

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.

Excess emotional activity causes severe yin-yang energy imbalances, stagnation in the flow of blood, Qi (vital energy) blockages and impairment of vital organ functions. Once physical damage has begun, treating the emotion itself is not enough to support a cure; the prolonged emotional stress will require physical action as well.

HEART - **JOY**

The heart, not surprisingly, is associated with joy. In TCM, joy refers to a state of agitation or overexcitement. Think about that feeling when you see a new puppy or meet a new love interest, and your heart is exploding with happiness and joy. Overstimulation of the heart can lead to problems of the heart fire.

The heart regulates blood vessels, maintaining a regular and even pulse; this influences vitality and spirit. The heart meridian is connected to the tongue, complexion and arteries.

Symptoms include insomnia, heart palpitations, agitation, irregular heartbeats, excessive dreaming, poor memory/concentration, dizziness, spontaneous sweating.

Other emotions experienced that indicate a blockage in heart Qi: lack of enthusiasm and vitality, mental restlessness, depression, insomnia, despair, confusion, anxiety, fidgeting, easily startled.

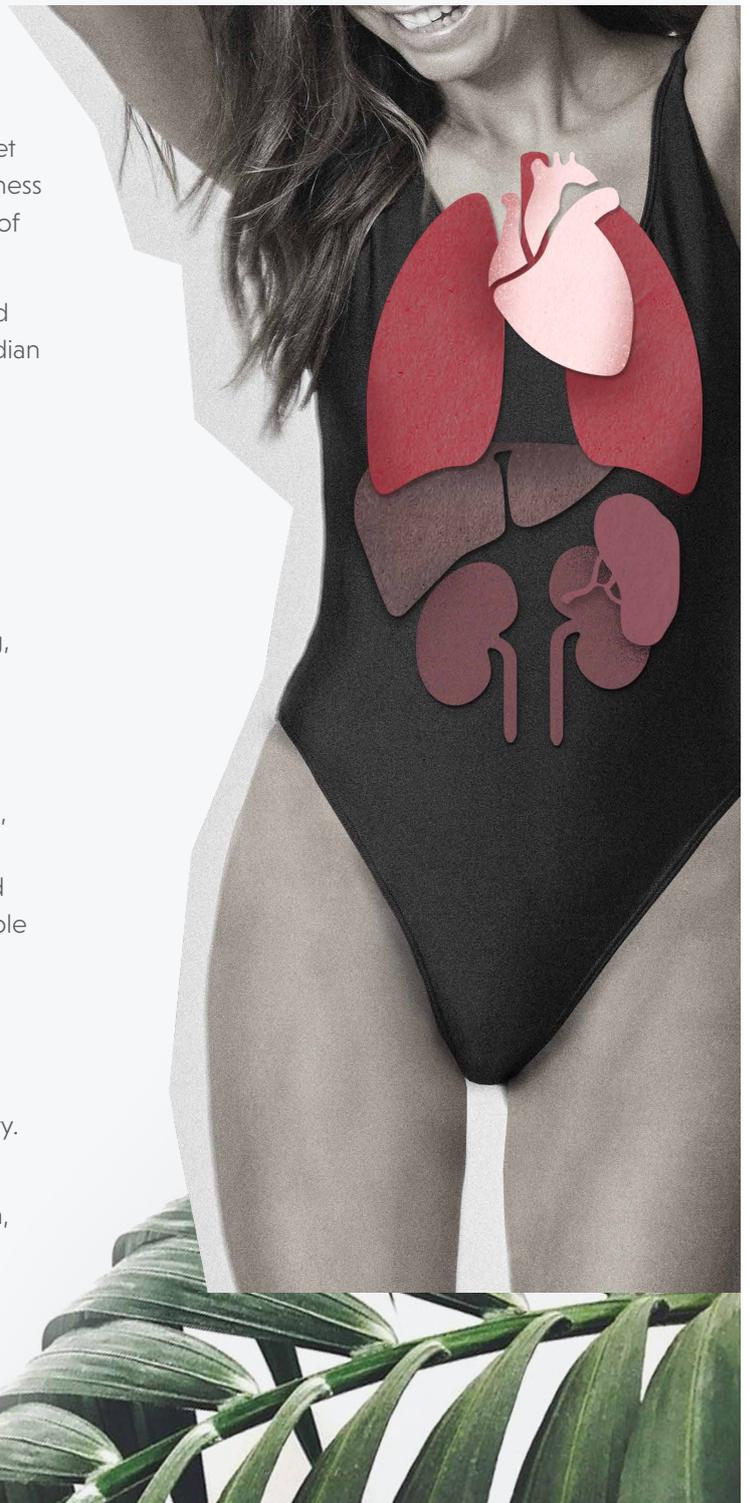
SPLEEN - **WORRY**

Worry, through excessive thinking or intellectual stimulation, causes disharmony which most directly affects the spleen. Excess worry or anxiety will weaken the spleen Qi, our mind and capacity to think clearly and focus. Leaving us susceptible to more worry.

An inactive spleen causes indigestion and poor nutrient absorption. Digestion is the first step in the formation of blood and Qi, blockage to this meridian result in issues for the muscles, mouth and lips, thinking, studying and memory.

Symptoms include lethargy, loss of appetite, mucous discharge, poor digestion, abdominal distension, diarrhoea, weak muscles, pale lips, bruising easily, excessive bleeding (eg. menstrual flow)

Other emotions experienced that indicate a blockage in spleen Qi: dwelling or focusing too much on a particular topic, excessive mental work.



LUNG - SADNESS

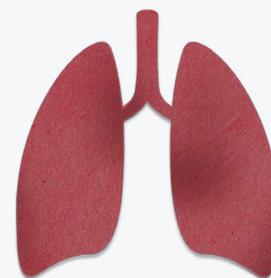
Sadness, as well as anxiety and grief injure the lungs, which control our Qi. Qi is the movement of energy and breath throughout the body. So it makes sense that the lungs control our Qi. Sobbing originates in the lungs, deep breathes and sighs with the sob, unresolved grief

leaves this intense emotion unresolved in the lungs, weakening the lungs.

The lungs control respiration, sweat and body hair, energy (Qi) from air and redistribution of Qi throughout the body. They work with kidneys to regulate water metabolism, which is vital to the immune system and helps to protect the body from viruses and bacteria, also providing moisture to the skin.

Symptoms: shortness of breath, fatigue, cough, catching colds easily, fever with chills, sore throat, runny nose, headache, asthma, chest oppression, pale complexion, dry skin.

Other emotions experienced that indicate a blockage in lung Qi: excessive sadness, grief or detachment, uncontrolled crying.



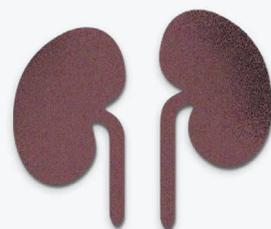
KIDNEYS - FEAR

Everyone experiences fear occasionally, it's when it becomes chronic and the cause of the fear can't be identified - basically you're living in fear - that the kidneys start to suffer.

The Kidneys are responsible for reproduction, and growth and development, they're connected with the lungs in water metabolism and respiration, as well as being responsible for bones, teeth, hearing and head hair.

Symptoms include frequent urination, urinary incontinence, vertigo, night sweats, dry mouth, poor short term memory, low back pain, sore or weak knees, ringing in the ears, hearing loss, hair that turns grey prematurely, hair loss, osteoporosis, lowered libido.

Other emotions experienced that indicate a blockage in kidney Qi: fearful, no willpower, insecure, aloof, isolated.



LIVER - ANGER

In TCM, anger includes resentment, irritability, and frustration. Rich blood tends to make people prone to anger, and as such, anger affects the liver, causing a blockage in the liver Qi. Blocked liver Qi sends energy rising upward, causing issues in the body where the energy would normally flow down.

The liver stores and filters the blood, it's responsible for the smooth flow of blood and Qi throughout the body, regulating the secretion of bile, and it's also connected with tendons, nails and eyes.

Symptoms: red face, dizziness, ringing in the ears, jaundice, menstrual problems, headaches, tendonitis, nausea, vomiting, sighing, breast tenderness, swelling and/or itching of the genitals, blurred vision, dry skin and hair.

Other emotions experienced that indicate a blockage in liver Qi: explosive anger, resentment, frustration, irritability, bitterness, moodiness.



Dr. Nat is a Doctor of Traditional Chinese Medicine, she's also our ambassador at Your Tea, she's written a blog you might find interesting.

Read here. (<https://blog.yourtea.com/emotions-manifesting-to-health-conditions>)

Did you know our Mood Tea range is designed to work on different organs in the body. Since moods are emotions, and we now know they impact the organs, it makes sense that the teas go to work on the organs. TCM, you clever thing you.

Find out more. (<https://blog.yourtea.com/mood-teas-and-emotions>)



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