

**Life Begins With a Breath®**  
**The Chinese Medicine Guide to Health**  
**Courtesy of the Goodman Wellness Center**

**Start paying attention to your emotions**

Emotions can be used to both diagnose and predict a disease. Think about it: When you're frightened or nervous – it might be from having to speak in public or take a test or even because it's your wedding day – you develop symptoms such as nausea, vomiting, diarrhea, constipation, shortness of breath or light-headedness. That's from emotions creating an imbalance in the body that affects blood pressure, digestion or respiration. On the flip side, when you are tired or exhausted and feel weak, you might find yourself sad, afraid, apathetic or worried. The deficiency within your body now is eliciting an emotion.

**How emotions affect the body**

First, it is important to say that emotions are a good thing. It is natural and important to experience all of them. It is, however, unhealthy to experience an emotion for long periods of time. Each emotion affects an organ in the body even as it acts on the entire body in general. The one organ most affected by all emotions is the liver. The liver harmonizes or balances the emotions, similar to the way Phil Jackson tried to do with the Lakers the last year he was there. He was successful early on with the Lakers, but the team finally wore him down in the end and he wanted to give up. So he retired, because he needed a break. Unfortunately the liver can't go to Montana and say: "This is all your problem. I need a rest." But it will tell you it needs a break, too, through symptoms such as headaches, neck and shoulder pain, irritability, poor digestion and red eyes. If you would like a detailed explanation of each organ and the emotion that affects it the most, call the office at 949-460-9378.

**How can you help yourself?**

Breathe, breathe, and breathe some more. I am serious. Why do you think most people go for grueling one hour to two hour workouts? They do it to force themselves to breathe and break up the constrictions in their bodies brought on by emotions. The action of breathing helps blood flow and softens the emotions. Yoga masters, monks and priests just did not make this stuff up on a whim. Inherently they knew breathing, sitting still and moderating their emotions helped them live longer. When you take five minutes or just three minutes and deep breath, your thinking becomes clear, your body becomes relaxed and you feel good. Here's a true story: I was climbing a mountain in Colorado with my buddy, and I was scared, but being a guy I thought I could do it. I got to a point where I could not find a handhold so I started freaking out. I started shaking and stopped breathing. It sucked. I have never felt that way before. Fortunately, I am pretty stubborn and had practiced various breathing and meditation techniques for some time. I told myself that if I fell off that mountain, I could only accept death if I made a mistake while I was in a clear state of mind and not freaking out. I closed my eyes and took three long breathes. When I opened my eyes there was a handhold sitting right in front of me. I grabbed it and kept climbing until I was done. Fear had caused my blood flow to slow and disrupted my thinking. That's why I could not see what was already in front of me. So take a couple of minutes a day and breathe, and don't get stuck on the mountain. It is too expensive calling a helicopter for help. That simple means that when your body finally shows you the signs that it needs a break, it is already overdue and the cost will be great.

**How can acupuncture and Chinese herbal medicine help balance my emotions?**

The Chinese have been studying the effects of emotions for more than 2,000 years. They have also identified the best methods to treat the imbalances that create emotions and to prevent imbalances if emotions run amuck. If you are suffering from depression, anxiety, panic attacks, irritability, resentment, lack of self control or mood swings there is probably an imbalance that may be treated without pharmaceutical medication. Acupuncture and the Chinese herbal medicine will aid in your recovery. Also, if you know you are under extreme stress and you know your body is paying the price, please call Steven Goodman L.Ac. at 949-460-9378.

## **September is upon us!**

It is that time of year again. The seasons are a-changing. September is the transitional month and the time to strengthen the digestive system (spleen and stomach). When the spleen and stomach are strong and nourished you will have a better ability to adjust to the new season. And that means your chances of catching the cold or flu will be reduced. I think you could go for that.

### **Ways to strengthen the spleen and stomach that you can do**

- **Eat smaller portions** (Don't pig out once a day and say you ate three meals)
- **Take a few minutes a day and just breathe and relax** (Just shorten the time you spend at work moseying to the bathroom)
- **Eliminate the sugar during this month** (Oh yes you can. I know it's hard, but the holidays are coming)
- **Moderate exercise** (Simply walk outside at a moderate pace. No need to over do it)
- **Get plenty of sleep** (That does not mean from 4 a.m. to 10 a.m. 9 p.m. to 6 a.m. would be much better. It's OK to miss CSI, that is what TiVo is for)

I know it sounds tough, but just try it and I guarantee you will feel great and transition through the Fall healthier.

### **Ways to strengthen the spleen and stomach I can do for you**

- **Two acupuncture treatments** (Balancing out your energy flow to make sure there are no blockages)
- **One course of herbal treatment** (Yes, they will taste bad, but they will strengthen the immune system)

To make an appointment, call Steven M. Goodman L.Ac. at 949-460-9378.