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Control Your Mood Swings

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Recently while working with a “hypnotic staging for birthing” client and focusing on the issue of mood swings, it became apparent to me that our understanding of the body’s natural impulses to balance and keep us healthy is often totally overlooked or ignored.

Usually, mood swings are attributed to hormone imbalances and little guidance is given as to how to deal with them.

The female body is designed to give birth. From conception to postpartum, our bodies are in constant activity to prepare for safe, efficient delivery, and recovery.

A molecular drama is being staged within every cell of our bodies and any change experienced during this creative time should be scrutinized thoroughly by our healthcare physician.

Studies show that any kind of exercise promotes the release of mood-enhancing brain chemicals called endorphins that help restore a sense of well-being.

We should also be alerted to the adverse effects of caffeine, alcohol, sugar, and refined carbohydrates (found in cakes and white breads) which can contribute to chemical imbalances. There are also certain vitamins which can cheer you up by helping to create



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and stabilize a variety of brain chemicals responsible for mental and emotional health.

Obviously, nothing should be taken unless approved and prescribed by your healthcare physician.

Whether you are pregnant, male, or female, when our body presents us with mood swings, it is sending a message. There are issues that need to be eliminated, let-go-of, released. I believe we are born with the natural ability to rebound from distressing situations. The body is giving us a wonderful option to eliminate these negative emotions from our body without addressing the initial cause.

Our society frowns at emotional releases. One must understand that we are not discussing anything which might be harmful to ourselves or another person.

Granted, there are times and places where these emotions should be vented. On the highway, in the work place or

out-of-control in the home is not an acceptable solution for a responsible person. But should these feelings always be controlled or sedated? Not if you believe that your emotions can literally transform your body and ignite the healing power within to create perfect balance and health.

How do we seize this opportunity?

Find a safe, quiet place where you can be alone and can go within. Take a couple of deep breaths, and bring up those feelings of hurt, pain, anger, fear, and rage. Feel where the emotions are hiding in your body as you bring them up and release them.

When these feelings are as strong as you can make them, cry, speak out-loud, say whatever comes up. Do not try to control or even understand what is happening, just allow it to happen.

There may be names of certain individuals that will come to mind. It is okay. Say or do whatever is necessary for you to let go of those negative emotions.

You are by yourself and this is your chance to thaw those frozen energies and much more. You will be amazed how this simple exercise will improve your overall sense of well being.

This is just another example of the power we all have over our health and of our remarkable ability to influence—even to reprogram—our bodies for self healing.