

Acupuncture and Holistic Health Associates  
5150 N. Port Washington Road, Suite 102  
Milwaukee, WI 53217  
Phone: (414) 332-8888  
www.holisticacupuncture.net

June, 2007  
AHHA Newsletter  
Issue 2

## ORIENTAL MEDICINE AND YOUR EMOTIONS

Thousands of years ago, physicians in China began to explore the nature of human emotion and discovered, interestingly enough, a direct link between emotions and the organ system. Having helped thousands of patients over the years, we've certainly found the following to be accurate!

- An imbalance in liver function can cause a person to experience excessive or inappropriate anger, irritability, frustration, impatience, and/or depression. On the other hand, a well functioning liver will cause one to be generally relaxed, patient, and emotionally even.
- An imbalance in heart function can cause a person to experience excessive or inappropriate anxiety or panic attacks; normal heart function will cause one to live, hopefully, with an accurate interpretation of reality.
- An imbalance in spleen/pancreatic function will cause one to worry excessively or over think; strong spleen/pancreatic function will yield clear and crisp thinking at a normal pace.
- An imbalance in lung function will cause one to experience inappropriate or excessive grief, sadness, and/or melancholy. Strong lung function yield general feeling of happiness.
- An imbalance in kidney function will cause one to experience excessive or inappropriate fear; conversely, strong kidney function will cause a person to trust easily.

As you can see, in many cases, excessive of inappropriate, amounts of emotion is cause by a breakdown in organ function, not simply some imbalance in brain chemistry. The typical western medicine brain chemistry/emotional imbalance is quite restricted in its view and, ironically, leads to further difficulty in resolving the problem. For example, if one takes a medication for depression that toxifies the liver, it may reduce the liver function even further (the possible underlying of the cause in the first place) and make it more difficult to treat. This is often why a person may take a medication for the length of their life... and the issue never resolves!

Healthfully,

Curry D. Chaudoir, Diplomate in Acupuncture and Chinese Herbal Medicine





