

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.

The skin is a direct reflection of what's happening on the inside. It's like the cover to a book, and while we'd never judge a book by its cover, we can certainly read a lot into our emotional state by look at our outsides.

ECZEMA – **STRESS**

In TCM, eczema is a complex condition that can have many different manifestations. It is an allergic reaction that is caused by both internal and external factors. Internally, the main causes of imbalances are dampness, heat and wind, stress and depression. Stress and depression affect the liver Qi and the heart Qi, respectively. Since the heart and liver directly influence the health of the blood and the body's detoxification process, any stagnant Qi in these meridians affect circulation and can show up as eczema. Need some natural topical remedies?

ACNE – **EMOTIONAL MESS**

Acne on different areas of the face represents Qi blockage in the meridian. So when we look at pimples on the chin, for example, this suggests there's a blockage in kidney Qi, suggesting this person is fearful, perhaps feeling insecure. Want to know more? You'll like our eBook Making Skin Magic

RASHES - **STRESS**

Both rashes and hives are conditions caused by an excess amount of heat. Rashes occur when there is too much heat in the body or the body is ineffectively trying to rid itself from toxins, both of which the liver is responsible. Since unbalanced liver Qi sends energy flowing upward causing a rise in body temperature, as well as its main physiological role for cleaning the blood of impurities. When there is stress, anger or frustration, the energy of the liver is compromised and its function becomes stagnated. Hello itchy skin.

HIVES - **FRUSTRATION**

According to Traditional Chinese Medicine, hives can be caused by an imbalance known as 'hot blood'. Anger, impatience, and frustration cause stagnant liver Qi, hence the term 'hot blooded', used when referring to a short-tempered person. Psoriasis can result from the same imbalance. Hives that come during spring are said to be due to stress. This is because the liver is most active in spring, and the liver is the organ that has to deal with anger, impatience, and frustration. Need some cooling solutions? Try this.



The emotions we hold onto affect our organs, causing physiological issues for our bodies. In Traditional Chinese Medicine, we believe in treating these ailment 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>)