

# How it Works

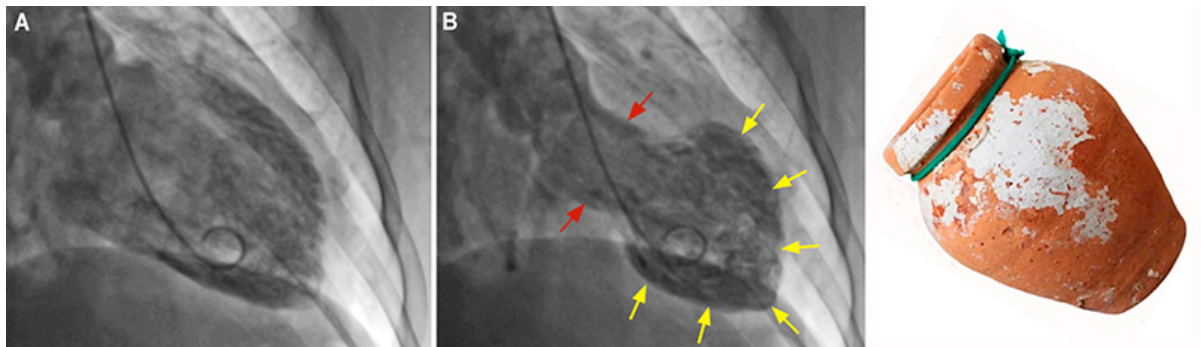
Imagine for a moment that the persistent headaches you've been experiencing aren't just random occurrences or simply a result of stress at work. Or maybe, that your back hurting for weeks is not just the result of your mattress, afterall, your partner didn't have any discomfort.

What if they're actually your body's way of signaling that something is off, that your mind is not aligned with your physical self. What does our suffering body tell us? Our first and only true companion, with whom we didn't take the time to engage in a dialogue, to listen to what it has to tell us, never taking the time to acknowledge ourselves.

In our modern world, we often approach health and illness from a purely physical perspective, treating the body as a machine that occasionally malfunctions. However, what if there's more to our disorders than just biological processes? What if our physical symptoms are actually messages from our inner selves, signaling deeper emotional and psychological imbalances?

Research shows, our body is highly responsive to our feelings. Fear and grief, for example, can cause profound cardiac injury. The nerves that control unconscious processes such as the heartbeat can sense distress and trigger a maladaptive fight-or-flight response that triggers blood vessels to constrict, the heart to gallop and blood pressure to rise, resulting in damage. In other words, it is increasingly clear that our hearts are extraordinarily sensitive to our emotional system.

There is a heart disorder first recognized about two decades ago called "takotsubo cardiomyopathy," or "the broken heart syndrome," in which the heart acutely weakens in response to intense stress or grief, such as after a romantic breakup or the death of a loved one.



As these pictures show, the grieving heart in the middle looks very different from the normal heart on the left. It appears stunned and frequently balloons into the distinctive shape of a takotsubo, shown on the right, a Japanese pot with a wide base and a narrow neck. We don't know exactly why this happens, and the syndrome usually resolves within a few weeks. However, in the acute period, it can cause heart failure, life-threatening arrhythmias, even death.

Takotsubo cardiomyopathy has been linked to many stressful situations, domestic disputes, gambling losses, even with widespread social upheaval, such as after a natural disaster. In 2004, a massive earthquake devastated a district on the largest island in Japan. More than 60 people were killed, and thousands were injured. On the heels of this catastrophe, researchers found that the incidents of takotsubo cardiomyopathy increased twenty-four-fold in the district one month after the earthquake, compared to a

similar period the year before. The residences of these cases closely correlated with the intensity of the tremor. In almost every case, patients lived near the epicenter.

Today, our bodies have become transformed from an almost supernatural object imbued with philosophy and meaning, into a machine that can be manipulated and controlled.

But this is the key point: these manipulations, we now understand, must be **complemented by attention to the emotional life.**

And yet, medicine today continues to conceptualize our bodies as a machine.

Undoubtedly, the past 100 years are one of the greatest scientific success stories, stents, pacemakers, defibrillators, coronary bypass surgery, transplants,.... However, it's possible that we are approaching the limits of what scientific medicine can do to combat specific diseases (*the rate of decline of cardiovascular mortality has slowed significantly in the past decade*).

**We will need to shift to a new paradigm** to continue to make the kind of progress to which we have become accustomed. In this paradigm, psychosocial factors will need to be front and center in how we think about health issues. This is going to be an uphill battle, and it remains a domain that is largely unexplored (*The American Heart Association still does not list emotional stress as a key modifiable risk factor for heart disease, perhaps in part because blood cholesterol is so much easier to lower than emotional and social disruption*).

We must pay more attention to the power and importance of the emotions in taking care of our bodies. Emotional stress is often a matter of life and death.

No doubt, this and similar studies are small, and, of course, correlation does not prove causation. It's certainly possible that stress leads to unhealthy habits, and that's the real reason for the increased health conditions.

But as with the association of smoking and lung cancer, when so many studies show the same thing, and when there are mechanisms to explain a causal relationship, it seems capricious to deny that one probably exists. What many doctors have also concluded: the emotional heart intersects with its biological counterpart in surprising and mysterious ways.

Our goal is to continue thinking, searching, and researching the connection between our inner world factors that directly can affect our health. Collected funds are used to further the research in this field, being extremely undervalued and "under regarded" considering its low return on investment for pharmaceutical companies.

Our approach is **rooted in two powerful traditions:**

- Traditional Chinese medicine, with its holistic view of health, teaches us that the body and mind are inseparably linked, with the flow of vital energy, or Qi, being essential to our well-being. When this energy becomes blocked or unbalanced, it can manifest as physical symptoms, signaling deeper issues within our emotional or spiritual life.
- Carl Jung's psychological theories further illuminate this connection by exploring how our unconscious mind and unresolved emotional conflicts can shape our physical reality. Jung proposed that our psyche, particularly through what he termed the "shadow," holds repressed emotions and unresolved experiences that, if not integrated, can lead to psychological tension and, ultimately, physical symptoms.

Rather than simply treating symptoms, we seek to understand what is behind our illness by exploring the emotional and psychological dimensions of our experiences. By

recognizing these links, we can begin to address the true sources of our discomfort, leading to deeper healing and a more balanced life.

This approach is supported by the emerging field of epigenetics, which shows how our behaviors and environment can influence gene expression, further linking our emotional states to our physical health.

Through our resources, you're invited to engage in a dialogue with your own body, to listen to the messages it's sending, and to uncover the emotional roots of your physical symptoms. It's a journey toward self-awareness and holistic well-being, one that acknowledges the complexity of our existence and the powerful interplay between our physical, emotional, and psychological selves. This is about empowering us to understand the profound connections between our bodies and minds.

And perhaps, one day we'll come to understand that illness isn't just a stroke of bad luck or something inevitable, but rather a message from our inner self, our deeper consciousness, or even our Inner Guide. This new outlook could help us recognize the lessons hidden within our challenges, encouraging us to tune in to the wisdom that lies within.

We encourage you to explore the full spectrum of your experiences and address not only the symptoms but also, the root causes of your discomfort. When you embrace this approach, you empower yourself to live a healthier, more balanced, and fulfilling life.

### **Here are a few patterns that we've draw out**

For a psychological conflict to have physical direct repercussions, the conflict has to be

1. Unexpected/sudden (It is more likely to cause a shock that can trigger a significant body response. It has to disrupt the individual's normal coping mechanisms, make you startle, you are shocked, surprised, stunned,...)
2. Dramatic (impacts your emotional state, disturbs/traumatized you on that moment)  
*Ex: You put your foot on something disgusting in a public pool, and you are particularly disgusted by it.*
3. Isolated (At the moment of the event you have to feel alone facing it, with no one with whom you can truly share the issue to get help)  
*(Experienced in isolation. This means that you perceive yourself as alone in facing the situation. There is no immediate support system or means to share the burden of the conflict with others.)*
4. Negative?

You can check our patterns for resolving underlying psychological conflicts [here](#).

We are improving our knowledge everyday:

- We are constantly monitoring the research in this field.
- We work with health specialists around the world who gather data everyday, helping us improve our own data. This data helps us recognise patterns, to delve into interesting cases, and perfectionning our algorithms until we have a version we are happy with.

Want to learn more? See our recommendations below:

- ▶ How your emotions change the shape of your heart | Sandeep Jauhar

Michel Odoul, "Dis moi où tu as mal, je te dirais pourquoi" available in different languages.