

HOW ORGANS AND EMOTIONS ARE CONNECTED & HOW TO RESOLVE

FROM A TRADITIONAL CHINESE MEDICINE PERSPECTIVE

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fear = kidney

- kidneys are key to our body cycle and houses an important element, Jing
- excess fear damages kidneys and inability to hold Qi and loss of Jing (which is irreplaceable)
- symptoms include frequent urination, build up of toxins (as kidney cleans), tired, weak, fatigue, dizziness
- to support this, manage the fears, responses, and reflect on how they play out in your life

sadness or grief = lungs or large intestines

- emotion arises from excess and prolonged sadness or grief
- excess sadness impairs the lungs, consumes Qi,
- symptoms: shortness or holding of breath, chest tightness, shallow breath, cough or cold, random sweating
- meditate, yoga, seek help (relief), find source of sadness, release

anger = liver

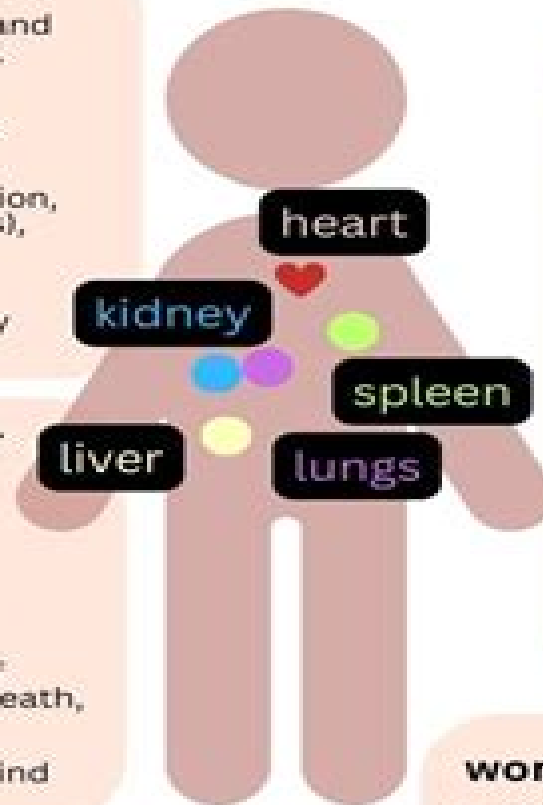
- emotion arises from interruption of liver's mission (which is to move & grow)
- excess anger is strong liver fire == liver qi imbalance
- symptoms include headaches, neck & shoulder tension, poor sleep, dizziness
- clear liver fire, meditate, calm spirit, hot water soaks for 20 mins to help liver Qi

joy = heart

- heart houses the shen (emotional and spiritual)
- heart rules over all emotions
- imbalance happens with overjoy and spirit scatters (shen can't be stored in the heart at night for sleep)
- over stimulation symptoms include insomnia, heart palpitations, confusion, dream disturbed sleep
- rest helps your heart filter & balance all other emotions - meditate, disconnect, reflect

worry or thinking = spleen

- emotion arises from overthinking or over worry, or over use of intellect
- excess worry impacts spleen (which helps in digestion)
- symptoms include stomachaches, ulcers, indigestion, excess fluids, dampness, weight issues, pale lips
- clear dampness, mindfulness, meditate, yoga, take breaks, find joyful activities



Medicine And The Body

Mark Steyvers



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