



# Your Energy Practice

## Anxiety and the Adrenals — Part 1 Unraveling Fear and Worry

*(This is the first of six articles that will examine the debilitating impact of anxiety and Energy Medicine practices to help overcome it.)*

Before we begin this journey into understanding the nature of anxiety, let's hear from the folks who like to collect data.

Statistics from anxietycentre.com<sup>1</sup>:

- Approximately 40 million adults in the U.S. suffer from some form of anxiety.
- An article published in the Journal of Clinical Psychiatry, The Economic Burden of Anxiety Disorders, discusses the cost of anxiety. In the U.S. alone, more than \$42 billion a year is spent on anxiety disorders. That is one third of the entire \$148 billion that is spent on mental health issues in the U.S.
- More than \$23 billion of that total \$42 billion is spent on the repeated use of healthcare services — anxiety symptoms that mimic physical illnesses.
- People with anxiety are three times more likely to go to a doctor and six times more likely to be hospitalized.
- Anxiety has become the number one mental health issue in North America. It is estimated that one third of the North American adult population experiences anxiety unwellness issues.

From National Institute of Mental Health<sup>2</sup>:

- An estimated 31.1% of U.S. adults experience an anxiety disorder at some time in their lives.
- Among adults with any anxiety disorder, an estimated 22.8% had serious impairment and 33.7% had moderate

impairment.

- A majority of people with any anxiety disorder experienced mild impairment (43.5%).
- Women have double the risk for anxiety disorders than men do.
- Anxiety can cause or exacerbate physical illness.
- Anxiety is considered a prime contributor to substance abuse.

Ok — sigh. Pretty overwhelming. Anxiety is a big deal for sure. Anxiety is a vague, intangible, fluctuating sensation that wreaks havoc on our bodies as well as on our minds. It settles over us without warning, draining joy, optimism, pleasure, wonder and contentment. Anxiety keeps us locked in a cycle of stress and worry that exhausts our body and shrinks our world.

Anxiety is classified as a mental health issue. The resulting assumption is that there is less bearing in the physiology workings of the issue of anxiety than say a diagnosis of osteoporosis. We think we know what causes osteoporosis. We also know what the healed state of an osteoporotic bone looks like. Osteoporosis is measurable in all its stages. Those who suffer from anxiety do not have the luxury of such assessments — we cannot look at an x-ray or read a blood panel and understand what ails us. It is different.

But I am here to say emphatically that anxiety is deeply rooted in your physiology. There are very strong biological patterns that are at play in a state of anxiety. There is a biological cause. There are very strong biochemicals at work to create and prolong a state of anxiety. In fact, anxiety enlists just about the strongest biochemistry we have — the adrenal complex — to create and perpetuate anxiety patterns.

There is real hope for sufferers of anxiety disorders with Energy Medicine techniques and treatments. Energy work, in any of its forms, is proving to be the real antidote to anxiety disorders. This 2019 series of six articles will teach and explain many practices that are easy to do on yourself as well as others to relieve the state of anxiety.

So, let's begin by defining anxiety as the fear of future pain. Anxiety is the dread that something bad will happen in the future and you will not be able to cope with it.

- There could be a saber tooth tiger locked in the garage.
- You will not have enough money to deal with it.
- You will not have enough support to deal it.
- You will not be skilled/strong enough to deal with it.
- Anxiety is about your lack of perceived capacities, talents and skills.
- Anxiety is not bad things happening now; it is the



- worry we feel about bad things potentially happening.
- Anxiety is about a possible reality.

So, let's define fear.

- Fear is happening now.
- There IS a saber tooth tiger locked in the garage.
- Fear is reactive.
- Fear is useful and keeps us safe.
- We do not want to shut down or 'overcome' fear.
- Fear is protective, primary and very necessary for our survival.
- Fear is about an actual reality.

Discerning the difference between the physiology of fear and anxiety is not easy to do. The body is always in the present moment. The chemistry of stress kicks in whether we think there-might-be-one-day-it-could-happen a saber tooth tiger locked in the garage or actually have a saber tooth tiger locked in the garage. Our body will drop into a cascade of stress hormone/chemical reactions to the actual tiger AND the abstract tiger. Fear and anxiety feel the same.

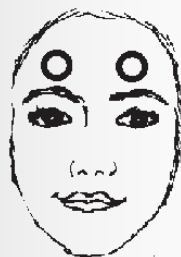
Here is the first thing we want to do — we will spend time later in the year learning how to discern between fear and anxiety — but for now let's just do something to begin to calm that cascade of stress chemicals that show up whether the tiger is really in the room or we think that the tiger will be in the room. . .

For the purpose of these articles I am going to use the word stress to mean the sensation we get whether the tiger is in the room or not. Stress is the sensation we experience when the adrenal complex of hormones/chemicals kicks in; this happens whether there is an actual reality or a possible reality — stress feels the same.

### The 'Oh My God' Points

The frontal eminences — about an inch above the eyebrows and about an inch below the hairline — are points that control the blood flow into the neo frontal cortex. When we are hit with a stress the blood leaves the forebrain and is moved to the arms and legs. The biological purpose of this is so we can either run very fast, be very strong to fight or hold very still until the danger passes. When we

simply hold our forehead the magnetic pull of our hands pulls the blood back into the forebrain and creates a relaxation response.



If there is real danger — it is not a good idea in the height of the danger to stop and hold your frontal eminences. You gotta get the kids out of the burning

From [www.icpkp.com](http://www.icpkp.com)

house and safe on the front lawn. However, if you find yourself in a fear state and the house is not on fire, hold your frontal eminences for 2 to 5 minutes. When you restore the blood, oxygen and glucose to the neo frontal cortex — the front brain — you turn off the fear response and encourage the relaxation response.

This very powerful technique — the OMG point hold — is deceptively simple. Do not underestimate how important it is to have blood, oxygen and glucose to your neo frontal cortex. The neo frontal cortex is the brain's real estate of our highest learning and reasoning. If there is no imminent and immediate danger and the house is NOT on fire — it just a possible reality, not an actual reality — holding your frontal eminences reestablishes the energy to the neo frontal cortex and you are able to process what is true in the moment. Your ability to self-soothe and say "I am safe in this moment" is restored. Rather than wring your hands looped in worry, you might actually replace the batteries in the smoke alarms. . . a good decision in the face of the concern over a house fire. That is healthy neo frontal cortex thinking.

Over time, holding the Oh My God points while in the space of anxiety will begin to train the stress reaction to discern between an actual reality and a possible reality.

In the next issue we will discuss a series of acupoint holds to turn off the stress hormone/chemical loop. €



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