



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Wendy Lanser, Doctor of Chiropractic

I'm Always Angry...Getting To The Heart of the Matter

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Dear Patient and Friend,

Happy New Year!

If you look around though, not all appear to be so happy. Do you know of anyone who always seems angry? You have to tiptoe around them because you never know what will set him or her off. That person may even be you as you try to keep this emotion hidden and under control. Persistent anger is often found in those stuck in a vicious cycle of pain and exhaustion. Anger is often a response to pain - either physical and/or emotional, and/or sheer exhaustion. This response just creates even more pain and exhaustion. There is a way to balance the heart and brain so it is capable of escaping the vicious cycle of anger.

I'm Always Angry- Getting to the Heart of the Matter!

Anger is a natural human response ranging from mild irritation to rage. It can be an appropriate response to injustice as long as it also leads to appropriate action.

I'm Always Angry- Getting to the Heart of the Matter! (continued)

In most circumstances, however, anger is a secondary emotion. Other emotions are percolating under the surface causing the anger. These may be fear, hurt, sorrow and grief, loneliness, rejection, hopelessness, etc. When someone explodes with anger we might wonder, "What are they afraid of, or how has life hurt them so deeply?"

Many people cover up their anger. It is their secret because they believe it's not okay to be angry. The anger is toxic emotional sludge bubbling just beneath the surface. It takes work to keep it hidden and under control. This work is stress, which causes more anger. When the pressure builds, the anger explodes and then there are regrets. This also feeds the anger.

No one enjoys feeling angry all the time, even if it is hidden. It's constant stress. The question to ask is, "What happened to hurt my heart?" "What happened to hurt my brain?" The "hurt" can be a chronic physical pain, emotional pain, relational pain, mental pain or even an environmental stressor such as the work or home situation. What story or stories do you have to tell that may reveal the cause of anger?

Anger provides the heart and brain the energy to stay alive to fight another day. Heal the underlying anger by first dealing with the cause(s) of the emotion.

"I struggled with anger most of my adult life. I was the classic example of not expressing my anger and worry and quietly suffering. I thought no one could tell. In fact someone could tell, Dr. Wendy. She read my body and we began to work on it together with adjustments and nutrition. In many ways she saved my life and I finally can live without being run by anger and worry. "

-Cynthia B. from Los Altos

*"That is my
secret, I am
always
angry."*

-Hulk in the Avengers Movie

Release the fear, hurt, sorrow, grief, loneliness, rejection, and hopelessness that are holding the heart and brain hostage. Emotional freedom also comes with forgiveness. Anger is no longer needed for survival.

Dr. Wendy Lanser a Doctor of Chiropractic Can Help

Dr. Wendy uses techniques to help address these emotions. She looks for distortions in your muscles and skeletal posture that can be caused by emotional pain and/or physical injury. These distortion patterns cause problems in the flow of energy and information coordinating the movements and ability to process stresses and emotional responses in the body. Using the Koren Specific Technique she locates and releases or adjusts distortion patterns and allows your mind/body to function at a higher level of efficiency, harmony, communication and health. These distortion patterns are caused by physical injury, or emotional pain or dysfunction and prolonged stress.

In addition to using the adjusting technique to address the physical or emotional pain, Dr. Wendy uses nutritional supplements and essential oils to change and correct the disruptive chemistry of the body.

For Anger, Dr. Wendy often uses nutritional supplements and essential oils by themselves or in combinations.

VerVita® Products are formulated to get to the heart of the matter.

Heart Harmony essential oil works to balance energies so the heart can release stored toxic emotions.

Present Moment essential oil works to balance energies so brain emotions are able to be released.

Sore to Soar essential oil balances the body so it can release physical & emotional pain such as fear, anger, bitterness & frustration.

Kalmz is a nutritional supplement that supports the body in releasing excess toxins and emotions.

ReGenerZyme Thyroid is a nutritional supplement, which supports the brain in achieving emotional balance.

Suggestions for Essential Oil Use:

Topically: Place 1-2 drops of one or more essential oils on throat, sternum, base of neck and/or wrists.

Footbath: Add 10 drops or more of essential oil to warm water and soak for 30 minutes.

Bath: Add 30 drops or more to warm water with Epsom Salt and soak for 30 minutes.

*You can safely combine VerVita Products essential oils.

If you know this article sounds like you or someone you care about Dr. Wendy is available for a consultation. Please call or talk with Poonam and she will gladly set up an appointment.

It is always a good time to give someone a gift that helps their heart so here are some great gift ideas.

Gift Idea: An Unscented Candle and Present Moment and/or Heart Harmony Essential Oil by VerVita. Include the instructions to add 1 drop of Present Moment and/or Heart Harmony near the base of the wick of the unscented candle. Light the candle and relax as the aroma fills your home and reminds you to enjoy the moment. **ADD a comedy movie** and help create a rush of the feel good endorphins. Laughter helps one forget the hurt and pain. Laughter is often called "the best medicine." It creates endorphins for the mind but it also enables your mind to think or focus on something else. You can't be laughing and focusing on pain or circumstances at the same time.

Sore to Soar Essential Oil by VerVita has Frankincense

**which offers relief
for those who are
stressed, in
emotional pain &
dealing with fear
and anger.**

Gift Idea:

**Neck Warmer &
Sore to Soar
Essential Oil by
VerVita. Include
Instructions to
apply Sore to Soar
Oil directly on the
neck and wrap the
neck warmer
around the neck.
This feels
wonderful!**