

Choice

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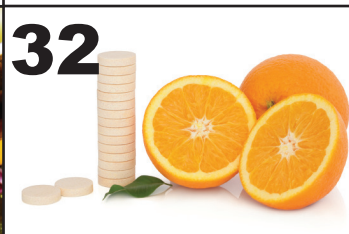
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**Your Health and
Wellbeing Success
Starts Here!**

Are you a health-conscious consumer, looking to come into the industry or looking for a suitable treatment? Find out what the experts say and read.

Emotions



what are they making you do?

Most of us experience far more negative emotions, every day, than positive ones. These days the levels of happiness have dropped significantly and it has become an occasional thing! It is very important to know that we are emotional creatures. All that we do is to fulfil some emotional need.

The limbic system (or Paleomammalian brain) supports functions including emotion and behaviour but it doesn't understand language. What that means is that the part of your brain which is responsible for your behaviour doesn't understand language, it understands feelings!

Deficiency of vitamins, vital minerals and nutrients can be taken care of with supplements and diet, but what about the deficiency of self-love, self-praise, self-respect? What do you do for the needs like fulfilment, peace of mind or inner joy? Negative emotions lead to many mental health problems and many physical illnesses.

'To experience positive/healthy emotions you don't need a big house or a nice car or a managerial job or a million pounds in your bank.' ~ Maddy Malhotra

Society today is material and fame oriented. We aren't taught that it's the internal world which matters more than the external; that it's the feelings and emotions which are the fuel of human beings.

The people who themselves didn't know much about creating a high-quality life programmed you to see the world the wrong way round. Most of us are concerned about what other people see us as, the clothes we wear, our professional designation, our financial status, the house we live in, the car we drive, the school our kids go to, etc.

But the truth is that we are 'emotional'

creatures. Every action of ours is influenced by our emotions. All that we do for others and for our social image is far less important than experiencing inner happiness, peace, love and gratitude.

Intellect is not a substitute for emotions. We are conditioned to live for others, to live by the rules of the society which is driven by money, fame and fears!

'People spend a lifetime searching for happiness; looking for peace. They chase idle dreams, addictions, religions, even other people, hoping to fill the emptiness that plagues them. The irony is the only place they ever needed to search was within.'

~ R. L. Anderson

Negative emotions have a purpose too. They tell you something isn't right and must be looked into.

'Fear and pain should be treated as signals not to close our eyes but to open them wider.'

~ Dr. Nathaniel Branden

'We often try to hide the emotion or run from it. Emotions play a fundamental role in life. They help us to form relationships, experience growth, and evaluate our performance. Besides that, they prompt us to learn and sometimes prompt us to quit, fight, cry, lie, and/or to hide.' ~ Dr. Erik Fisher

It's the emotional issues which people can't handle and they use all sorts of means such as

stimulants, self-harm or comfort eating as a solution or distraction.

We have many emotional needs like love, certainty, fulfilment, variety and significance. A part of these needs can be fulfilled by ourselves; however, these days most of us try to fulfil these needs completely from outside, hence we become stuck in a loop of showing-off, pleasing others, approval addiction, changing sex partners etc. because most of us have a low self-esteem. Yes, we do need some approval or attention from others but a lot of it can come from within us. This is why the fear of rejection is one of the most common in us today! We are begging for love and approval from others.

This type of society, which is full of people with negative/limiting beliefs about themselves, is bound to have more and more mental health patients! Studies show that positive emotions reduce the negative effects of stress on the body (physiology) and improve problem-solving skills (decisions leading to results).

'At the end of the day it's not 'what looks good' that matters, it's 'what feels good.'

~ Maddy Malhotra

Use emotions to accelerate your success and accomplish goals. If you want to accomplish something, you will have to clearly visualise the exact outcome you desire including how you would feel when you achieve your goals. When you experience a negative emotion ask: What can I learn from this feeling? Is there something I must resolve? **CHW**

© The above article has been taken from the book **"Bullet-Proof Belief: How To Achieve Every Goal You Set"** by: Maddy Malhotra Success Coach, Self-Help Author, Motivational Speaker www.BulletProofBelief.com