



# Thoughts & Emotions Impact your Health



Our thoughts trigger emotions. When we feel joy, happiness, acceptance, approval and positivity, those happy sparks go to our physical body and bring vitality.

On the other hand if what we think makes us feel rejected, fearful, stressed, anxious, guilty disempowered, resentful, hate, jealous, sad, shame, angry, rage, melancholy, disgust and loneliness, then these emotions will also go to your physical body, but now it will have a negative effect.

- **Fear** gives you the survival instincts you need to keep yourself safe from danger.
- **Fear** is an unpleasant emotion caused by the threat of danger, pain or harm – real or imagined, physical or emotional.
- **Fear** can be subtle (worry, unease or distress) or more intense (nervousness, unrest, scared) and out of control (terror, panic or anxious).
- **Feeling negative emotions is a signal that something needs to change!**

Avoiding negative emotions is not the goal, but rather becoming aware of them and creating change in the areas that caused them. By not allowing the negative emotions to fester in your body, you give yourself a greater chance at avoiding illness possibly caused by negative emotions.

The human being, composed of **head, heart and body** is an amazing creation that is always busy to heal and bring balance.

**If you eat unhealthy food, find yourself in a negative head space and feel negative emotions for months or years on end, this can manifest physically as illness. The healing required is deep rooted, and consists of physical, mental, and emotional work.**

It is a **gift** that for the most part we have control over what we feed our bodies, what we feed our minds and what we do with our emotions. We should make every effort to choose wisely, for our own wellbeing.

**We encourage you to do the inner work and possibly prevent disease.**

An important step is to cultivate self-awareness.

## SELF-AWARENESS:

“the ability to take an **honest** look at your life without attachment to it being either right or wrong”

***Is the root of your problems emotional or physical?***

A person can be tired because of nutritional deficiencies.

It can also be because of not having any purpose or drive for life. You may be struggling with a variety of physical symptoms like fatigue, dizziness, headaches etc. that need intervention, but it remains important to get to the emotional reasons too.

**Only treating symptoms is not a sustainable plan.**

There are no pills that help for  
resentment, heartache, loneliness, rejection, guilt, fear,  
anger or any other emotion.

**As humans we have the tendency to seek comfort from stimulants and food.**

When we do not solve the root of our problems, we can overuse food, smoking, alcohol, drugs, medication, etc. for the sake of seeking comfort and numbing. This will make things worse and create more problems.

Life is not going to get easier.  
We will have to get tougher.

Get an action plan - work with what you have got.

**Empower yourself.**

*Forgiveness* is the key to freedom.  
Accept what is now  
It is what it is.  
It is over.  
You cannot change the past.  
Forgive people who wronged you.  
Let it go.  
Forgive yourself.  
Walk away from the past.  
**Walk in forgiveness.**  
Choose life!



[www.emagenes.co.za](http://www.emagenes.co.za)

(051 448 2186)

---

**Please Note:**

This pamphlet only provides information and is not for diagnosis or treatment of specific illnesses. Pregnant woman, those sensitive to specific herbs, on prescription drugs / medication should first consult their practitioners before taking any herbal remedies. Tell your doctor if you are using herbs and natural supplements before going for surgery as they prevent blood from clotting. You are responsible for your own actions and decisions. Do as much of your own research as possible.