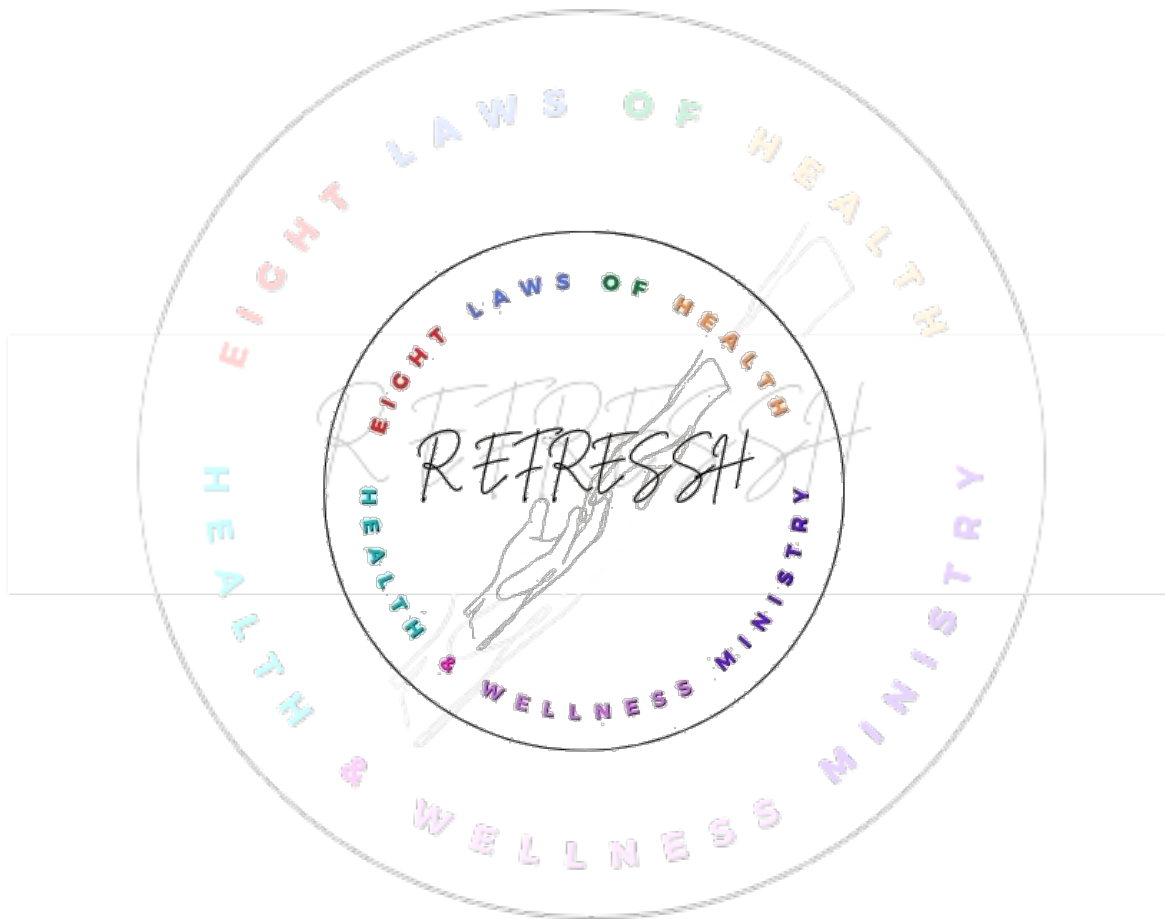


Truro Session 2: The Mind-Body Connection: Emotional Intelligence & Holistic Health & Well-being

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MAIN TOPICS

- The Connection of Emotions & Stress on Health
- Emotional Intelligence
- How the Brain Processes Emotions
- Emotional Intelligence and Communication
- The Liver's Hidden Role in Emotions and Stress
- Key Takeaways

The Connection of Emotions & Stress on Health

Keep the heart with all diligence; for out of it are the issues of life."

Proverbs 4:23

"He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city." Proverbs 16:32

"Every thought and every emotion has its direct effect upon the **physical** and **constituents** of the body. The **mental** and **emotional** vibrations become **physical** vibrations and structures. **Discord** in the **mind** is translated into **disease** in the body while the **harmonies** of hope, faith, cheerfulness, happiness, love and altruism create in the organism the **corresponding health** vibrations." Dr Henry Lindlahr

Emotions Enhance or Suppress Immunity

Enhance

- **Trusting, caring and being optimistic helps one stay well**
- **Love, security and faith help strengthen the immune response**

Suppress

- **Tension, worry and depression** undermine the immune system
- **Negative emotional states** - anger, bitterness, jealousy, hate - have been linked to cancer, coronary heart disease, kidney malfunctions, lung ailments, diabetes, migraine headaches, etc.
- **Mental depression** - grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and invite disease
- **Depression** is usually an early sign of nutritional depletion

Emotional Factors That Lead to Disease

Worry, fear, hate, anxiety, envy, jealousy, depression, bitterness, grief, anger, unhappiness, deprivation of love, loneliness are emotional factors that can lead to disease.

They can hinder the process of digestion and cause the food to become **poison** to the body.

Overcoming Emotional Factors

- **Emotional stresses and disturbances** can cause any **disease** including arthritis, ulcers, cancer, constipation, asthma, strokes, diabetes, high and low blood pressure, angina, glandular disturbances, etc.
- **Fear** – courage, hope, faith, sympathy and love promote health and prolong life.
- **Worry** - exercise and talk to friends. Let tomorrow take care of itself
- **Hate** – the antidote is love and faith in a higher power.
- **Anxiety** – confession, self-disclosure and confiding in others is mentally and physically rewarding.
- **Envy** - be content with what you have and have a spirit of gratefulness.
- **Jealousy** - rejoice with others for their blessings.

Stress Factors That Lead to Disease

- **Leading** stressors are: problems at work and/or home, deadlines, pressures, broken relationships, pain, lack of sleep, special occasions, sick loved one, etc.
- The five most stressful life events are: **death of a loved one, divorce, moving, major illness or injury, job loss.**
- Researchers estimate that stress is significant in **80%** of all major illnesses, including cancer, back problems, endocrine, cardiovascular, peptic ulcers, asthma, skin and infectious diseases.
- Symptoms include the following: **depression, anxiety, irritability, chronic fatigue, low-stress tolerance, nervous exhaustion, unable to cope,**

insomnia, panic attacks, unable to relax, or diseases caused by immune problems.

- In order to **overcome emotional factors** that can lead to disease, first they must be acknowledged and secondly, change must be desired and sought after.

Overcoming Stress Factors

- Identify ongoing problems at home and work to solve them
- Think positive
- Think about something else
- Avoid stressful situations
- Counsel with a good friend
- Learn to laugh and don't take life so seriously
- Get outside and walk by the ocean in the sunlight
- Practice the 8 laws of health

Emotional Intelligence

“Emotional Intelligence refers to the capacity for **recognizing** our own feelings and those of others, for **motivating** ourselves, and for **managing** emotions well in ourselves and in our relationships.” Daniel Goldman

Emotional Intelligence (EI) is the ability to recognize, understand, and manage your own emotions while effectively responding to other's emotions.

Why EI Matters!

- Emotional stress can manifest as **fatigue, digestive issues** and **toxin buildup**.
- Releasing emotions is just as important as detoxing the physical body.

The Five Components of EI

- Self-Awareness
- Self-Regulation

- Motivation
- Empathy
- Social Skills

Self-Awareness

The ability to recognize and understand your own emotions and how they affect your thoughts and behavior.

The foundation of EI because it helps you understand what drives your actions and how they influence others.

Key Aspects:

Emotional Awareness: Understanding your emotions as they occur

Accurate Self-Assessment: Knowing your strengths and weaknesses

Self-Confidence: Having a clear sense of your ability and limitations

Recognizing **your own emotions** helps you avoid reacting impulsively in conflicts. This allows you to **express** your feelings honestly without projecting them to others.

Example: A parent realized he/she is feeling overwhelmed after work communicates the need for a short break before engaging with his/her children.

Self-Regulation

The ability to control or redirect disruptive emotions and impulses and adapt to changing circumstances.

It helps you manage your emotions in healthy ways, which is key to maintaining calm under pressure and handling difficult situations with professionalism.

Key Aspects:

Emotional Control: Preventing impulsive reactions and thinking before acting

Adaptability: Adjusting to new situations or setbacks

Optimism: Maintaining a positive attitude even in challenging circumstances

Controlling emotional reactions prevents unnecessary arguments and promotes **patience** and **understanding**.

Example: Instead of snapping at a partner/spouse during a disagreement, a person takes a deep breath, processes his/her emotions and responds calmly.

Motivation

The drive to achieve goals for the sake of achievement, rather than external rewards or recognition

It is what fuels persistence and commitment to long-term goals. People with high motivation tend to be more driven and are more likely to stay engaged and productive in the face of obstacles.

Key Aspects:

Passion for Work: Being driven by a love for what you do

Commitment: Staying focused on goals despite challenges

Initiative: Taking the first step to make things happen without waiting for others to act

Staying committed to personal growth and relationship-building foster **stronger, more resilient connections.**

Example: A couple works through challenges together instead of giving up when difficulties arise because they value their relationship's long-term success.

Empathy

The ability to understand the emotions of others, to recognize and acknowledge their feelings

Essential for building strong relationships, resolving conflicts, and being an effective communicator and leader; perceiving things from others' perspectives and responding to their emotional needs.

Key Aspects:

Emotional understanding: Being aware of others' emotions and how they affect behavior

Perspective-taking: Seeing things from someone else's point of view

Compassion: Feeling concerned for others' well-being and acting to help

Understanding and validating others' emotions builds **trust, emotional support** and **deeper bonds** in families and relationships.

Example: A friend listens attentively and acknowledges his/her friend's struggles rather than dismissing his/her feelings.

Social Skills

The ability to manage relationships and build friendships, including the ability to inspire, influence and develop others

Strong social skills are necessary for effective communication, collaboration, and leadership; navigating social situations with ease and building trust in relationships.

Key Aspects:

Effective Communication: Clearly conveying information and ideas

Conflict Management: Handling disagreements with diplomacy and tact

Teamwork and Collaboration : Working well with others and creating a cooperative work environment

Communicating effectively, resolving conflicts constructively and showing appreciation strengthens **harmony** and **connection**.

Example: A sibling uses active listening instead of interrupting, leading to more meaningful conversations and fewer misunderstandings.

Why EI Matters in

Relationships

- Reduces misunderstandings and unnecessary conflicts
- Builds trust, emotional safety and deeper connections
- Helps navigate difficult conversations with compassion and clarity
- Promotes a supportive and uplifting home environment

How the Brain Processes Emotions

The Amygdala - The Emotional Alarm System

- The amygdala is the part of the brain responsible for processing emotions, especially fear and stress.

- It acts as an alarm system, detecting threats and triggering a fight, flight, or freeze response before we even consciously process a situation.
- This happens before the rational part of the brain (prefrontal cortex) has a chance to step in.

The Prefrontal Cortex - The Rational Thinker

- The prefrontal cortex (PFC), located in the front of the brain, is responsible for logical thinking, impulse control, and problem-solving.
- It takes longer to activate than the amygdala, meaning that when we react emotionally, we often do so before logical reasoning kicks in.
- If the amygdala overpowers the prefrontal cortex, we may react impulsively—yelling, shutting down, or making rash decisions.

The “Amygdala Hijack” - When Emotions Take Over

- This occurs when strong emotions (like anger, fear, or frustration) trigger the amygdala before the rational brain can respond.
- This is why people say things they regret or feel overwhelmed in emotionally charged situations.

Physical Techniques to Regain Control

Since the prefrontal cortex (PFC) takes longer to activate, the key is to create a pause to let logical thinking catch up before reacting. Here’s how:

Deep Breathing (Engages the Parasympathetic Nervous System)

- Why? Slow, controlled breathing calms the nervous system and signals to the brain that there’s no immediate danger.
- How? Try 4-7-8 breathing (inhale for 4 seconds, hold for 7, exhale for 8) to slow down the amygdala’s response.

Physical Movement (Shifts Brain Activation)

- Why? Moving engages different parts of the brain and disrupts an emotional spiral.
- How? Take a short walk, stretch, or change your posture (e.g., stand if sitting, shift your stance).

Grounding Techniques (Brings You Back to the Present)

- Why? The amygdala reacts based on past triggers and future fears. Grounding pulls your brain into the present moment so the PFC can engage.
- How? Try the 5-4-3-2-1 method (name 5 things you see, 4 you can touch, 3 you hear, 2 you smell, 1 you taste).

Name the Emotion (Activates the PFC)

- Why? Simply labeling an emotion (“I feel frustrated”) activates the language-processing center, pulling energy away from the amygdala.
- How? Say to yourself or write down, “I am experiencing [emotion], and it will pass.”

Cold Water on Hands or Face (Activates the Vagus Nerve)

- Why? Stimulating the vagus nerve (which runs from the brain to the gut) triggers a relaxation response.
- How? Splash cold water on your face or run your hands under cool water to reset your nervous system.

Practice Delayed Response (Gives the PFC Time to Catch Up)

- Why? The longer you wait before responding, the more time the prefrontal cortex has to process.
- How? Count to 10 before reacting, or say, “Let me think about this before I respond.”

Why It Matters!

- Instead of reacting impulsively (yelling, shutting down), these techniques help you respond thoughtfully.
- Helps break patterns of emotional reactivity in family, work, and social situations.

- Strengthens emotional intelligence by improving self-awareness and self-regulation.

Emotional Intelligence & Communication

Recognizing Your Emotional Triggers

- Stressful deadlines
- Criticism or feedback
- Unexpected changes
- Conflict with family members
- Rejection and Exclusion
- Unfair Treatment and Discrimination
- Workout & Burnout
- Lack of recognition
- Workplace Issues
- Lack of Control and Micromanagement
- Job/family Insecurity and Uncertainty

How to Regulate Emotions Effectively

- Physical shift
- Breathing exercises
- Reframing thoughts
- Pause before reacting
- Develop a positive self-talk routine

EI in Communication & Relationship Success

EI helps with:

- Active listening
- Handling feedback constructively
- Conflict resolution
- Relationship and Friendships

Active Listening

- EI improves active listening by helping individuals focus on what others are saying without judgment or interruption.
- Friends and family members who listen actively can provide emotional support, helping individuals feel valued and understood, which contributes to mental well-being.

Handling Feedback Constructively

- EI helps individuals process and respond to feedback, whether positive or negative, without defensiveness.
- With high EI, people are more likely to take feedback as an opportunity for growth and apply it constructively.
- Individuals open to feedback can identify areas for improvement in their health habits, leading to better outcomes.

Conflict Resolution

- EI helps in addressing interpersonal conflicts promptly which can reduce stress, which is essential for overall health.
- Learning to navigate disagreements fosters stronger, more supportive relationships, contributing to emotional well-being.
- EI helps in developing a network of friends, family, and community members which provides emotional support, reduces stress, and fosters a sense of belonging.
- Connecting with others allows for the exchange of health information, resources, and encouragement, enhancing personal wellness journeys.

The Power of Active Listening

- By understanding the core principles of active listening such as not interrupting, paying full attention, asking clarifying questions, and summarizing the speaker's message you can ensure that your communication is both effective and empathetic.
- By focusing on EI in communication, individuals can enhance their ability to connect with others, navigate the complexities of

relationship interactions, and drive overall success in both individual and collaborative efforts.

The Liver's Hidden Role in Emotions & Stress

The Liver's Role in Processing Emotions

- In traditional medicine systems (such as Traditional Chinese Medicine and Ayurveda), the liver is linked to stored emotions, especially anger, frustration, and resentment.
- The liver filters toxins from the blood, including hormonal byproducts and stress-related compounds like cortisol and adrenaline.
- When the liver is overwhelmed with physical toxins (processed foods, alcohol, environmental pollutants), it struggles to process emotional stress effectively.
- This can lead to emotional instability, mood swings, hormonal imbalance, digestive issues and difficulty managing stress.

Signs of Emotional & Liver Toxicity

- Frequent irritability, frustration, or anger
- Feeling emotionally stuck or unable to let go of past hurts
- Chronic fatigue and brain fog
- Digestive discomfort (bloating, sluggish digestion, skin issues)

The Liver Role in Stress Management

- The liver helps metabolize and regulate stress hormones like cortisol and adrenaline.
- Chronic stress can overload the liver, making it harder to detoxify these hormones effectively.
- The liver stores and releases glucose as needed, ensuring stable energy levels.
- Stress can cause blood sugar spikes and crashes, increasing the liver's workload.

- Emotional and physical stressors lead to increased toxin production in the body.
- The liver is responsible for breaking down and eliminating these toxins, but excessive stress can slow detoxification.

Signs Your Liver is Overburdened by Stress

- Fatigue and sluggish digestion
- Hormonal imbalances and mood swings
- Skin breakouts, headaches, or brain fog
- Feeling irritable, frustrated, or overwhelmed easily

Supporting Liver for Balance

- **Nutrition:** Whole, plant-based foods, bitter greens (dandelion, kale), beets, turmeric, support detox.
- **Breathwork & Movement:** Helps release stagnant emotional energy (yoga, stretching, deep breathing).
- **Journaling & Reflection:** Writing emotions down externalizes them, helping the brain process them consciously.
- **Herbal Support:** Adaptogens and liver-supporting herbs (milk thistle, burdock root, schisandra) enhance detox.
- **Letting Go:** Emotional detox isn't just about food—it's about releasing grudges, practicing forgiveness, and addressing suppressed emotions.
- **Hydration & Rest:** Proper water intake and sleep support liver regeneration

Key Takeaways

- Recognize and understand your own emotions & stress factors
- Manage and respond to your emotions and stress constructively
- Harness emotions to achieve personal goals
- Recognize and understand others emotions
- Build and maintain healthy relationships
- Practice healthy habits for overall well-being.
- Engage in activities that enhance cognitive functions
- Address and resolve interpersonal conflicts effectively.

- Fully engage with others to understand their perspectives
- Give and receive feedback in a positive manner
- Practice letting go of negative emotions and stress



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