

OK. So we talked about the Diet side of the equation.
We talked about the Health side of the Equation.

Now it's time to see how our body functions as it processes the food we eat. What exactly is happening at the cellular level and why do some people have difficulty absorbing nutrients? Why do we become toxic in some substances and deficient in others?

I'll be going into a lot of detail about that in a few minutes but first, I would be remiss if we didn't discuss the impact of emotion on the entire digestive process and every other process because your emotions are the overlay that color your entire digestive system.

Let me ask, have you ever tried to eat when you are upset? Why is it that we just can't eat when we are traumatized? What's that about?

So before we talk about the process of digestion, let's look at the Chemical Consequences of Emotion that can have a huge impact on digestion.

How Important are Feelings?



While scientists have proven, when they hook up test subjects to machines that measure biological markers, like heartrate, galvanic skin response, blood pressure, brain waves, etc., that your biomarkers change instantly with the first flicker of a thought. But the chemical reaction to your thought takes a little more time. Not much but a little.

Health Secret #4

Every mood, feeling & emotion that you dwell on for more than 17 seconds, starts to produce a chemical within your body. Here is how it works:

- The 1st 17 seconds are free. No chemical reaction yet.
- The 2nd 17 seconds, your body stirs and gets ready to produce the chemical that you request to facilitate your body's response.
- The 3rd 17 seconds, your body begins to secrete substances to form the chemical.
- The forth 17 seconds, your body prepares to let the chemical flow so at the 68 second mark (4x17), the chemical is released and there is no turning back. You will have started a chemical reaction and...

Energy flow that cannot be reversed. You can't put the ink back in the pen. - Only thing you can do is try to slow it down and eventually stop it by thinking new thoughts that trigger new emotions so that you can begin again. So what kind of chemicals are we talking about?

**The thoughts you think today
Create
the life you live tomorrow.**

Chemical Consequences of Emotion

You control the chemicals your body produces.

Love, appreciation, joy, gratitude, kindness...

- Endorphins** Produce a natural high
- Dopamine** The happy hormone
- Oxytocin** Makes you want to cuddle
- Serotonin** Promotes self-esteem

Anger, fear, resentment, rejection, jealousy, blame...

- Cortisol** Inflammatory
- Adrenalin** The stress hormone
- Epinephrine** Weakens the immune system

Your body produces all kinds of chemicals in response to your thoughts. You can produce opiates like endorphins for a natural high. Dopamine is the happy hormone. Oxytocin makes you want to cuddle. Serotonin promotes self-esteem.

Now if you are having a negative emotion like anger, fear, resentment; you are releasing chemicals like cortisol, adrenalin and epinephrine that weaken your immune system and raise blood pressure.

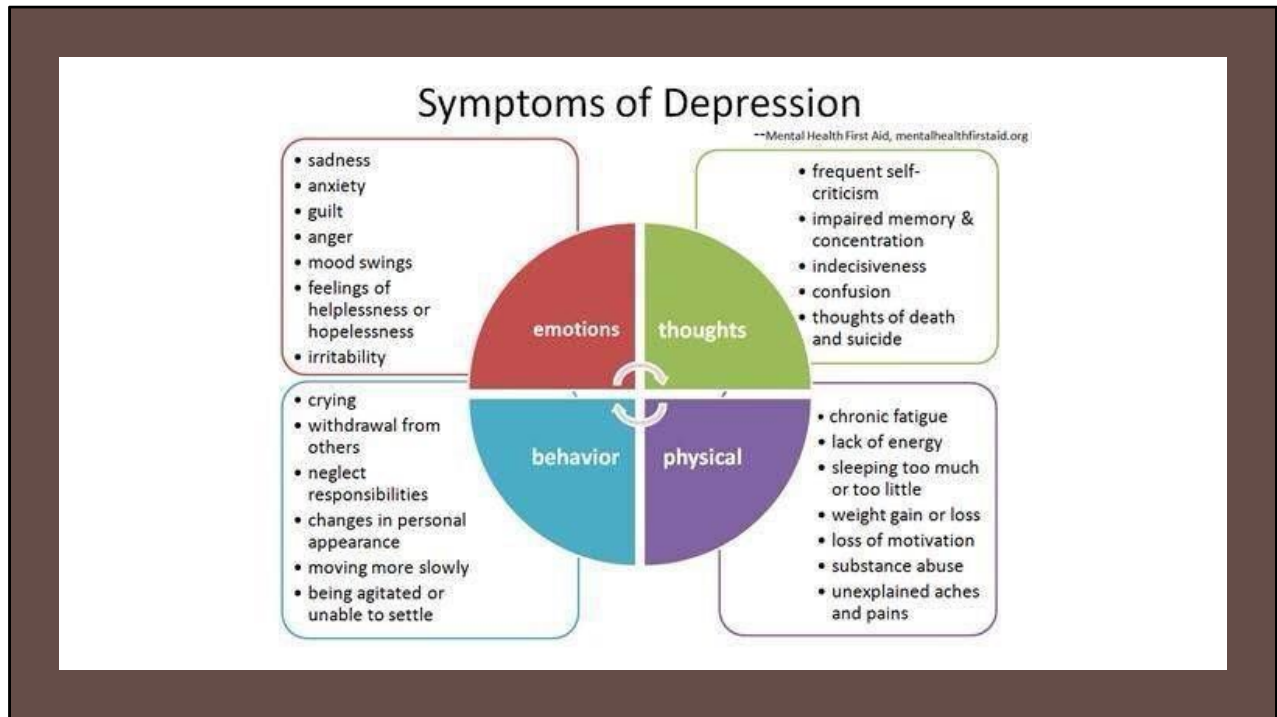
But if you're having positive emotions like love, appreciation, joy; you are releasing endorphins, dopamine and oxytocin, that actually strengthen your immune system and lower blood pressure.

This is what I was referring to in the Perspectives segment when I said you paint with your own unique palate. You choose your favorite colors and put them together in your own special way. The human body is a beautiful work of art and no 2 are the same... We're like snowflakes!

You choose the emotions you feel, the food you eat, your reactions to your environment, your beliefs, your traditions, your superstitions, your rituals, your habits, your personality, your fears, your phobias, etc.

All of these create chemicals in your body that paint your canvas the color of your life. You could even say that the Thoughts you think today CREATE the Life you live tomorrow.

Example: 1-min of anger can produce enough epinephrine + cortisol to weaken the immune system for up to 5 hours. So even if you only had a 1-min negative emotion every 5 hours, your immune system would be in a constant state of stress.

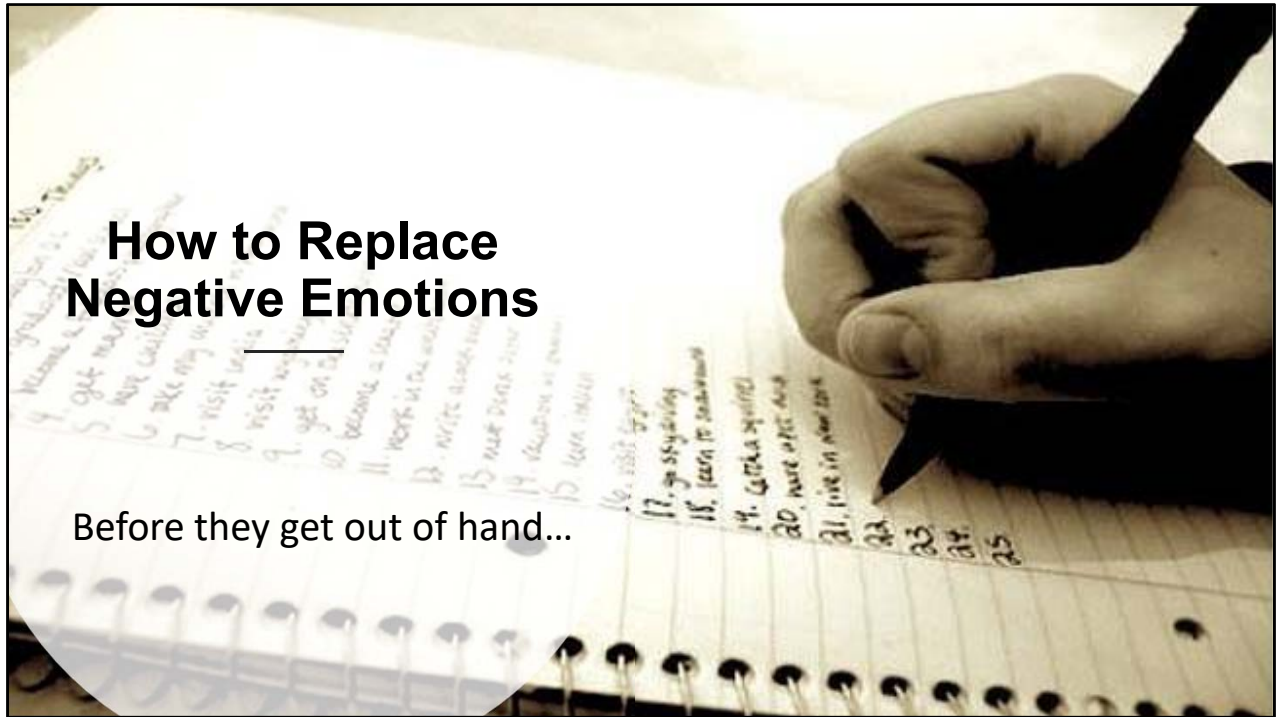


And stress is multi-faceted. It's not just physical. So, what's the solution?

Now that you know this secret, you will never again think a negative thought without knowing the consequences and how to avoid them.

It's said that 1-min of good belly laugh produces enough Endorphins + Dopamine to strengthen the immune system for up to 24 hours.

So: How can you consistently **Use Positive Thought** to produce desired chemicals to replace unwanted chemicals. I'm sure there are other ways but I'm going to share with you one method that works. It involves 3 steps.



How to Replace Negative Emotions

Before they get out of hand...

1. Make a list of 10-20 good memories. Write them down. Walk around your house, workplace (car) and as you do, relive a happy memory that took place in that room. Include anywhere that you typically experience negative feelings. If a person rubs you the wrong way, include them as well. Think of something funny or nice they said or did and, most importantly, how you felt.
2. Once you have your list, flush it out. Why did you feel that way. What made it so special? Write it all out to imbed these memories in your mind. Bring back the feelings of that pleasant moment. Literally re-live the moment.
1. Once you have everything written out, read your list out loud several times. The more senses you use to experience something, the longer you remember it + the deeper it becomes imbedded in your subconscious. So you not only focus on it with your mind but you also feel it, write it, speak it and hear it multiple times. In other words... practice regaining the feeling.

We get very good at what we practice but what do most of us practice? We practice negative self-talk and distraction, do we not. How many times have you told yourself you can't do something? And aren't many of us at the beck & call of our cell phone. Every time it rings we feel we have to answer it and how many times does it ring during the day? We receive a tweet and immediately stop and read it.

Quite often, in this day and age, technology is the master we serve instead of a miraculous tool we can use to improve our lives. So distraction is what we've trained ourselves to do... and we've become quite good at becoming easily distracted. How do you think this affects our children?

The key here is to make the memory easy to access and allow it to become like a muscle memory. So all you need do is flash a mental picture of it in your mind and you will instantly revert to the feeling.



Feelings Become Emotions

Feelings create emotion. Emotion creates energy. Energy or vibration is the only thing your body understands. It doesn't understand words.

Nicola Tesla was fond of saying, "If you want to find the secrets of the universe, think in terms of energy, frequency and vibration." Emotions vibrate at different frequencies.



If you can create a specific frequency in your mind, you can attract similar vibrations to it. That's how manifestation works. You can attract anything you want into your life, simply by broadcasting the right vibration... which is another way of saying the right feeling or emotion.

Music and scent are 2 tools often used to help produce a mood or make us more susceptible to a desired emotion. Think pheromones.

It's important to remember that energy doesn't know how to discriminate between what's good for you and what's bad for you. It's just energy. For example: Think of energy as water. When you water your garden, are you watering the flowers or the weeds? Both. It's just water. It doesn't know the difference between a flower & a weed. Neither does energy know the difference between right and wrong.

Energy is also like money. There is a finite amount of energy that you have to spend each day. You can't go forever without sleeping. Right? Your energy would fade rather quickly if you did.

Just like money, you must invest your energy wisely. If you invest in the negative, your energy becomes more negative and vice versa. Energy, like cash, is at your beck & call to be spent on whatever you wish. So if you spend it on negative thinking, you are strengthening the negative and accumulating a lot of negatives for your future and vice versa.

So right now you are the sum total of where you've been investing your energy throughout your entire lifetime.

The bottom line here is you must be very aware of your thoughts because where attention goes, energy flows. So manage your energy wisely and, at the end of each day, evaluate where it went.

Once you have these pleasant memories imbedded in your mind, the next time you are in that place experiencing a negative emotion, catch yourself. Recognize the emotion and make a conscious decision to replace it with one of your positive memories.

Remember, you can only stop a thought by replacing it with another thought. It doesn't work to tell yourself to stop thinking it. What if I told you to not think of an apple. What's the 1st thing that pops into your head?

If you don't have these positive memories indelibly written into your psyche to take the place of the negative ones, you may not be able to change direction fast enough and the negative thoughts will keep haunting you... creeping back into your mind even after you've tried to banish them.

I know all this sounds like a lot of work but, believe me, it's worth it and it's really easy to do. It just takes time and a little effort.

Now that is the science behind the chemical consequences of emotion. Let's take this one step further and link Energy into the picture.

We all have a life force energy that, unlike 100 years ago, can now be photographed with Kirlian or aura photography, right? You can actually see the colors that you have chosen to create your reality.

So let's correlate energy with nutrition. To do this we need to go back to the basics.

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