

# EMOTIONAL HEALTH

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**The Emotional, Spiritual and Physical parts of our being rise and fall together. If there is damage in one area the other two will suffer until the damaged is addressed or cleared. Anytime there is disease or injury there is blockage. The Blockage must be cleared whether Emotional, Spiritual, or Physical, for a healthy condition to be obtained.**

## What is Emotional Health?

**The ability to calmly deal with life's "ups and downs".** All of life must be grown into. Emotional and Mental muscles must be developed and strengthened through use. We call them habits but what is a habit really. It is the development through use of an emotional or mental ability.

**The ability to emotionally support someone else.** Facing a life altering event alone can crush the physical life of nearly anyone. The Ability to be that understanding friend standing silently by our side during times of crisis is a gift of inexpressible worth. With the inner strength to be or do whatever needs to be done.

**The ability to move steadily "Onward & Upward" regardless of what the day brings.** Knowing the Father of love has you covered, back, front, and both sides, provides the inner strength to continue to hold all the gifts we have to give in an open hand. We are able to be "Other focused" in a crisis.

**Spiritual & Emotional Maturity.** Those with true emotional health are able to respond quickly with the need arises. They do not wait for an opening opportunity or ask for directions. Repeated experience has shown over and over again the way to begin is just to do the next thing that needs to be done. The Father will open the way when that first step is taken out into the great unknown. Maturity has discovered the way has been marked out one step at a time. He has found he is walking in the footsteps of a King.

## Herbal Aids

There are several Herbal Supports I have used over the years to support as well as heal the physical and emotional nervous system.

The combination known as **The "NF" formula (Nerve Food)** is an excellent support in times of extreme stress as well as supporting the healing process during the long journey back to emotional health.

**Brain Food:** Increases blood flow to the brain aiding in clearing the brain fog that is often a part of emotional damage. Using ½ to 1 tsp. once or twice a day is an excellent support for clear thinking.

**Super-Kelp Capsules and Superfood** are excellent sources of nutrition for energy we all need to thrive.

**The General Nervine formula** is not only an excellent sleep aid but when given during the day in lower dosages can be used for emotional crisis management.

*I have seen firsthand how the General Nervine formula will allow the mind to process the changes while keeping the emotions from cascading out of control. The sting of loss will come to all of us at some point. Pain when embraced as a teacher can uplift and ennoble as the heart and mind find the inner strength to rise above and move on. The discovery, the gift, is that you are more for having passed through the fire.*

### **Using Lobelia & Cayenne for Emotional Healing**

Using Cayenne and Lobelia during counseling or when journaling:

**Cayenne:** Using 1 tsp. added to a glass of juice taken just before a counseling session or when “Free writing” in a journal. The results are Cayenne works on the emotional life as it does on the physical body; it enhances the ability to let the emotional issues bubble up and process. I found when using Cayenne that the process dealing with myself flowed much better.

**Lobelia:** at the end of the session ½ tsp. Lobelia added directly into the mouth followed with a swallow of juice or water will allow the emotions to settle. When using Lobelia at the end of my counseling I was able to rest for ten minutes then freely go about the rest of my day. All the emotional issues had settled and were processing on the unconscious level where the work of healing is truly done.

### **Dangers Of Prescription Sedatives**

Many will turn to drugs--especially tranquilizers--to relieve the emotional stresses that they feel. Unfortunately, these tranquilizers can contribute to the problems they purport to solve. Specifically, tranquilizers interfere with the natural cycles of sleep. The most healing comes during the Rapid Eye Movement sleep (REM), the dreaming time, not the deep sleep that precedes it. However, tranquilizers keep you in the deep sleep stage and don't allow for the lighter REM sleep. Therefore, you can't rest out and your sleep is not healing.

### **Junk Foods Can Increase Emotional Stress**

**Processed, low quality foods can dramatically increase anxieties.**

The toxins from Chemical additives, whether preservatives, colors, or enhancers, can cause one to feel edgy, not ourselves.

Sugar can bring on an emotional roller-coaster by hyping the emotions up then when they plunge down the lows will equal the highs causing a feeling of depression. Avoid anything that will cause

this ***rubber band effect***. Remember the downward swing will equal the degree of the upswing. That is natural, the way our emotions work, for all the highs, even truly happy events, you must allow for the lows.

Digesting Heavy animal proteins can give us a feeling of dragginess and inability to work. Try a glass of **Superfood**,(4 tablespoons for a great energy lift) it will be in your system in 15 minutes providing energy.

Processed devitalized foods tends to make us feel as though our teeth are on edge, in a fairly healthy person it can take up to three days to eliminate the bad effects of these non-foods from the systems.

A wholesome diet of simple foods can provide tremendous emotional stability. When under emotional stress add the Herbal Support Formulas to your good healthy food program to heal and soothe the nervous system further. These Formulas feed the nerves and heal frayed nerve sheaths.

**Celery juice and plenty of lettuce in salad can help relax you.**

**Even our clothing affects our emotions.** The natural fibers worked in harmony with our bodies, while synthetics prevent good circulation of oxygen in and toxins out through the skin. Natural fibers allow our skin to breathe and give off toxins. As a matter of interest, rayon is made out of cellulose; it is sometimes called the "natural synthetic." It's the only man-made fiber that comes close to behaving like a natural.

**Exercise can help us work out emotional problems.**

Moving the body creates circulation emotionally as well as physically. All physical and mental development, growth, and advancement occur only through physical and mental exercise, through application, through purposeful action. This is the law of exertion.

If you want to become strong in any way, you must exercise that ability. If you want strong muscles, you must exercise; strong math ability, you must work problems; strong musical skills, you must practice your instrument. And if you want to be strong in the things of God, then you must choose to live out and apply in life the principles and methods of God.