

Negative Emotions Affect Your Health

Learn to let go of your negative feelings. Turn the flame down, not up, especially when you're feeling angry, frustrated, and hurt. Learning to let go is just as important to your well being as watching what you eat, exercising, and getting enough sleep. Holding on to those negative emotions will cause stress, and we all know what stress can do. Actually, I have a favorite saying when I feel stress coming on, which came from Napoleon Hill. "Nothing Which Life Has To Offer, Is Worth The Price Of Worry", and still another quote which when I first heard it, sent chills up my spine but at the same time brought peace to my troubled mind 'Be Still, And Know That I Am God'. According to a recent study, when you hold on to those negative emotions, it affects circulation, digestion, respiration, hormones, and so on...It also attacks the immune system and makes you more vulnerable to health problems and disease. How do you know if you have unresolved anger which affects the body and mind? Simple. You're constantly fantasizing about their downfall or dreaming about them in some negative way. When you're thinking about an issue several times a day, you need to do something about it, as it's stressing you out! Pay attention to what your body is trying to tell you. As an example, anger can express itself in a clenched jaw, dry mouth, shallow breathing, and a raised voice. Inside your body are the results of this anger, a by-product if you will. Your blood pressure is probably spiking, your heart is pounding, and your gut tightening. Your brain is about to release 'fight or flee' chemicals which flood your body, constricting blood vessels and potentially leading to major migraine, high blood pressure, and cardiovascular disease (heart attack). If you're susceptible to these kinds of negative emotions, without taking medication, you need to find a good natural product which helps you manage your stress. A product that acts like a Valium but is natural. You need to remind yourself of those famous quotes as often as possible. Write them down and post them where you can see them everyday so that when you rest your head at night, you know that all will be taken care of.

About the Author

The gallbladder stores bile, which aids in fat digestion. Your pancreas secretes enzymes that aid in digestion and produces hormones.

Source: <http://www.productsherbal.com>