

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.

Weight gain is a symptom, usually a result of one part of your body ineffectively doing its job. Usually, we look at weight gain as the problem, when in actuality, it's the symptom of the real issue. A dysfunctional liver, distressed hormones, and stress are often to blame for weight gain. Emotions affect various organs, and we can sometimes see localised weight gain pop up along the meridian of these organs, this is a sure sign that our emotions are running overtime and our organs are compromised.

MID-SECTION – **FEAR**

Fear causes problems for the entire mid-section of the body. Fear manifests itself in the kidneys, causing a literal contraction in the body, circulation slows down resulting in cold hands and feet, the breath slows, and the adrenal glands - which work synergistically with the kidneys - release stress hormones, which eventually wear themselves out and result in fat stores increasing in this area. So you see, your partner really could be causing your 'love handles'.

FLUID IN ARMS – **FEAR**

Chinese medicine considers the Kidney to be a very important organ in water metabolism. Those who live in a constant state of fear cause stagnant kidney Qi in the mid-section and more fluid within the body, particularly the limbs. Hello tuckshop lady arms. Excess fluid in these regions can also lead to lower back and knee pain, and puffiness around the knees and ankles.

THIGHS – **WORRY**

Holding weight around the thighs may be a result of too much worry, since worry damages the spleen energy, and the spleen along with the kidney are responsible for the transportation of fluid. If spleen Qi is deficient, fluid from food and drink becomes stagnant in the body, especially in the mid-section, arms and leg muscle; the limbs become quite heavy. People who hold fluid in these areas will also experience bloating, tiredness or bowel problems. So if you're spending more time than usual worrying about whether or not your neighbours put their bin on your lawn, stop; before you find yourself worrying about love handles and saddle bags...



FACE – ANGER

For those who are emotionally disturbed, experience trauma, or have menstruation problems, the liver fails to regulate Qi. Blocked liver Qi sends energy rising upward, causing issues in the body where the energy would normally flow downward, affecting digestion and blood flow. We can see localised fluid held around the face and neck in combination with red face, dizziness, and headaches.



Hormones play a role in weight gain too, they're also affected by stress and emotions, and when they're not functioning properly our entire body goes into disarray. This causes imbalance all over.

Read more. <https://blog.yourtea.com/the-truth-about-hormone-imbalance/>

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