

A woman with dark, curly hair is shown from the chest up, looking thoughtfully to her right. Her hand is resting under her chin. The background is a solid, light pink color.


# hol+

by *Dr. Taz MD*

## The Science of Emotions

Understanding How Mental  
& Emotional Wellbeing  
Impact Hormones

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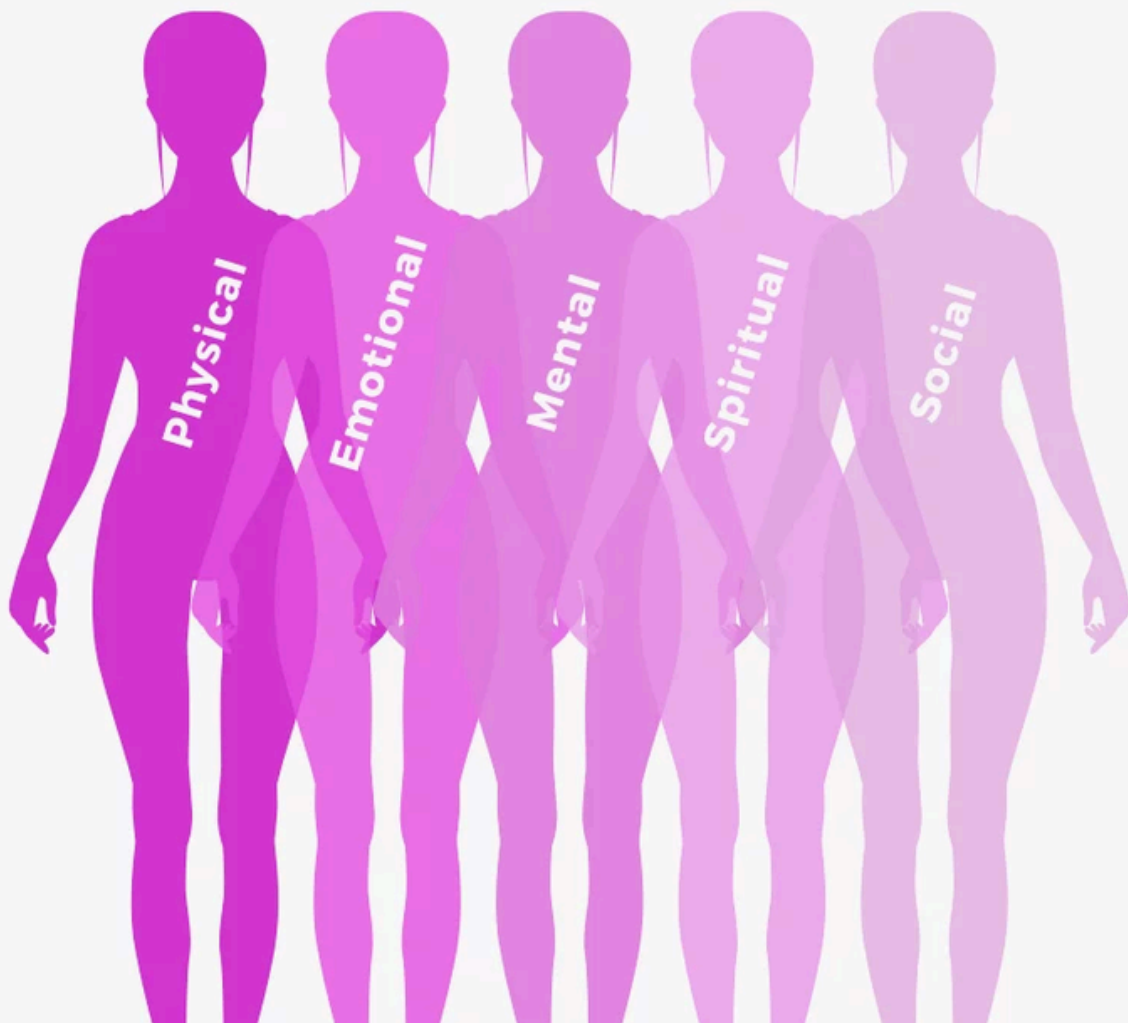
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# The Science of Emotions

I talk a lot about the five bodies; physical, mental, emotional, energetic and community and how they interact with one another determining our vibration and overall health.

Here are the ten emotions we most commonly navigate as we journey through life, and each of these has an impact on our physical bodies and hormones. As you read through this list, ask yourself where you are on this emotional spectrum.

**Which emotions dominate your daily being, your weekdays, or your weekends? Where do you live, emotionally?**



# Joy / Happiness

## **Crown**



Elation, wonder, joy – the ability to stay in this state of extreme abundance no matter what life throws at you, is an emotional accomplishment and consistent with the calling of your seventh and highest chakra. This vibrational state allows you to receive direction, guidance, and love from all that surrounds you, and helps you to create a barrier to negative emotions lower on this list that take this feeling away.

As you move your hand above your head, what does that feel like. Is it hot or cold? Blocked or open? Finding joy in the tiniest elements of your daily life will keep this feeling alive. Of course, the big moments help – getting engaged, that first day on the job you always wanted, getting married, having babies – but those milestone moments are not forever.

Joy and happiness reduce cortisol, regulate insulin, and support the HPA or hypothalamic-pituitary axis. Deeper sleep, steady appetites, and energy become normal rather than stressed. But while it's not easy to get here, it is our ultimate challenge.

*Love*

**Heart**



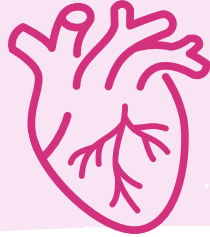
Sitting right in the middle of our chest, this fourth chakra organ corresponds to the heart meridian in Chinese medicine, and is a flow state or an emotional state many of us have and continue to experience. It's not infatuation or possession, but a warmth that we can feel in our hearts that often is the energy and the motivation to move forward, change, or protect.

We can love our families, children, spouses, and even our work, but the real challenge on this journey up: Do we love ourselves? That warmth should extend to each of us, providing us with the energy to actually take care of ourselves. What to eat, getting that massage, getting out of toxic relationships – your self-love should motivate you.

In Chinese medicine, when the heart meridian is blocked, there is depression and when excessive- anxiety. Where is your love? Directed at yourself? Others? Too much or too little?

Hope

***Pericardium***



Hope lives close to the heart, helping keep the rhythm intact, protecting it to a point, and facilitating love. In a flow state, or the journey up, we are hopeful that challenging situations will work out, even if we are not feeling love.

That's why hope is one step down from love and one up from peace or neutrality. Hope is the spring, the promise, the place to land when navigating obstacles. If you are not ready for love, to love, or you are not feeling the love, maybe you have hope that you will one day.

Peace

***Circulation/Blood***



Peace is the gateway to love and hope. It's a free-flowing state, without obstacles—it's neutral, actually, and not a bad place to land especially after trauma, disappointments, or even huge wins. I meet so many women, and I may have to include myself in this, where the amazing high of an accomplishment settles and leaves you searching for the next euphoria.

I think a better plan, one I have actually given myself, is to move from the highs and lows to this neutral state — and stay here for a bit so my body and mind get accustomed this emotional state; rather than constantly swinging from extremes. Here, the body can rest.

When your blood, or circulation, is flowing, your gut and hormones are nourished and happy- and cortisol starts to lower.

# Acceptance

## **Throat**



The throat is the organ of acceptance—of self-acceptance, acceptance by your partners, family, community, and peers. Acceptance leads to self-expression; the ability to speak, advocate, and stand up for yourself and others.

Blockages in this fifth chakra organ are linked to issues with acceptance and expression, which in turn influence thyroid regulation. Sounds crazy, but yes, it's all connected.

# Worry

## **Spleen & Small Intestine**



In TCM, worry impacts the digestive system; specifically, the spleen and small intestine meridians that regulate digestion. My chronic worriers do indeed have gut issues – leaky gut, candida, food allergies, food intolerances, reflux – you get it. But remember the gut-hormone connection? All this gut disruption leads to insulin resistance and high cortisol. Hello weight gain, fatigue, and belly fat.

# Fear

## ***Kidney & Bladder***



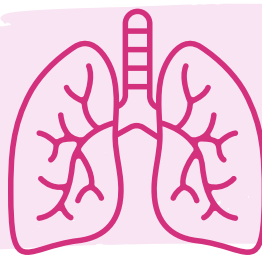
Staying on the TCM train, fear lives in the kidney and bladder, and impacts inflammation, thyroid-adrenal balance, and fluid and electrolyte balance. Staying fearful is simply not healthy.

It also impacts kidney qi, which in TCM regulates hormones.

Motivated to release your fears now? I hope so!

# Grief

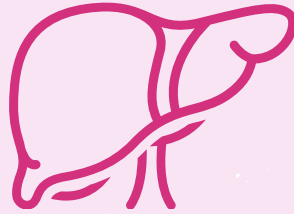
## ***Lungs***



Trauma and loss trigger grief, one of the toughest emotions of the human experience. This emotion in Eastern medicine lives in your lungs; you may feel like you can't breathe, can't get air... well, there is a reason for that when we look to TCM. A deficiency or a depletion state sets in, and hormones like progesterone and estrogen crash.

# Anger

## ***Liver & Gallbladder***

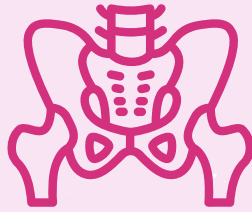


With trauma, an emotion preceding grief is often anger. I wish this weren't true, but I have been a repeated witness to anger-- not just the "I got angry because the doctor was late" anger (I know my patients think this), but deep anger that you cannot shake. This anger may stem from a past experience or trauma.

According to TCM, anger and stress are associated with the liver, and you know by now how important the liver is for hormone balance. When anger is not released, estrogen dominance, thyroid dysfunction, and cortisol elevation take over, with patients not understanding why they are not getting better. Instead, they look at me quizzically when I ask them if they have released their anger.

# Hate

***Pelvis***



The lowest-level emotion, hate is that strong feeling of not liking yourself or another, and it is destructive. Hate leads to self-harm; is a block from finding and experiencing joy or love; and is a friend to high cortisol, leaky gut and insulin issues.

Hate lives in the pelvis, and many of my patients stuck here will have issues with their pelvic floor and sexual health.

There's an emotional spectrum, as you can see, between negative emotions and positive emotions. The goal is to always raise your emotions – and your vibration to the next level up, the journey UP, where the highest levels of emotion are love, peace, and happiness. The lowest levels, as you can see, are hate, anger, and fear. Do you live in this space?

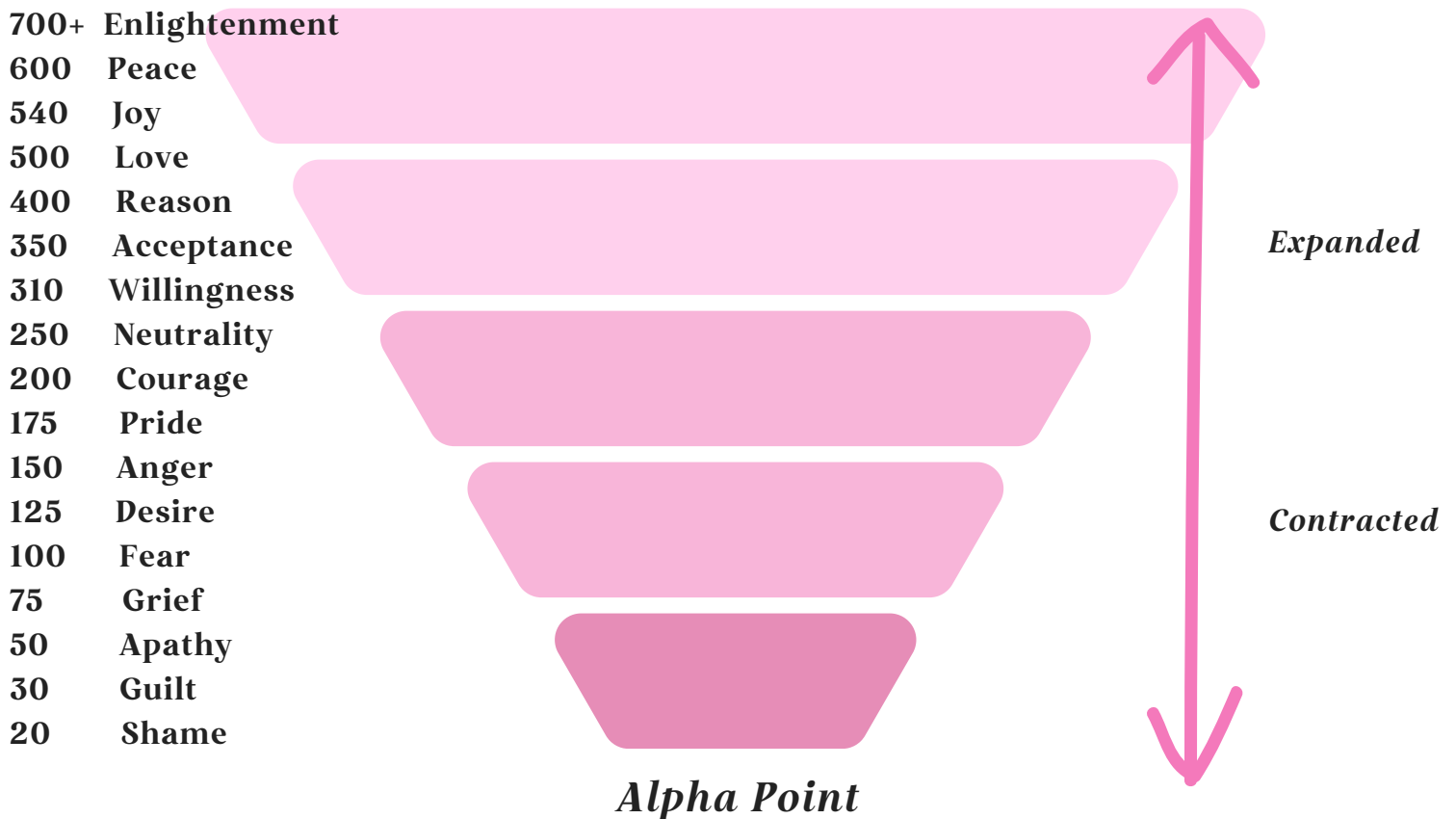
Well, it's time to move on up.

But that's not what happens. We are prewired to shift down, not up. And society and culture like to watch the shift down, not the journey UP. It's like watching that bad movie or an accident or a train wreck – or reality TV.

It's our job to take ownership of the movement on this emotional spectrum, to consciously build and develop the tools to move up, to not let the voices of generations and present culture shift us downwards, spiraling into where we have been forced in the past – expired, cast away, and dismissed.

*Omega*

***Ultimate Consciousness***



# *Self Reflection Exercise*

*Where is your current emotional vibration?*

And if we can't do it, our bodies will react, starving our cells of oxygen and vitality and crashing our hormones; all leading to disease. Don't believe me? Take a look.

<i>Emotion</i>	<i>Meridian + Chakra</i>	<i>Hormone Pattern</i>
<b>Joy/Happiness</b>	<b>Triple Energizer + Crown</b>	<b>Overall Balance / HPA Stability</b>
<b>Love</b>	<b>Heart + Heart</b>	<b>Improved Stability of all Hormones</b>
<b>Hope</b>	<b>Pericardium + Heart</b>	<b>Lowered Cortisol, Insulin, High Oxytocin</b>
<b>Peace</b>	<b>Blood + Triple Energizer</b>	<b>Cortisol, Insulin Balance</b>
<b>Acceptance</b>	<b>Throat + Throat</b>	<b>Thyroid Balance</b>
<b>Worry</b>	<b>Spleen/Small Intestine + Solar</b>	<b>Low Testosterone, Thyroid Imbalance</b>
<b>Fear</b>	<b>Kidney/Bladder + Sacral</b>	<b>Low Testosterone, Thyroid Imbalance</b>
<b>Grief</b>	<b>Lungs + Heart</b>	<b>Estrogen Depletion, Insulin Imbalance</b>
<b>Anger</b>	<b>Liver/Gallbladder + Solar/Sacral</b>	<b>Estrogen Dominance, Progesterone</b>
<b>Hate</b>	<b>Pelvis + Root</b>	<b>High Cortisol, High Insulin, Testosterone Imbalance</b>

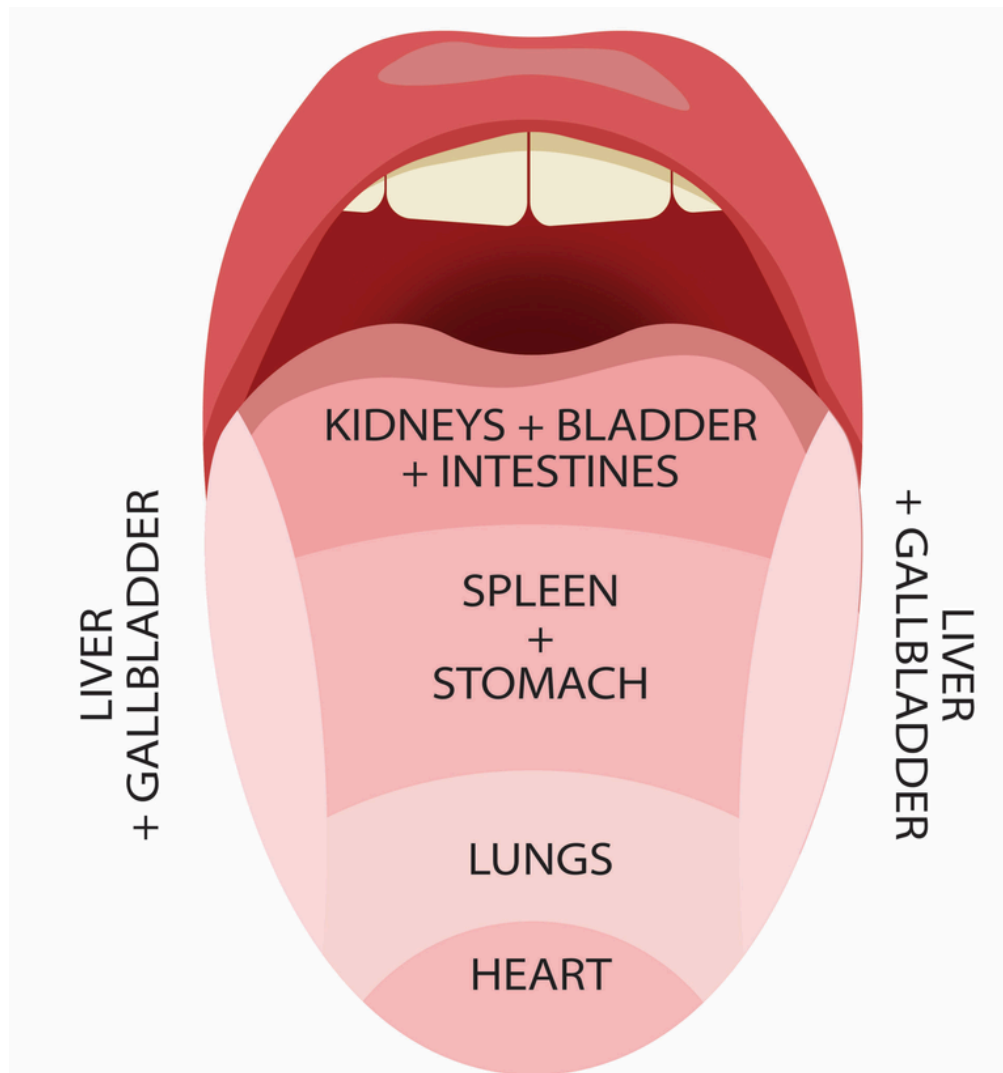
# Self Reflection Exercise

Where is your weakest Chakra?



# Chinese Medicine

We will work through a quick lesson on tongue and pulse to help you identify where you may be living, emotionally.



*What does my tongue say about my health? My emotions?*



# Ayurvedic DX

*What does my tongue say about my health? (Ayurvedic perspective)*

