

LET YOUR BODY

Do the talking

There's more to butterflies in the stomach and nervous sweats than you think. According to Traditional Chinese Medicine (TCM), our emotions are very closely linked to and can be the cause of ailments we see daily.

A constant cough or sneeze? In Traditional Chinese Medicine, it is believed that emotions manifest themselves in the organs, and when this occurs, we see a whole host of issues arise. A common offender is a recurring cough, this tends to be a sign of unresolved grief.

COUGHING – **GRIEF**

Loss is something we all deal with in various ways or another, the end of a relationship or the death of a close family member or friend. It hurts and leaves us with an emptiness. The lungs are responsible for drawing in clean, fresh air the breathing out of carbon dioxide. In with the new and letting go of the old, the cycle of life – and the lungs.

When grief or sadness becomes unresolved, the lungs feel empty and the Qi is weakened, causing a constant cough to occur. Consistent, recurring coughing is a sign of unresolved grief. Don't run away from your problems.

SNEEZING – **WORRY OR GRIEF**

The lungs and nose belong to same system, so naturally we can see that emotions affecting the lung Qi would create issues for the nose. Long term detachment will upset the lung and can show up as recurrent sneezing or frequent colds.

When the spleen or stomach aren't working properly, due to excessive worry. There's a decline in the formation of Qi and blood, the nose will lose its supply of nutrients. This causes a disorder of the nasal mucosa (mucous membranes) and nasal obstruction, watery discharge, and sneezing result. The sense of smell may also be affected.

HICCUPS – **STRESS**

When liver Qi is stuck, due to frustration, anger, or stress we experience distension in the chest and stomach, the body often attempts to relieve this feeling through frequent sighing. Discomfort is often felt just below the ribcage, along the path of the liver meridian, and hiccups can be caused due to Qi stuck in the diaphragm. Since an upset liver sends Qi in the wrong direction, this is represented in the form of involuntary contractions of the diaphragm energy going in the wrong direction – hello hiccups.



HOT FLUSHES – **ANGER**

When anger or frustration occur, the liver Qi is compromised, blocked liver Qi sends energy (heat) rising upward. The heat rises, same as it does in the house, causing issues in the body where the energy would normally flow down. This can account for the upward rush of warmth and reddening of the face with a hot flash, often this is the cause of night sweats too. Unless of course your hot flushes are hormone related, in which case, let's talk menopause.



BLOCKED THROAT – **FRUSTRATION**

Stagnant liver Qi from frustration, anger or stress causes an excess of heat and dampness. When the blocked liver Qi injures the spleen or there is excessive anxiety, we see an obstruction in the ability to clear the dampness, and it turns into phlegm. This is when phlegm becomes a problem and accumulates in the body, primarily in the throat, alas the feeling of a blocked throat. Did you know phlegm accumulates as dampness throughout your body, the liver and dampness can be the cause of cellulite. So ditch the frustration, cleanse your liver, and say goodbye to cellulite.



The emotions we hold onto affect our organs, causing physiological issues for our bodies. In Traditional Chinese Medicine, we believe in treating these ailments at their root, the organ. Our Mood Teas have been cleverly designed to treat your mood, organs included.

Read here. (<https://blog.yourtea.com/mood-teas-and-emotions>)



YOUR TEA