

How Your Thoughts and Emotions Impact Health and Healing?

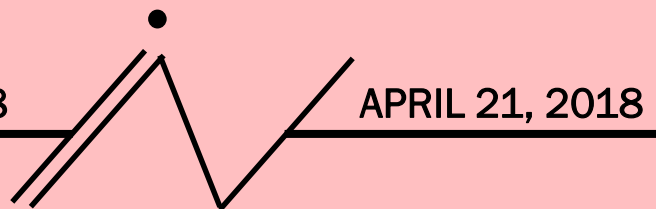
Dr. Iva Lloyd, BScH, BCPP, ND
President WNF



ANKSIOZNOST
ANXIETY

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DEPRESIJA
DEPRESSION

THE HISTORY OF NATUROPATHIC MEDICINE

a Canadian perspective



IVA LLOYD, ND



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The Energetics of Health

A NATUROPATHIC ASSESSMENT

Iva Lloyd



MESSAGES FROM THE BODY

a guide to the energetics of health



IVA LLOYD, RPP, RHN, ND
DOCTOR OF NATUROPATHIC MEDICINE

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1

Outline the link between thoughts / emotions and chronic disease.

2

To provide a holistic view of chronic disease.

3

Explore somatic metaphors and the role they have in health and healing.

4

Discuss how addressing thoughts / emotions influences disease progression and healing.

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GOAL OF PRESENTATION

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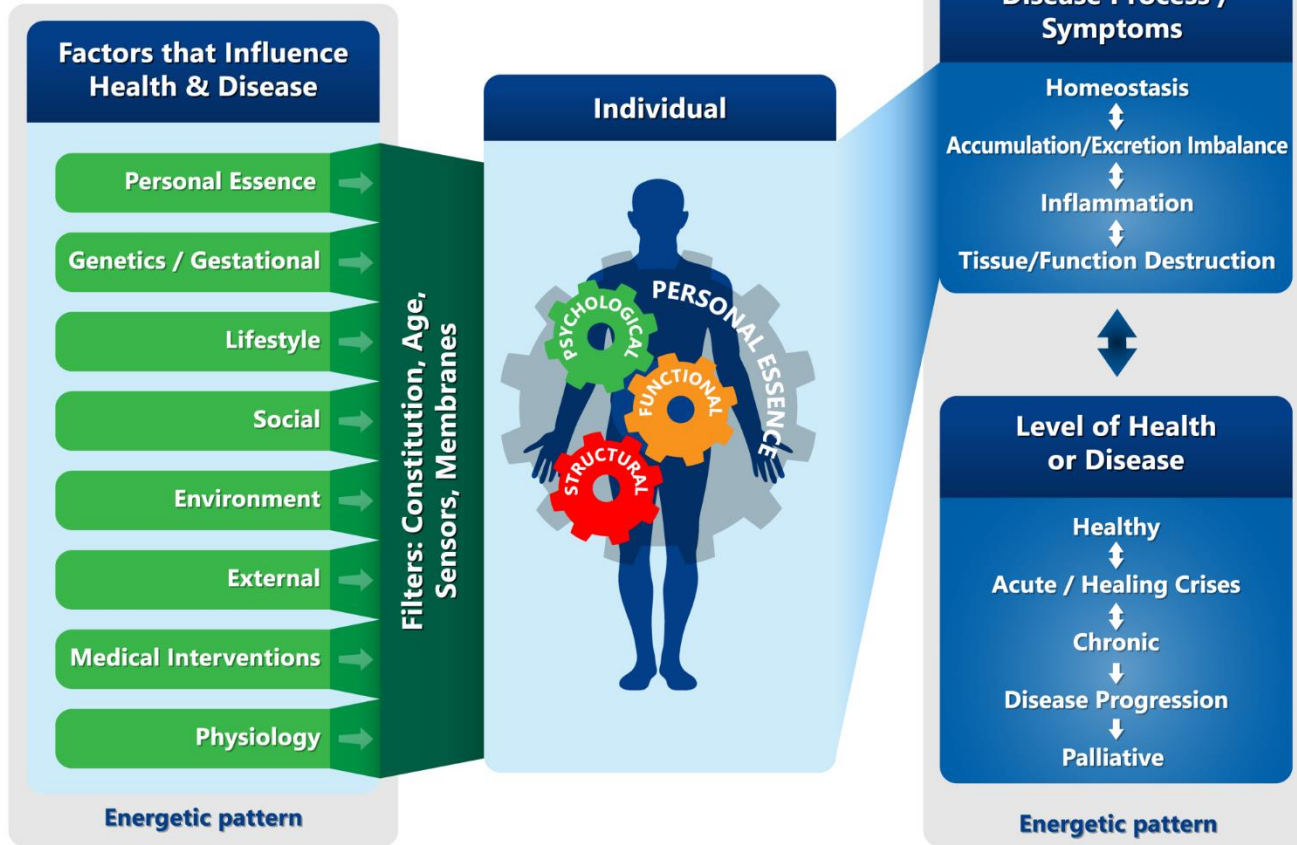
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NATUROPATHIC GUIDE FOR HEALTH & DISEASE

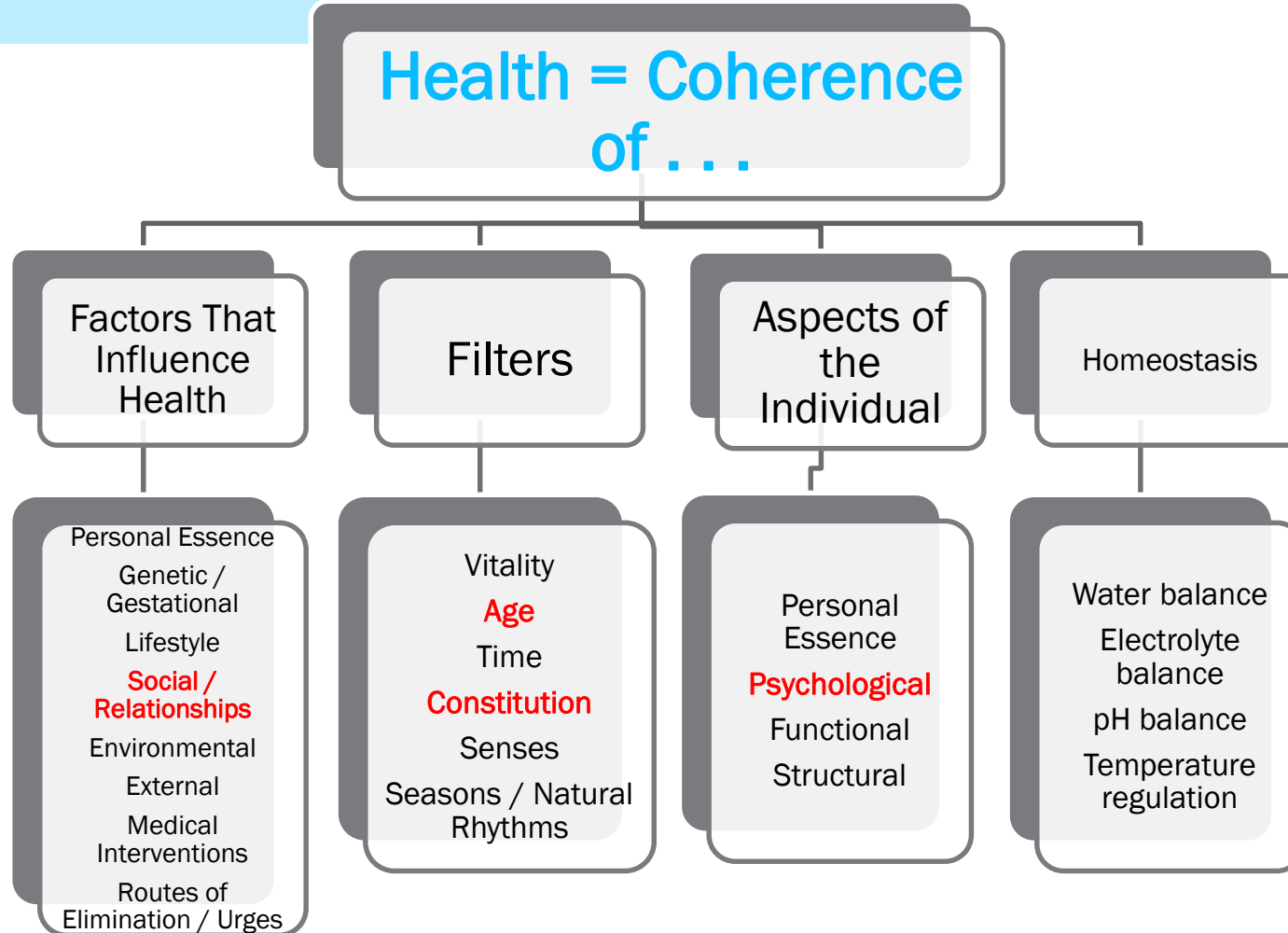
- Health and disease are logical; they happen for a reason.
- Most symptoms and diseases have multi-factorial causes and individual factors that can be identified.
- Underlying cause of disease is never another symptom.
- Addressing aggravating factors often lessens the intensity and severity of signs and symptoms and the progression of disease.
- Only by addressing the “true” causes of disease can health be restored.
- Nature of symptoms provides guide to causal factors.

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TREAT THE WHOLE PERSON

Key naturopathic principle

Treatment for any condition often involves addressing the psychological, functional AND structural components simultaneously.

Area of greatest impact does not always coincide with the diagnosis.

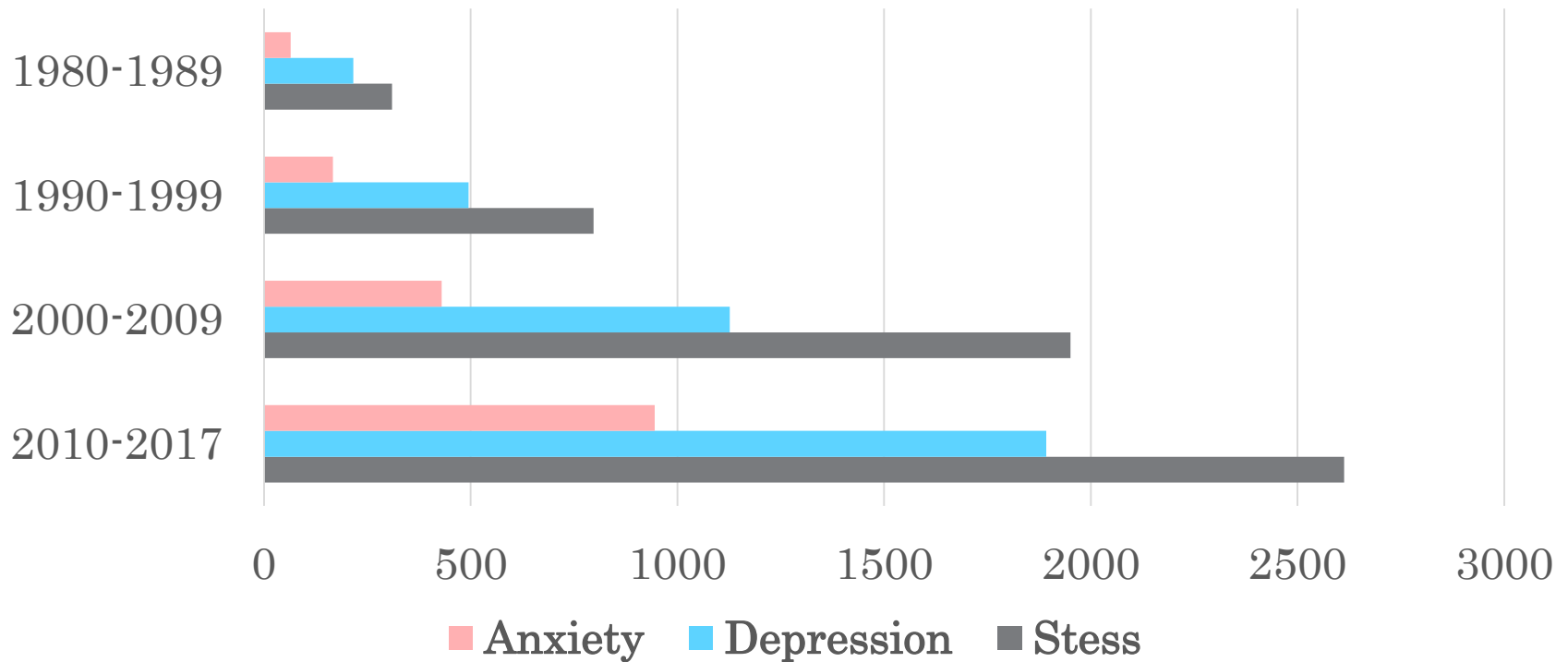
i.e., psychological impact of a MVA may be greater

than the musculoskeletal impact.

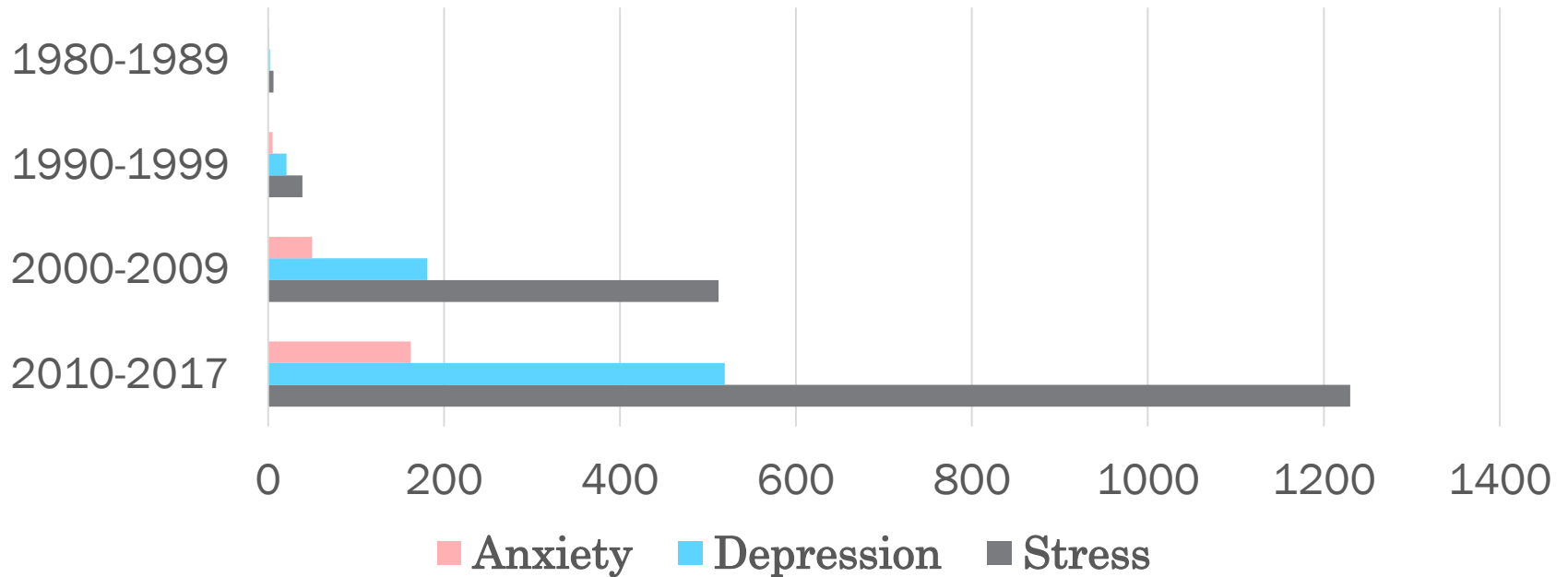
THE LINK BETWEEN THOUGHTS / EMOTIONS AND CHRONIC DISEASES

- There is a causal link between thoughts / emotions and symptoms / diseases.
- The assessment of emotional states in patients with chronic diseases is often poor.
- The diagnosis of concurrent emotional conditions is often missed. The research linking the psychological and the functional aspects of an individual is fairly new.
- Treatment of lifestyle diseases in the absence of treating the current emotional condition or repeating thought patterns limits the success of treatment.
- A holistic approach to lifestyle disease treatment is required for treatment success.

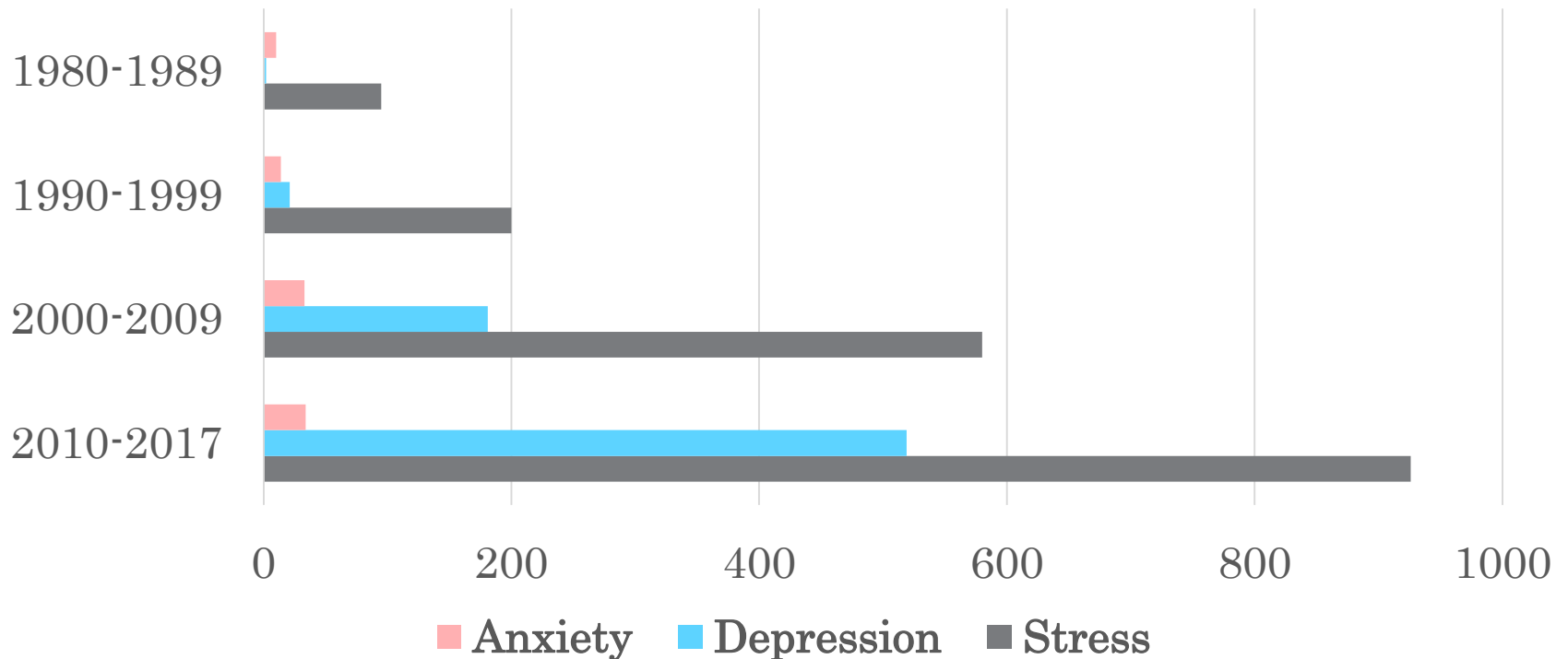
PubMed Review of Arthritis Research



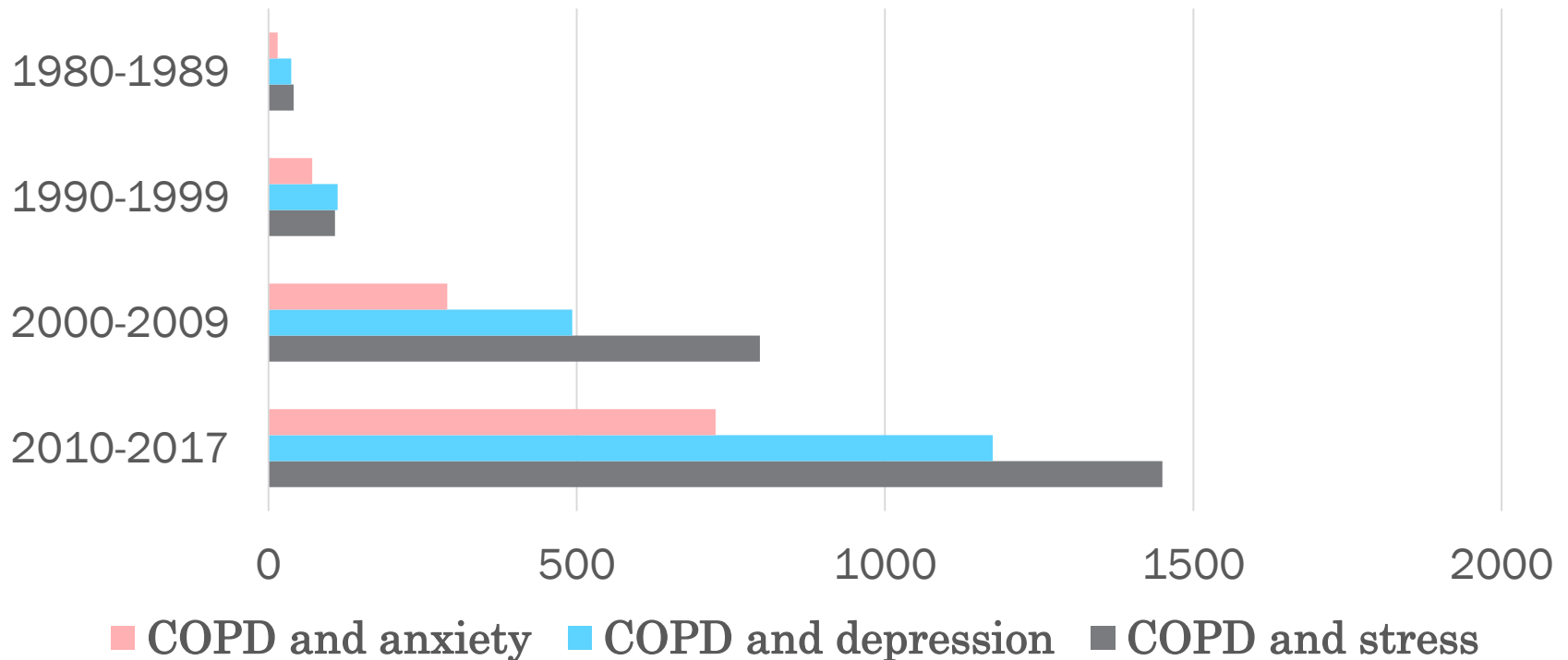
PubMed Review of CVD Research Articles



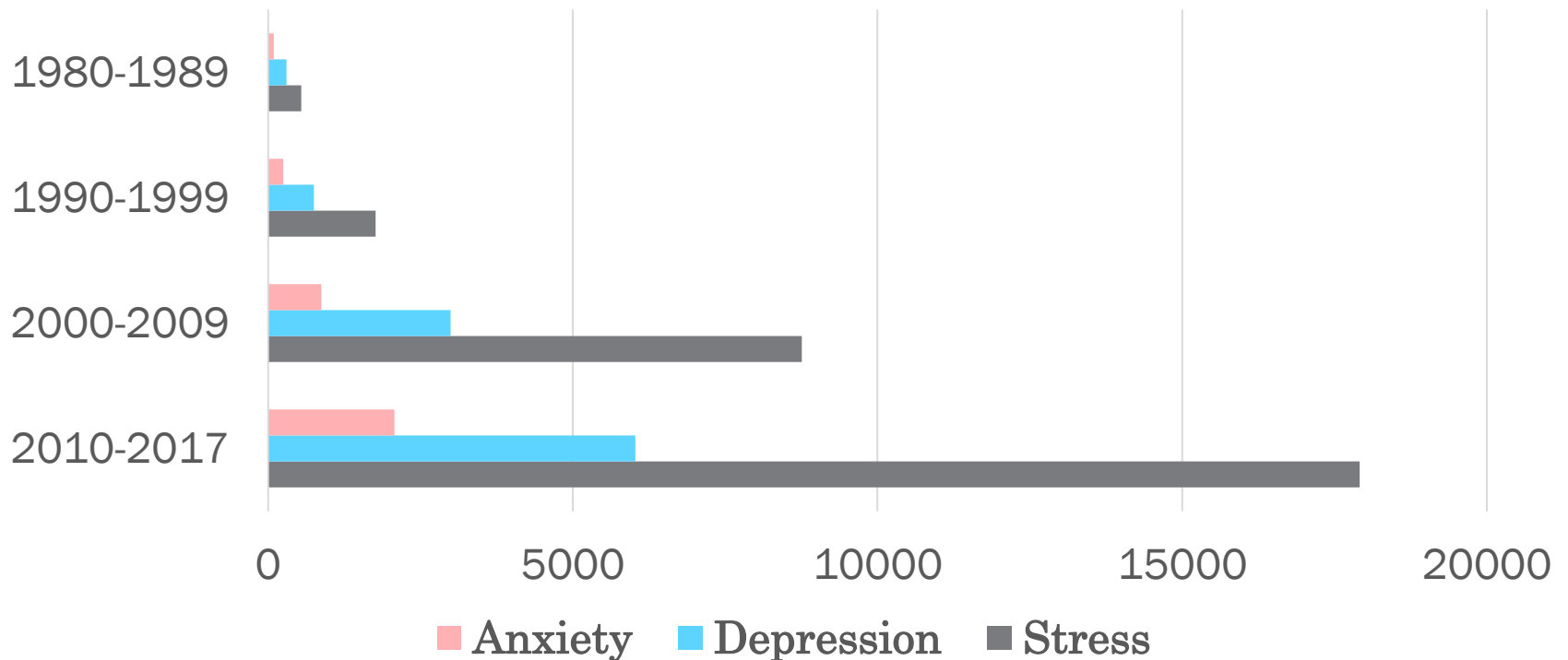
PubMed Review of Digestive Research



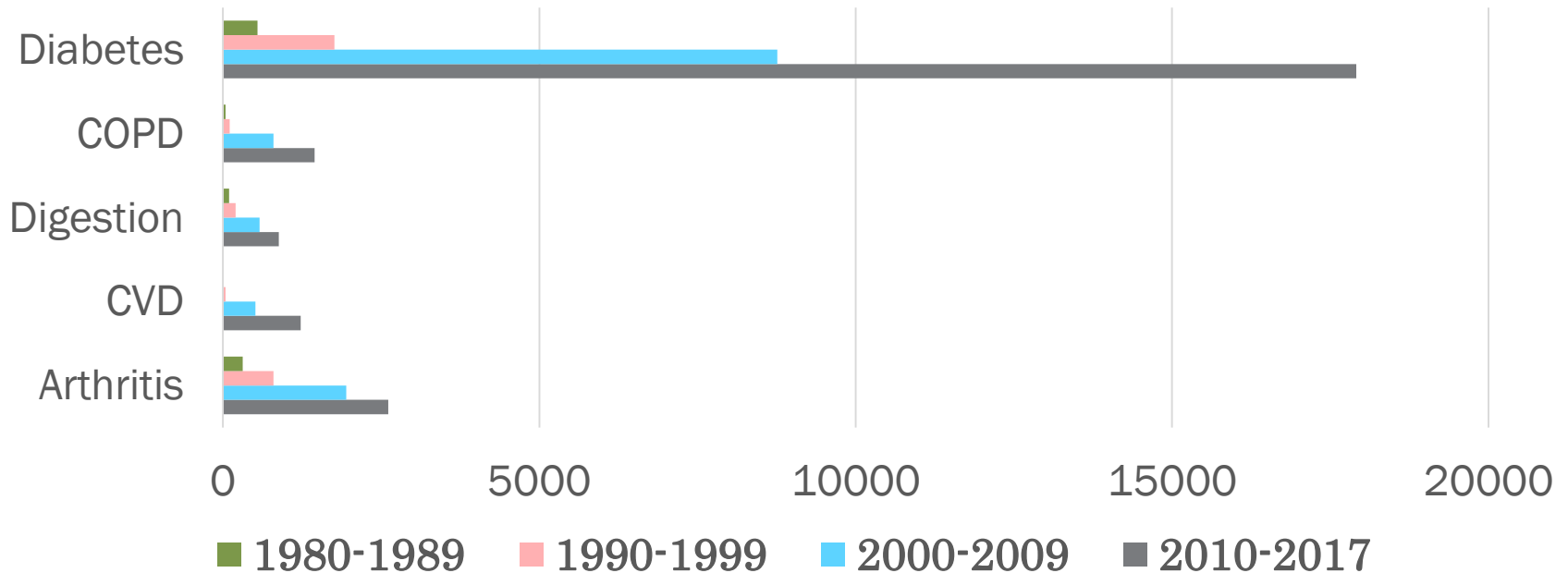
PubMed Review of COPD Research



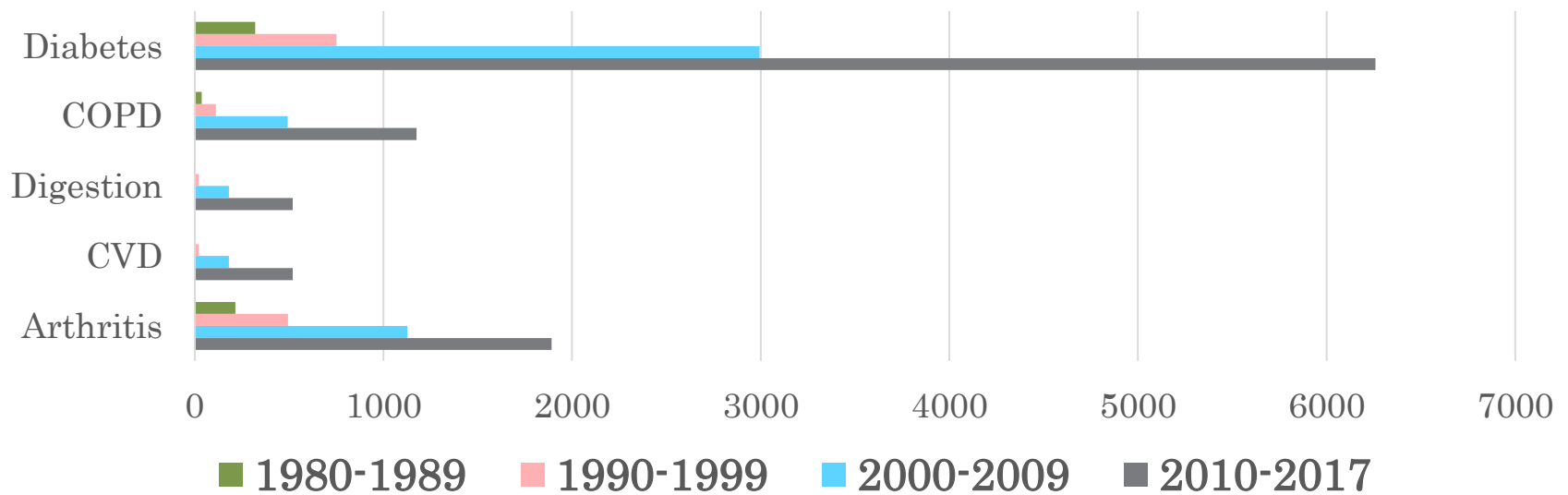
PubMed Review of Diabetes Research



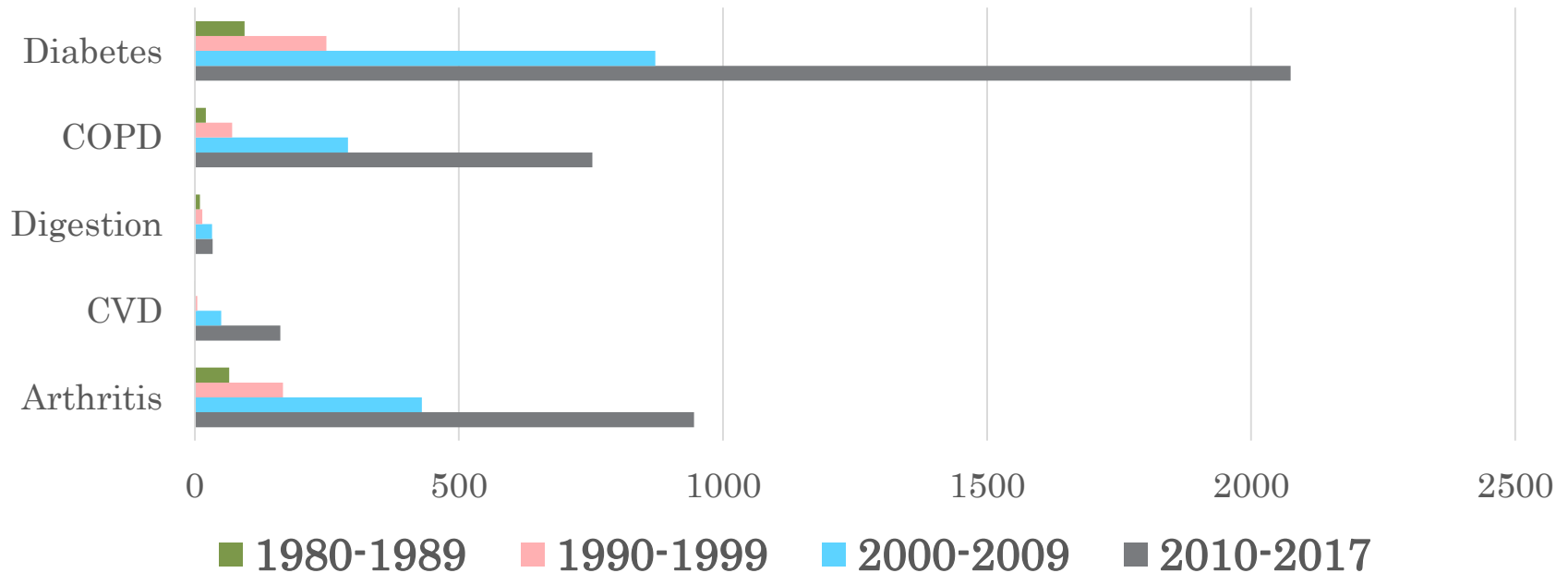
PubMed Review of Stress and Chronic Disease Research Articles



PubMed Review of Depression and Chronic Disease Research Articles



PubMed Review of Anxiety and Chronic Disease Research Articles





ASSESSING FOR THE IMPACT THAT THOUGHTS / EMOTIONS HAVE ON SYMPTOMS / DISEASES.

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ENERGY OF WORDS

- Speaking is an efferent pathway.
- Listening for patterns conveyed in words, symbolism of words and change in affect.
- Language
 - Spoken words (communication that people have with others)
 - Conscious (internal communication, what people hold in, expectations, filters information)
 - Unconscious (foundation of a person's thoughts, beliefs, intentions, filters information, link to the collective consciousness)
- **Mental health is when subconscious = conscious = spoken = actions**

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SOMATIC METAPHORS

- Mirroring of language and disease.

- When a physical disease appears to be “saying” the same thing, expressing the same meaning, as the patient’s subjective ‘story’ conveyed in verbal language.
 - No control
 - Stuck
 - Feel suffocated
 - Irritating
 - Not able to let go
 - No support

SOMATIC METAPHORS

- Unitary model of personhood and disease.

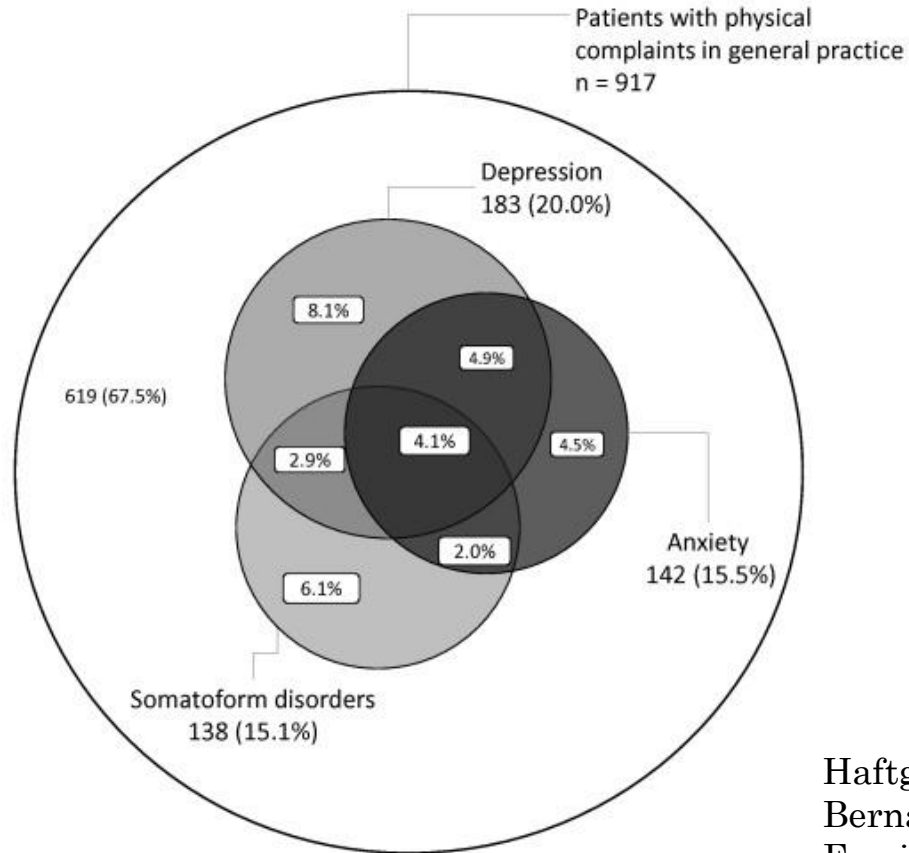
- Body is a feedback mechanism – mirrors language.

- Every part of the body has a literal and an energetic meaning.
 - **Midline** – relating to one's self, core issues, one's beliefs
 - **Extremities** – interaction with the external world
 - **Arms** – give and receive, taking what you desire or deserve from life, pushing forward or pulling back
 - **Hands** – grasping and letting go, touching & feeling
 - **Hips** – direction to move in life, freedom to move forward in life
 - **Feet** – how you step into your life, balance and groundedness
 - **Back** – motor aspect of the body, past, support, structure and posture
 - **Front** – sensory, acute, present, look and feel of a person
 - **Chest** – openness to the outside world, comfort with expression
 - **Vision** – outlook of life

SOMATIC METAPHORS - RESEARCH

- somatic metaphor: a clinical phenomenon pointing to a new model of disease, personhood and physical reality. *“The critical role of the clinician in observing (or failing to observe) the conjunction of physical disease and personal meaning.”*
- Hypersensitivity and hyperalgesia in somatoform pain disorders. *“Somatoform pain disorders show considerable overlap with functional pain syndromes, including enhanced pain sensitivity. This suggests the relevance of integrating somatosensory aspects of pain into a modified understanding of somatoform pain disorders.”*
- Understanding the somatic consequences of depression: biological mechanisms and the role of depression symptom profile. *“Depression has been shown to increase the risk of cardiovascular, stroke, diabetes and obesity morbidity.”*

**OVERLAPPING OF
DEPRESSION,
ANXIETY, AND
SOMATOFORM
DISORDER FOR
PATIENT WITH A
PHYSICAL
COMPLAINT IN
PRIMARY CARE.**



Haftgoli Nader, Favrat Bernard, et al. BMC Family Practice 2010 11:67.

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TREATING THE LINK BETWEEN THOUGHTS / EMOTIONS AND CHRONIC CONDITIONS

- Various treatment options, most that are supported by research.
- Importance is to identify and treat the emotional state and the corresponding mental chatter that is linked with the chronic disease.
- **What is most important is what a patient *changes*; not what they take!**

STEPS TO OVERALL HEALTH

1. Let a patient / client “tell” their story, in their own words.
2. Listen / look for how their life / health make sense. Find the “patterns” – *whether energetically, TCM, Ayurvedic. There is always a pattern. As a naturopath you will always get better results if you treat the patient’s pattern; not the symptoms.*
3. Ask about their health goals. Help them determine realistic health goals. *Keep in mind their state of health, vitality, stage of life, personal and community resources. What is the level of “vis”?*
4. Remember psychological health is about congruence with unconscious and conscious thoughts and feelings. Don’t judge their emotions / thoughts. Teach them not to judge how they think / feel – *at least not until they learn to get rid of what they don’t want / what isn’t healthy for them!*

STEPS TO OVERALL HEALTH

5. Use naturopathic treatments to assist in decreasing the intensity of the emotions / thoughts and, if needed, treat any contributing functional states that are “adding to the problem” (i.e. dysglycemia, hormone imbalances, etc.) **What a patient/client takes is seldom sufficient for long-term success. Don't forget about posture and alignment.**
 - Dietary modifications, Nutraceuticals, Homeopathy, Botanicals, Aromatherapy, Acupuncture, Body work, etc.
6. Dissipate Emotions. This is a critical step. *Emotions can be toxins, they have to be released through one of the emunctory pathways – especially the voice (helps to reset breathing).*
 - *Cleansing breath, short burst of physical activity, writing and shredding (or burning), crying, bunching bags, talking to someone in their absence, etc.*

STEPS TO OVERALL HEALTH

7. Help patients find their centre / their truth. *Achieving health is seldom about another person changing!*
 - Mindfulness, meditation, counselling, yoga, breath work, personal growth work, spending time alone, self-reflection, gratitude journals, etc.
8. Express truthfully. *Listen for and assist patients/clients in honest and positive thinking and speaking.*
 - Teach patients how to eavesdrop on their mind, listen for patterns in how a patient speaks, listen to the words that they use and the meaning of those words. Remind patients about somatic metaphors.
9. Help patients/clients determine if their actions match their thoughts and emotions. *Remember; what gets measured; gets done!*
 - Set goals, spend time in reflection, practice what you want changed, “guard” the mind and what it is exposed to (i.e., what you listen to, read, watch, etc.)

INTEGRATION OF THE INDIVIDUAL

All aspects of the individual are inter-related:

- Personal Essence (Spiritual)
- Psychological
- Functional
- Structural

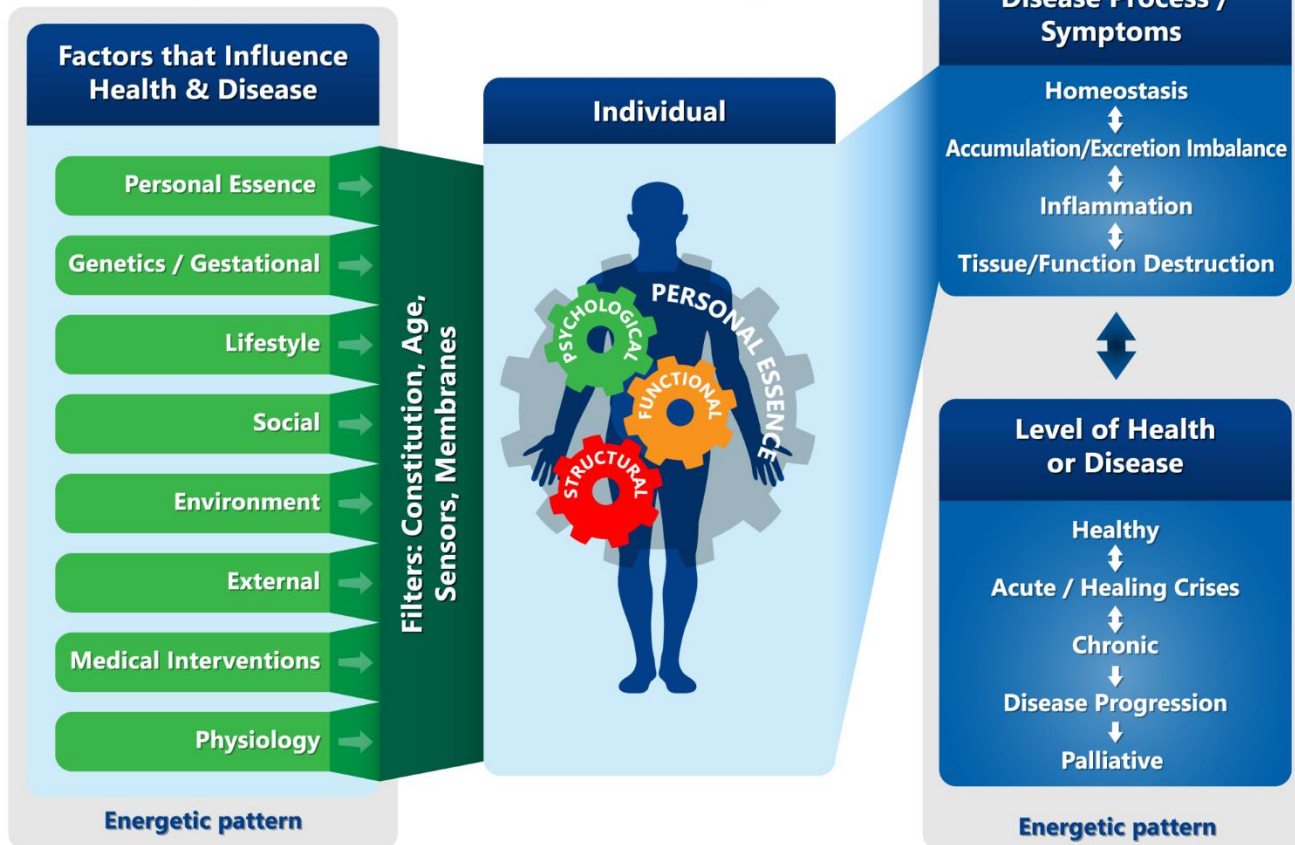
The psychological and the structural are often the most important.

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Keywords

- Naturopathic, lifestyle diseases, psychosomatic, psychosocial, somatic metaphors, anxiety, depression.

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