

How to Heal Stress and Emotions

Dear friends,

Today, I'm going to discuss simple natural things that everyone can do to heal themselves from stress and painful emotions. Then, share a list of specific things to do to feel better. And Finally, I would love to share a letter we received recently to help people understand the crisis that is going on in America regarding emotional health.

Many people have heard me lecture about how the medical profession uses the “mind-body split” concept to categorize people’s health issues into either a “physical” problem or an “emotional” problem. According to them, it can’t be both – it has to be either one or the other. This means that people who have a physical problem don’t have emotional problems and people who have emotional disorders don’t have physical problems. Pretty extreme, but this is what our conventional medical teachings tell us. Because of this extremity of conventional medical thinking, not just a few, but *thousands* of people are falling through the cracks of conventional medicine.

I want to let people know that after years of helping people with both alternative and conventional methods, I can tell you for certain that there is **NO SUCH THING** as a health problem that is either purely emotional or purely physical. There are elements of both in any health issue.

However, because of this “mind-body split” mentality that we have all been trained to accept as true, people with emotional disorders are made to feel like they are defective, “less than” or even that they are making up any physical symptoms that they experience. On the other hand, people with “physical disorders” are made to believe that things like lifestyle and emotional healing are completely unimportant and make absolutely no difference at all in their “physical” disease. **THEY’VE GOT IT COMPLETELY WRONG.** Why can I get a person completely off of their blood pressure medications when they eliminate the stressful people and situations in their lives, learn how to release stress, work with their emotions and change their daily work routine?

What would the doctors say if I told them the issue with manic depression is hormonal and related to liver toxins and that I can get a person with manic depression or a person with an anxiety disorder completely balanced in their emotions by simply addressing the sugar in their diet and giving herbs to help hormonal balance? And would they believe that I can get a person off of their antidepressants just by having them cleanse their liver a few times, take some brain healing herbs and some brain nutrients? The tendency is for the medical profession to throw a pill at it and whatever doesn’t heal – blame the patient for it – or worse – blame their **GENETICS** so that **NO ONE** has the ability to heal it if they can’t. Now, is that anyway to treat a sick person who needs help?

Let's not forget our basic nature. We are human beings and we are in harmony with nature. Whenever we get away from nature, we experience problems. When a person sees a giant waterfall, do they ever dwell on the bad things the boss said that day? Do they ever relive painful conversations with a loved one? No! Nature is inspiring and healing. We look at a beautiful waterfall and we think, "That is so beautiful. This feels sooooo good! I want to stay here and keep looking at it." When we go hiking in the woods, aren't we thinking, "How serene that lake looks, I want to just sit down and enjoy it"? The most beautiful things in life are free. When a little child climbs a tree, are they thinking, "I hate life?" No! They are thinking, "Wow, this tree is amazing, and look at this view! Look how high I climbed! I want to breathe it all in." Smelling a flower can shift our emotions completely as we linger in a beautiful scent. And when a person walks along the ocean, aren't they "sync-ing" up with the rhythm of the ocean, the tides, feeling the connection between their feet and the earth beneath them, and appreciating the sounds of seagulls in the background?

Yet, we look to chemists, charts, synthetic chemicals and scientific explanations to tell us how to feel good? NO! Feeling good is very simple and this right belongs to everyone and it's free. At any time, when we are upset or out of balance, we can do a breathing exercise, pray, do a positive visualization, get our bodies moving and feel our basic essence. Our basic essence is in harmony with the universe. Nature reminds us of our basic essence – the beauty, the awe, the serenity. And herbs can also help us because they bring us back to nature as well. The vibration of a tree is very different from the vibration of a synthetic chemical. When we are out of harmony with our surroundings, we can always use nature to bring us back.

I don't care how fancy the name of the disease is, and how insistently the medical profession claims it can't be cured. You can't change the healing aspects of nature. We can heal anything with nature. They want to make us think it's complicated. No! Healing is very simple, and Nature is very simple.

So, please remember this above all else – you have the God-given right to feel good in your body and no one can ever take it away, no matter what their story is, (You have "such-and-such disease" and it's incurable, etc.) You can do far more healing with your own body, tuning in, listening to it, healing it - than any doctor can ever do for you.

So, when you are off of your natural rhythm – your metabolism is going too slow or too fast, remember nature. Nature can bring our rhythm back into harmony. Sit down on the ground near a tree and silently ask God or the universe to sync up your rhythm with nature's rhythm. And every time you feel off, do this exercise again until you feel you are back in "sync." Maybe you'll be doing it for a while. That's fine. When it works, they'll all want to know what you did. No doctor is ever going to tell you to do this because they don't know how to do it for themselves. Maybe they would be happier and more peaceful if they did.

Maybe if they understood the strength and resilience of a tree, the delicateness of a flower, the grace of a weeping willow, the solidity of the ground, the cheeriness of birds and the wisdom of rocks, they would be completely different people who were more understanding.

That being said, let's summarize the techniques can really help with emotional issues:

1. Eat as close to nature as possible. The vibrations of natural food are very healing. The more the food is processed, the more it loses its healing essence and the more it makes us feel "out of whack." White sugar, white rice and white flour have their B vitamins and fiber stripped away. We need B vitamins and fiber to process sugar correctly in the body. The result is blood sugar highs and lows and emotional highs and lows as well. Sugar that has been refined and concentrated to 20 times its original sweetness and then bleached is not a natural food. How about an apple? Or how about a more natural sugar that has not been refined so much - turbinado sugar or evaporated cane juice that still contains the natural B vitamins?

2. Put yourself in touch with nature a little every day. Maybe it's walking around the yard in bare feet, sitting outside on the front porch in the evenings, or taking a walk near the ocean or just sitting in a park somewhere. Breathe clean air and practice deep belly breathing. Pay attention to the rhythm of your breathing and try to "sync" it up with nature. Try to also do this with your heartbeat. Sync it up with nature. It will feel a little silly at first until you practice it and it starts working.

3. Exercise, exercise, exercise – even if it's just a short walk every day. It gets our lymph moving, our blood pumping and balances brain chemistry far better than a drug ever can.

4. Try something new – you'd be amazed at how this one simple technique can completely take a person out of depression. Change anything – even if it's just the way your drive to work every morning. Change the hand you throw with. Change the movie theater you go to. Take a class on something completely different. Go to different places and meet different kinds of people. Talk to people you wouldn't normally talk to. Open your horizons!

5. Look for the humor in everything – learn and practice joke telling. Watch comedies, tell knock knock jokes and laugh a little longer than you think you should. Breathe deeply, laugh really deeply and thoroughly enjoy yourself. Allow yourself to feel laughter throughout your entire body.

6. Surround yourself with positive people around which you feel good. If someone's words or actions make you feel badly about yourself over and over again or they are always feeling like a "drain," politely cut them out of your life.

This especially applies to anyone who puts you down, makes fun of you, or tries to get you to think that they are better than you. People who belittle us create anxiety and throw off our natural rhythm. Yes, difficult people in our lives can cause serious diseases.

7. Don't ever expect to be healed by numbing yourself out. Everyone knows what I am talking about – shutting off the pain by getting drunk, high or taking an antidepressant. These things can help us temporarily feel better, but in the end, the pain always comes back *because it is something we need to look at*. Look at it straight in the face and deal with it, and then the pain has a chance of going away. Feeling bad sometimes is not a disease. There is nothing wrong with feeling depressed. Everyone has very good reasons for feeling depressed or anxious. It's not a disease and we don't have to drug it. They are important signals our body gives us that say, "something is out of whack and needs fixing." Don't shut off the signal. Use the signal to guide you to your healing. Talk about things that are difficult to talk about. Say it out loud! Medicine wants to diagnose a disease and give a pill when we feel bad instead of talking about ways of dealing with our feelings. Doing this only delays the healing.

8. Set personal goals that make you feel excited about life. Paint a beautiful life for yourself that really inspires you and then get started with the first step. If you could do anything, how would you design the rest of your life? Draw pictures of it, share your dreams out loud. The more you talk about your dreams, the more powerful they become, and the more likely they are to come true.

9. Use the visualization exercise here to help with any unpleasant or painful feelings: [Visualizati on exercise](http://www.drfostersessentials.com/store/incurable.php#prayer)

10. No matter what happens in life, always be looking for something positive in it. If a lady comes up to you and says something rude, think to yourself, "Well, she has very pretty earrings." Or, if you get in a car accident, think to yourself, "No one was injured so I am very lucky today." Always find something good about a person and say it out loud. Appreciate every single beautiful detail. We all have a tendency to forget the sweet details of life and focus on a problem instead. Doing this exercise gradually helps shift the way we perceive life and can make us happier people in the long run.

11. Inhale clean air and natural scents such as flowers, trees, herbs, essential oils, ocean air, etc. They bring us back to our natural rhythm.

12. ALWAYS ALWAYS ALWAYS listen to your "gut feeling." I guarantee you this feeling is more accurate than what any doctor has to tell you. Your gut feelings come from God and they are spiritual guidance. Your gut feeling will never ever steer you wrong. My brother used to be a cop, and he said one day,

he and his partner were checking on a prisoner who had been paroled. He said, "This one particular time, I had this gut feeling that we shouldn't go in the house." But they went in anyway. When they went inside, the man started going after them with a knife. Luckily he ended up ok. But, if when he had the gut feeling, and he would have listened to it, things may not have been so traumatic. (Maybe he could have called for backup before they went in.) And... If I would have listened to the doctors years ago when I had epileptic seizures, I would probably be dead and I wouldn't be writing this article today. So.....if a doctor tells you something and your gut feeling disagrees with it, always trust your gut feeling above all else and ignore the doctor. That gut feeling can guide you back to complete healing. *Completely unscientific, but very natural and very effective.* You can start getting in touch with your gut feeling by keeping a journal - just a few lines a day, or keeping a dream journal. You never know when a lifesaving piece of information is going to appear in a dream - it's happened many times before.

13. Always be thinking to yourself, "How can I bring more love in my life?" "How can I be more loving towards myself?" Unconditional love is the most powerful healer of all. Start loving yourself and people will show up in your life to reflect that love. Remember, no one can love you more than you love yourself. So, love yourself well, and you'll be loved well! When you love yourself, that love naturally extends out to other people as well. When you're no longer hard on yourself, you stop being hard on others. They notice that you're gentle, fun and easy to get along with. People start getting the feeling that you love them as well, (because you do) and a whole cascade of love begins to happen. And there is a beautiful healing exchange between people that defies any medical or scientific explanation, but which leaves a longer lasting impression than any other emotion we can ever experience in our lifetime.

Lastly, I'll share the letter we received last month that really pushes these points home.

"Dear Dr. Foster,

This is going to seem kind of silly, but I just want to thank you for acknowledging something that many doctors seem to be unwilling or unable to get; that manic depression has a definite link to nutritional and hormonal disorders. Long story short, I thought I was manic depressive (never diagnosed) my whole life, until four years ago, the first time I even heard of hypoglycemia. At the same time, I was experiencing every hallmark symptom of an overactive thyroid, and when I started reading, I realized I had had symptoms of an under active thyroid for years preceding that.

It all started to fit together with me when I heard about hypoglycemia. When I went to my doctor, thinking she would help me, telling her how I was hot all the time, always hungry, that my eyes were a bit wider than usual, my heartbeat was

rapid, my hair was falling out and getting finer, I was losing a ton of weight despite eating more than ever, going to the bathroom all the time, having a hard time sleeping, a little nervous, tired and achy, and that I felt a fullness in my neck-and, yes, I did mention the euphoria which is KNOWN to go along with an overactive thyroid-well, after I mentioned that last one, she completely ignored all of the other symptoms, leaned in, and very patronizingly said, "Joey, I think what you experienced was a MANIC episode," as if I had never heard of the term.

Thus ended what little respect I had for the general Western approach to medicine. So, I don't know if this e-mail actually goes to the doctor or not, but if it doesn't, I would really appreciate if this could be forwarded to her. I am passionate but also a little angry about the approach to mental illness in this country, with uninformed people-as well as doctors who should know better-acting like pills are always the number one solution to these problems.

I believe that there is an epidemic of hypoglycemia going on in this country, and it disturbs me to see the American Diabetic association choosing Schweppes-the maker of soda and candy-as a sponsor, while they still recommend that diabetics can eat sugar 'as part of a healthy lifestyle'. And if you look on the website for the Natural Sugar Council, they say that sugar is not addictive, causes no disease other than tooth decay, does not lead to diabetes, and that it is 'brain food'.

Meanwhile, at least half-but probably more-of teaching hospitals in this country get contributions from the drug companies! And the doctors who learn in this atmosphere are the ones 'mentally ill' people go to in their time of need, and they are giving pills, with little, if any, mention of nutrition. And if you go to the endocrinologist with a copy of Mary Shomon's "Living Well With Hypothyroidism", they call you a nut job.

Sorry to rant so much, but just out of curiosity, I Googled 'hypoglycemia' and manic depression, and I found this page. I just wanted to voice my appreciation to Dr. Foster for actually getting it and not subscribing to the rigid, ignorant, and far from helpful school of thought that far too many professionals hold when it comes to mental illness. Perhaps one day the people in this country will wake up and realize that we need to become more educated about these things, for ourselves, our loved ones, and society as a whole, instead of trusting doctors who care more about presents from the drug companies than the patients they took an oath to help. Thank you, Dr. Foster, for scoring some points in getting down to the root of these problems, and for helping others with this knowledge. You don't know how good it is to see someone using her own brain instead of running with the pack. We need more doctors like you."

What an amazing letter from a very insightful young man.

OK, I want everyone put on your natural sunscreen and bug repellent, go outdoors and enjoy nature. And when you're indoors, experience nature with natural food and healing herbs and essences. Take a deep breath and smile – life is grand!

Yours in health,
Cynthia Foster, MD

P.S. We're having a sale this month on emotional healing remedies, so make sure to visit the website and take advantage of the savings.

To unsubscribe from this list or to make changes to your information, click here.