

Gut Health – Kelda White

www.keldawhite.co.uk

Week 4: Emotional aspects to gut issues.

The link between emotions and physical health.

Understanding the emotional aspects of different parts of the digestive system.

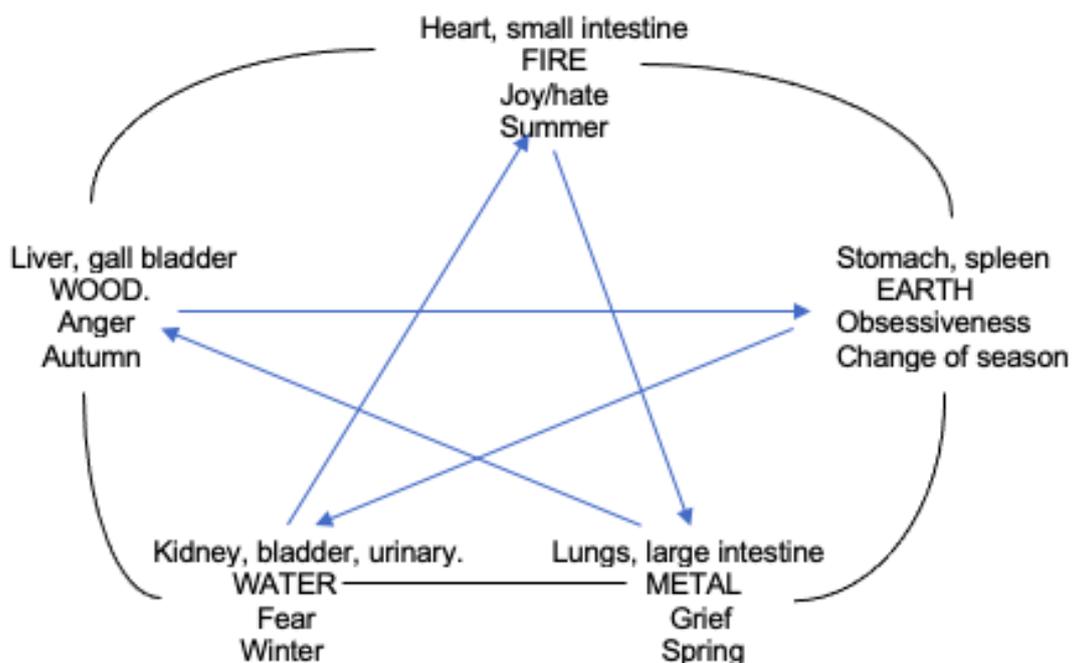
How digestion works: obvious function plus emotional aspects.

The word emotion literally means 'move out' in Latin – energy in motion.

- Constant messages from our body. Symptoms as indications that something is out of balance.
- Rely more on thinking (processing) and doing (activity) than feeling because of conditioning and habits. Taught to ignore symptoms. Need to learn to understand signals.
- Trust your gut instincts. Intuition and information about internal state.
- Gut: effect on energy levels, clarity of thought, emotions, decision making.

Different ways of looking at it.

- Louise Hay – You Can Heal Your Life says 'I believe we create every so-called illness in our body. The body, like everything else in life, is a mirror of our inner thoughts and beliefs. The body is always talking to us, if only we will take the time to listen. Every cell within your body responds to every single thought you think and every word you speak.'
- Chinese system:



- *Generating*: Mother: child relationship. One created by the other. Wood creates fire; fire creates earth etc.
- *Controlling*: Father: child relationship. One controls the other. Earth controls water; water controls fire etc.
- *Destructive*: Same as controlling but excessive. Too much control exerted makes controlled element deficient. Over-active water weakens fire.
- *Insulting*: The element that should be controlled gets too strong. Wood 'insults' metal and imbalances it.

- Emoto: water has a memory, holds an imprint.



Even thinking of food can start our gastric juices flowing and our mouth watering.

Represented in our language and how we refer to things.

*** not always true, can be other reasons and can change. Also individualised depending on experiences.

Digestive System

- Purely physical aspect of ourselves: ruled by Earth. Shows how we react to the physical world.
- Intake of materials and discrimination between what's beneficial or not. Assimilation and elimination.

Hunger

- Desire to have and take in. Process of eating is satisfaction of wants. Or denial and control.
- Cravings: sweet (sweetness or love or comfort), spicy (stimulation, new experiences), mild foods (bland, avoiding change or confrontation), soft food (easy, not challenging – literally nothing to get your teeth into)

Mouth

- Mechanical plus release of enzymes (salivary amylase – breaks down starch into sugar).
- How life tastes (wide lips and full mouth). Top lip stomach. Lower, intestines.
- Cracked, dry lips or cold sores = problems further down (dehydration).
- Bad breath is indicator of toxic bowel (unless obvious gum problems).
- Teeth: grinding at night: tension and suppressed anger or aggression.
- Bad teeth: problems hard to chew. Can't get our teeth in. Got no bite (too timid).
- Gums: vitality, self-confidence and assurance. Hold our teeth firm. Dreams about losing teeth about insecurity in some way.
- Bleeding gums: lack of vitality (immune) plus lack of self-confidence.

Swallowing

- Passes down oesophagus
- Integration and ingestion: taking it in.
- Swallow things easily (gullible), swallowing pride, things sticking in their throat, life hard to swallow.
- Fear of letting go can manifest as problems swallowing.
- Swallowing too much: gullibility.

Stomach

- Basically a bag to release food slowly. Hydrochloric acid as a protective role plus digestion of protein.
- Mixes food and digestive juices to chyme.
- Tension held in abdominal area (anxiety in solar plexus) can reduce mechanical action. Things lie like a stone, are hard to digest, make us feel sick.
- Receptive energy – F aspect. How well we take in external things.
- Indigestion: worry or anger.
- Swallowing anger: overproduction of stomach acid (what's eating away at you). Antacids artificially relieve internal pressure so you don't digest feelings. Chronic stomach complaints where people can't get in touch with feelings. Will talk of thoughts but not feelings.
- Being unable or unwilling to enter into conflict.
- Sitting on feelings: gastric ulcer. Begin to digest self.
- Culmination is vomiting. Getting rid of impressions we are not comfortable with. Refusal to accept things.
- Reflux often treated by decreasing stomach acid. Doesn't work as acid receptors detect low acidity and increase it!
- Don't eat on an argument or with someone you don't like or music that is stressful (fast food served to fast music).
- Chinese system: joy can be dangerous if too much. Raises pulse. (anxiety and joy feel similar)

Pancreas

- Lies just behind stomach, producing up to 1½ litres pancreatic juices every day – makes chyme more alkaline and contains digestive enzymes. Also produces hormones.
- Louise Hay: sweetness in life. It's about extracting the goodness from food – about the goodness in life. Not holding ourselves back from it.

Liver

- Manufactures proteins, stores energy, removes toxins, manufactures cholesterol. Makes bile (up to 1 litre per day) which emulsifies fats and also alkalises chyme.
- Responsibly for smooth movement of bodily substances and regularity of body activities. Constipation often to do with the liver.
- Liver problems can also cause spasmodic cramping (periods)
- Maintains harmony as responsible for movement of Chi to other meridians.
- Liver meridian associated with eyes, tissues, ligaments, muscles, emotions of anger and irritability.
- Place where toxins are deposited, including toxic emotions (repressed anger), often related to feelings of injustice.
- May start with irritability.
- Unexpressed or unacknowledged anger leads to depression (anger turned inwards, literally depressing it), shame, jealousy. Unhappiness eats away at them.
- Bitterness, remorse, inability to let go, resentment (bile), guilt, hopelessness, frustration and hatred. Cirrhosis for someone stuck in remorse.
- Depletion of energy damages immune system.
- Inability to differentiate between what is poisonous and not. Physically and mentally. Can be self-destructive.
- Lack of confidence – best form of defence is attack (Lyc) Solar plexus chakra.
- Imbalance between spiritual and material life (chi balance)
- Healthy liver encourages enthusiasm, inner strength and resilience.
- Liver time 1-3am. Energy passes through and can cause aggravation.
- Affinity with lungs. May get lung probs with chronic liver conditions.

Gallbladder

- Stores bile secreted by the liver.
- So therefore stores emotions too – if anger turns to rage, it resides here.
- Prolonged rage – gallstones (calcified blocks of rage).
- Often in women who sit on their rage (esp married with children!!!)
- Lack of adoration or love.

Small intestines

- Longest part of digestive tract.
- Masses of tubing made of duodenum, jejunum and ileum (20ft)
- Most digestion and absorption takes place here: millions of villi (finger like projections which increase surface area) which contain blood vessels and lymphatic vessels (lacteals) to absorb and transport fats. Microscopic microvilli expand it further. Draw them.
- Rhythmic contractions (peristalsis) mix chyme and digestive juices as well as making sure that the nutrients reach the microvilli.
- Different enzymes in intestinal secretions break down different food groups. Amalaysse, lactase, sucrose for carbs. Trypsin and chymotrypsin for proteins. Lipase for fats.
- Acidophilis produces vit K and lactase (milk sugar breakdown – useful for milk intolerance).
- Sugars diffuse through gut walls (easy).
- Fats diffuse into lacteals.
- Amino acids (building blocks) bind to special carrier structures on the surface of the villi which take them to the liver.
- Digests material information, analyses it and divides it into different parts. Like the brain.
- Problems when too much analysis, self-criticism.
- Problems with discernment.
- Issues with assimilation.

Large intestine

- Last minute absorption and getting rid of the waste.
- 90% water absorbed into small intestine but what is left is taken out here, leaving the solids.
- Mucus secreting glands ease passage.
- Powerful peristalsis moves everything along.
- Main site of gut flora. Many types. Bifidus is one you may see in tablets. Break down carbs which body can't use otherwise and stimulates peristalsis. Breaking carbs into short chain fatty acids which help cellular metabolism, nutrient absorption and localised tissue repair.
- Therefore critical for anti-inflammatory processes.
- Constipation: inability to give things away. Hanging onto things we don't need anymore.
- Materiality and spirituality out of balance.
- Unconscious or subconscious aspect – dark side of who we are. Not wanting people to see our dark side. Need to honour both.
- Ulcerative colitis: eating away at self- not allowing ourselves be fully expressed. This is me and I like it. Being afraid of isolation.
- Heavy metals accumulate in angles of colon.
- Linked to guilt and self-worth. Guilt from believing you've done something wrong. Punish self first in case you get caught later.
- Can't have self worth and be full of shit.
- Those who say 'Life is shit, I feel shit'.
- Bad breath and toxemia.

Candida/parasites: boundary issues – allowing something to set up home inside us that we do not want.