



EMOTIONAL HAPPINESS AND DIGESTIVE HEALTH

The Dynamism of Nurture, WellBeing & Inner Strength

Ann Marie Nielsen, PhD

We are all aware of the connections we make between emotions and our stomach or digestion. Reflect on how often you said or heard: “I have butterflies in my stomach”, “I can’t stomach it”, “I felt kicked in the stomach”, “I had the guts to do it!”, “Give me some time to digest that”.

A few dynamics that trigger digestive upset include:

- *Recurrent stress and situations that do not “resolve”
- *Unresolved fear in our abdomen
- *An inability to accomplish what we desire - feeling powerless
- *Difficulty saying “no” to the demands of others
- *Sudden loss or the fear of future loss

My patients with recurring digestive problems, often have unresolved emotions related to putting others needs before their own and the resulted un-digested anxiety from this imbalance. Thus, a key to digestive health involves “intestinal (inner) fortitude” and a healthy balance of giving and receiving.

Speaking with strength, from the “gut” and from the “heart” creates positive self-expression and creates mutually supportive relationships. This self-respect coupled with the ability to receive “nourishment” and nurture in all its forms, sets the tone for healthy digestion. The emotional component to the abdomen area is “empowered choice” as well as self-acceptance and self-confidence.

Another key to healthy digestion involves living from mental calm, and emotional peace. When we experience stress, often blood moves away from the digestive system and organs toward the limbs of the body (to prepare for fight or flight).

This does not just occur during actual physical threat. This stress response happens from even worry or thoughts of financial loss, relationship instability or other changing life events.

To enhance digestion, prior to a meal, take a few deep breaths and allow yourself to relax. Set an intention to receive nourishment from your food, and to experience vitality and strength in your body. When possible, just relax with your meal without other distractions.

With a healthy diet, relaxation at meal times, emotional wellbeing, and balanced relationships, you enhance your digestive health and strengthen your entire body.

To strengthen your digestion and overall health, the following therapies are beneficial:

- *Relaxation Response Therapy
- *Self-confidence and increased inner strength
- *Forgiveness and releasing of the past
- *Breathing Techniques for a calm mind and body
- *Releasing the core stressor and perceptions/beliefs that create fear
- *The Art of Communication for Mutually Supportive Relationships

I welcome you to visit us to reach your highest potentials of digestive health, physical wellness and emotional wellbeing.

Wishing You Health & Happiness

Dr. Ann Marie Nielsen

Ann Marie Nielsen, PhD. Licensed Mental Health Counselor FL8181, Pastoral Counselor, Mind-Body Wellness Consultant, Business Consultant, BioGenesis Practitioner

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