
</tr>
</tbody>
</table>
Healing happens...

*From above downwards*
*From within outwards*
Which Tongue Are You?

NORMAL
- Fatigue
- Poor appetite
- Spontaneous sweating
- Shortness of breath
- Over-thinking and worrying...

QI DEFICIENCY
- Feel hot
- Sweaty easily
- Thinly Constipated
- Irritable and bad tempered
- Skin problems...

HEAT
- Blistered
- Fullness in chest and abdomen
- Feel heavy and lethargic...

DAMP RETENTION
- Cold limbs
- Varicose veins
- Painful legs
- Headaches
- Chest pain
- Liver spots
- Lack of skin lustre...

QI STAGNATION
- Stymied
- Tendency to be depressed and upset
- Unstable emotional state
- PMT...

DAMP HEAT
- Skin problems
- Urinary infections
- Chinny skin
- Angry and uncomfortable...

YANG DEFICIENCY
- Feel cold easily
- Pale complexion
- Back pain
- Tendency to panic
- Emotionally low
- Impotence, Infertility...

YIN DEFICIENCY
- Hot Flushes
- Sweaty at night
- Insomnia
- Irritable
- Ringing in the ears
- Menopause...

BLOOD DEFICIENCY
- Dizziness
- Fatigue
- Palpitations
- Poor concentration and memory
- Insomnia
- Women’s problems...
Five Flavors in Chinese Medicine
Bitter, Sweet, Pungent, Salty, Sour
Balance Your Energy with all 5 flavors at each meal.

Bitter: Fire - Joy – Heart/Small Intestine
(Coffee, Cacao, Citrus peel, Dark leafy greens)
A little bitter can clear excess fire or increase circulation.
Too much bitter can impair sexual function, disturb heart.

Sour: Wood - Anger
Liver/Gall Bladder
(Vinegar, Lemon, Fermented Food)
A little sour can strengthen the liver & promote digestion.
Too much sour food can damage liver & digestion, weaken muscle tone.

Salty: Water - Fear
Kidney, Bladder
(Soy sauce, Seaweed, Salt)
Salt can clear heat, resolve toxins, reduce inflammation.
Too much salt can lead to hypertension, kidney and cardiovascular disease.

Sweet: Earth - Worry
Spleen/Stomach
(Sugar, Grains, Fruits)
A little sweet can nourish Qi, enrich blood, heal worry.
Too much sweet (refined sugar) leads to more worry & damage of pancreas/spleen (diabetes).

Pungent: Metal - Grief
Lung, Large Intestine
(Ginger, Chili, Garlic, Onion)
Spicy food can remove blood stagnation, support lungs, ease grief.
Too much spicy food can damage lungs and large intestine.
Negative Emotions Creation Cycle

The reductive and destructive cycle of the five elements

Heart & Small Intestine
Negative emotions:
- Hate, Cruelty, Impatience

Physical symptoms:
- Heart palpitations
- High blood pressure
- Chest pain

Liver, Eyes & Gall-bladder
Negative emotions:
- Anger, frustration, Jealousy, Envy

Physical symptoms:
- Production of more Cholesterol
- Bile production becomes imbalanced, impairs digestion
- Blood stagnates in the Liver, reducing its ability to detoxify the body

Spleen, Stomach & Pancreas
Negative emotions:
- Worry, Anxiety, Mistrust

Physical symptoms:
- Impaired digestion
- Difficulty eliminating waste produced by digestion

Kidney, Ears & Bladder
Negative emotion: Fear

Physical symptoms:
- Loss sexual energy
- Loss of life force
- Nervous system disorder.
- The body becomes acidic
- Knot in the abdomen

Lungs, Skin & Large Intestine
Negative emotions:
- Sadness, Depression

Physical symptoms:
- Breathing problems
- Decreased oxygen in the blood
- Constipation

Wood

Earth

Metal

Water

Fire
• Benefits of laugh therapy
  1. Laughing lowers blood pressure
  2. Reduces stress hormones
  3. Improves cardiac health
  4. Boosts t-cells
  5. Triggers the release of endorphins
  6. Produces a general sense of well-being