

THANK YOU

for all your referrals!

NATUROPATHIC WISDOM

A MIND-BODY MEDICINE ISSUE

Volume 1, Issue 6

July/August 2004

Emotions cause pain? Disease?

How could the emotions we experience cause us pain and disease? The answer lies in many disciplines, ancient and contemporary. Have you ever visited a doctor with several complaints, and he or she told you it was all in your head? Did the doctor recommend that you see a psychologist or psychiatrist? I'm sure some of you have, because I've heard that story many times. Well, to some degree the cause of your health problems may be in your head. The science of Psychoneuroimmunology tells us that each emotion we experience releases chemicals in our body that cause neurological and physiological reactions. These reactions will cause us health problems, if left unchecked.

In nature, animals shake off fear after getting away from their pursuer. We humans

tend to hold on to our fear, and/or anger, staying in the fight or flight mode. We need to learn to "shake it off" after our stress encounters so we don't hold on to those emotions and

cause ourselves health problems. The fight or flight mode is controlled by the Sympathetic Nervous System. When we worry, or feel afraid, we put ourselves in a Sympathetic dominant state called fight or flight.

In Chinese medicine, the five-element theory relates five basic emotions that correspond to all the organs of the body. Worry/anxiety affects the stomach and spleen meridians; fear, the



Is this you? You could be causing yourself a "world of hurt."

kidney and bladder meridians; anger, the liver and gall bladder meridians; grief, the lung and large intestines meridians; and overjoy; the heart and small intestines meridians. We all know if you worry too much, you can cause yourself an ulcer. If you fear too much, you

can deplete your adrenals that sit on top of the kidneys and belong to the kidney meridian. Liver and gall bladder troubles tend to follow someone who is angry or covering up their anger with alcohol or some other substance. Grief, through weeping is normally expressed through the lungs, but when grief is suppressed, it will manifest through respiratory problems. And finally, when someone works too much, it is considered being in "overjoy" and will cause us digestive and/or heart trou-

(Continued on page 2)

Inside this issue:

Emotions Cause Pain? Disease?	1
Case of Depression and Homeopathy	1
Case of Lump in Throat and Stomach Pain	2
Whiplash and BEST	3
Workshop, October 9	4



© 2004 David Hogg, ND

844 Jackson Street
Santa Clara, CA 95050
Phone: 408-984-6877
Fax: 408-244-1310

Email: drdavid@naturally4health.com

Case of depression and homeopathy

A woman came into my office complaining of obesity, hypoglycemia, tinnitus, and fatigue. She was also feeling very sad and was crying for no reason. She said she was very sensitive emotionally, and felt sad when she was vulnerable and when

she felt physical pain. She felt a lack of control over her emotions and thought they were controlling her, although other people considered her to be calm person. She felt stressed and thought she was suffering from adrenal exhaustion.

She had previously been in an abusive marriage, and in order to cope, gained weight

The tinnitus consisted of a sensation of water in her ears, and of being very sen-

(Continued on page 2)

www.
naturally4health.
com

Emotions cause pain? Disease? (Cont.)

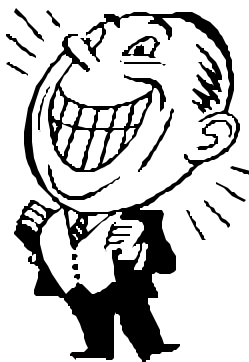
(Continued from page 1)

bles. Chinese medicine has known these associations for centuries, and it is only recently that modern medicine is paying attention to these ancient oriental healing practices.

In Mind-Body and Psychological circles, it is believed that emotions can become "locked" in the body as a result of trauma or stress. For example, when someone has an accident or injury, the emotional state the person was in at the time can become frozen in the injury until it is treated. Think about this for a moment; what if the emotional state a person is in contributes to the accident or injury actually happening? I believe this is possible. If an emotional state can become locked in an injury, what do you think would happen if a person had a chronic emotional state from a past emotional trauma? There would have been no physical trauma. How do you think that would affect a person over time?

In the book *Minding the Body, Mending the Mind*, Joan Borysenko, PhD, talks of how a chronically stressed body with anxiety and fear makes the adrenals

stay on (the fight or flight response), which causes them to become depleted. Also, the fight or flight response "staying on" causes the immune system to be depressed and muscles to stay contracted. What about other emotions like anger and grief? In *Heartbreak and Heart Disease*, Stephen Sinatra, MD, says there are two factors he attributes to heart disease that are not usually recognized: 1) heartbreak, and 2) the lack of heart-felt decisions in the corporate world, i.e., the corporate world tends to be predominately head centered. *The Mind-Body Prescription*, John Sarno, MD, he says that all back



When we are happy, we naturally feel better

pain is caused by emotions stored in the body. These are just two examples of modern Mind-Body Medicine. There are currently many other books relating a Mind-Body cure for other diseases.

Mind-Body Medi-

cine has been my passion for years, long before I became a doctor. I once experienced headaches quite frequently. Ever since I realized my own headaches were caused by stress, I have never had another stress headache. After telling a doctor I had a headache, they asked me if I was being hard on myself. I said I was. I then looked at the reasons I was being hard on myself, and gave myself a break. When I did, the headaches went away. Today, if I know I'm about to have one, I check my current stress level, calm down and the headache never comes.

In conclusion, you see that Mind-Body medicine has been around for a very long time. I have been helping people connect their health problems to their emotions since I was in medical school. Today, I enjoy all parts of my practice, however, I especially love helping people to overcome chronic stress from current or past events with Mind-Body medicine. I accomplish this with three different techniques: BEST, Mind-Body sessions, and Homeopathy. (See page 4 for the upcoming Mind-Body Medicine lecture workshop.)

Case of lump in throat and stomach pain

A patient came into my office, I'll call her Sue, who was complaining of a lump in her throat. This was something she could feel physically as if something was there. After a thorough exam, nothing was found in her throat that might be causing the sensation. I

She said it was anger in her throat.

then asked what was currently happening in her life. She said she was separated from her husband, and going through a divorce complicated by the issue of child custody. I began to lead her through a process of speaking from the lump in her throat. I asked her, "if there was an

emotion in that lump, what would it be?" She said it was anger. I then asked her, "when was the earliest time you can remember being angry?" She said she was a child with her father. She then began to describe what happened at that time, how she was not allowed by her father to say what she really wanted to say, or to speak up for herself. I then

(Continued on page 4)

Case of depression and homeopathy (cont.)

(Continued from page 1)

sitive to noise. She was so tired that she needed to nap every afternoon. She greatly craved sweets. She also felt sad when her blood sugar dropped.

After taking her case homeopathically, which means I delved deep into her emotions of sadness, including exploring the past, I decided on a homeopathic remedy. She was given a single dose in high potency, although I usually begin with low potencies.

On the next visit, I immediately noticed she was smiling, which was a marked improvement from seeing her so sad before. She told me that one-hour after taking the remedy, she felt a worsening of many of the physical symptoms, and then they all subsided 15 minutes later. She said she cried for a short time as well. Her sadness, feeling sensitive, sweet cravings, ear symptoms, and fatigue were much improved. As time went by she lost 30 lbs., and stayed a much happier person.

If you know anyone suffering from depression or anxiety, I invite him or her to try homeopathy for physical as well as emotional symptoms.

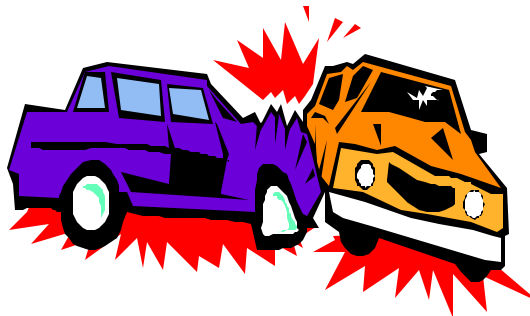
Whiplash and b.e.s.t. (my story)

Years ago, I had a car accident where my car was broadsided. I felt fine after the accident, but by Friday my neck was feeling a little sore. I thought, "I need a massage." Well, when I woke up the next morning I could not turn my head to the right at all and barely to the left, and my head was tilted a little to the right. I was in severe pain. I had heard about a doctor that used emotions to heal the body, and the vertebrae would go back in place without popping them. The technique she used was B.E.S.T. (Bio-Energetic Synchronization Technique). The technique has changed since then, but the principal is still the same. If a person is in a certain emotional/psychological state at the time of the accident, that state becomes "frozen" in the body at the accident.

I went in to see the doctor on Saturday. She tried several methods to give me some relief, but to no avail. She then went straight into dealing with my emotions. She asked if there was anyone in my life I needed to forgive. I said yes. She held pressure points on my head and asked me to hold my breath while thinking of the person and forgiving them. BEST teaches three levels of for-

giveness: 1) Forgive the other person for any harm they have caused you, 2) Give them permission to forgive you (they don't have to), and 3) Forgive yourself for any harm you did to your health because of them. I went through some strong emotions while I was working on forgiveness, which took some time. When I was through with the forgiving, the doctor asked me how my neck felt, and she asked me to try to turn my head. I was completely amazed. I could now turn my head 45° to the right, and almost completely to the left. My head was no longer tilted to the left, and I could hold it vertically. This was only after the first treatment.

Those emotions I had released had been held in the muscles of my neck, so, when I no longer held on to the negative feelings, my neck muscles could relax. When my neck muscles relaxed, the vertebrae they are connected to could go back in place where they belonged. It took only another 2-3 weeks of treatment for my neck to feel normal again. The doctor then began working on other areas of my body that were weak which set me up to have such a severe reaction to the whiplash. I was sold then on her approach, and have been sold ever since on the power of Mind-Body Medicine and BEST. I continued treatment with her until I was declared well and was discharged from care. I was in a different career at the time, but I started asking the doctor how I could learn BEST. She said I had to become a doctor, and here I am. My experience caused me to be such a strong believer in mind body medicine, which is why I practice BEST today.



I was broadsided that caused me whiplash,
cured by BEST

BEST testimonial -

"Dear Dr. David, I came to you with several health concerns such as: carpal tunnel (both hands) and knee pain (especially my right knee). As you know, I was already scheduled for surgery for my right hand in January 2004. I was experiencing stinging and numbness, more so on my right hand. The carpal tunnel was diagnosed by an Orthopedic Surgeon in December 2003 and he scheduled me for surgery. My daughter referred me to you and as a result, I decided to reschedule the surgery. On January 22, 2004, you began treatment on my right hand and right knee. The following day I hardly had any numbness on my right hand, no waking up with the stinging sensation and I was able to move my leg without much pain. As of May 2004 to present, I am happy to say I have no numbness or pain on either one of my hands and no more pain on my knees, especially my right knee. I am able to sit, kneel and bend my right knee without any pain. I give credit to your healing hands, positive energy and knowing which treatment to use." - A.S.

844 Jackson Street
Santa Clara, CA 95050
Phone: 408-984-6877
Fax: 408-244-1310

Email: drdavid@naturally4health.com

You deserve your health, naturally!

I provide an eclectic holistic approach to disease and well-ness employing homeopathy, b.e.s.t., botanical, mind-body, and nutritional medicine.

—David Hogg, ND

Case of lump in throat and stomach pain (continued)

(Continued from page 2)

asked her what she really needed to hear from her father. She described the desire to be loved, accepted, and to understand why she could not have what she wanted. I then asked her to say those things to herself, and she began, with tears running down her face. Once she was complete with this part of the process. I asked her to come back fully to the present. A minute later, I gave her a chance to wipe her eyes and settle into this realization of the past connected to the present. I then asked

her how her throat was feeling. She said the lump was gone! Is this coincidence? Could this be possible? I experience this association between mind body healing quite often in my practice.

The very next week, she returned to the office complaining of stomach pain. Nothing was found wrong with her stomach or abdomen on exam. I asked her if there was anything new happening in her life since the last visit.

She said the divorce was becoming difficult and she expressed some anxiety about proceeding. I then took her through a similar process as before.

She went to a place of expressing fear and releasing sadness while once again describing what she needed as a child that she can now give to herself.

Please understand that not everyone needs to go back and revisit the past. You may only need to address present situations in order to experience the same sort of healing process. Individual experiences will vary. However, if you are open to discovering if there is an emotional component to your pain or disease, I'm here to help you.

NDs can help relieve current symptoms, but he their primary job is to remove the obstacles to cure, like emotional blocks.

Lecture
EMOTIONS CAUSE PAIN? DISEASE?
 You will learn ...

- How emotions impact your body
- The connection between your body and your emotions
- How to relieve stress to help your body heal
- Also, a free demonstration of the Bio-Energetic Synchronization Technique

Lecture; Friday, November 5, 2004, 7pm,
 Cost: \$25, Snacks provided (Free with paid workshop)

Workshop
HEAL YOUR EMOTIONS, HELP YOUR PAIN/DISEASE
 You will get your chance to explore the connections of your pain or disease with your emotions. Emotions are not the ultimate cause, but are a major contributor. Through writing exercises and group one on one processing, you'll have a much deeper understanding of the connection with your own healing process. This gives you an incredible and powerful opportunity to begin the healing process. Lecture and workshop will include traditional and modern understandings of the Mind-Body connection between emotions with pain and disease. Individual sessions will be available.

Sunday, November 7, 2004, 10 am - 6 pm
 Cost \$125 (includes Friday night lecture)
 Space is limited, Send \$50 deposit to hold your space
 Facilitated by David Hogg, ND, All located at 844 Jackson Street, Santa Clara, CA
408-984-6877