

## **The Emotional Connection**

by Dr. Anne C. Roulo

We frequently hear the term “mind-body”. What exactly does this mean and what connection does it have to your health?

When an emotion is experienced, the brain releases chemicals called neuropeptides. These chemicals are messengers that travel to each and every cell in the body. The neuropeptides tell the cell which proteins to make, if and when to divide, and which genes to turn on or off. This, in turn, causes physical changes in tissues and organs. When we say that we’ve been overcome by an emotion, biochemically speaking, we are being overcome by neuropeptides.

To experience emotions is a natural, healthy process, and most resolve themselves physiologically after the event has past. Unresolved emotions can create lingering stress in the mind-body system, and the nervous system can become “stuck”. For example, let’s say Joe has to give a speech. He experiences “butterflies” in his stomach and humiliation due to misspoken words. His brain produces a pattern of neuropeptides during this experience. Let’s say these emotions are unresolved. The next time Joe has to give a speech, the same pattern of neuropeptides is produced, and his body is stressed in the same way. His nervous system is “stuck”. These feelings may become a conditioned response and transfer to other performance related activities, such as sports, work, or social events, and may cause undue stress, aggravate a physical condition, or contribute to unwanted behavior.

Neuro Emotional Technique ® (NET) is a practical way to find these “stuck” emotions and help balance the conditioned neuropeptide response. NET uses muscle testing to find the charged emotion that is related to a physical condition or behavior, as well as to find a related previous event. The physiological correction is made by way of acupressure on related points or low force adjustments on related spinal segments. NET is very helpful when used with other therapies, as it can release “blocks” and allow resolution to occur. For example, an individual’s neck pain may have an emotional component that needs to be physiologically released before structural bodywork can be fully effective, or a GI condition may require the same before it can respond properly to nutritional supplements. Each case is different, and needs to be evaluated for emotional, structural, and nutritional components to determine the best course of treatment.

NET is not a substitute for psychotherapy or prescription medication; however, it can be beneficial when used in conjunction.

*For a free consultation with Dr. Roulo, call 314.644.2070.*