



# Cool the Fire of Anger

## For Better Health and Happier Relationships

When people are thinking about adopting better health habits they usually try to improve their diet, exercise, get a good night's sleep and perhaps take a few herbs or supplements. Some people also work on changing their attitude to be more positive. Few people work on their emotions or even consider the role that emotions play in their health problems.

This is a shame, because traditional healing systems all over the world have recognized that our emotional state has a huge impact on our health and is also an important clue as to what organs in the body may need help. For example, in Traditional Chinese Medicine, an excess of anger is thought to damage the liver and gallbladder. The liver/gallbladder connection to anger is also found in traditional Western medicine and culture, as shown in the expression, "that really galls me," (gall being another word for bile).

Even modern Western medicine recognizes that angry people are at much higher risk for cardiovascular problems. Again, our language intuitively recognizes this when we talk about angry and controlling people as being "hard-hearted." Anger and aggression also inhibit elimination, hence the phrase "p\*\*\*\*d off," suggesting that anger turns "off" our ability to urinate. Constantly being angry and controlling makes us constipated or "tight a\*\*\*d." Phrases like "venting one's spleen," suggest that anger also affects the digestive organs.

As if the damage to our physical health wasn't bad enough, anger also destroys relationships. Constantly venting anger destroys love in marriages, ruins parent-child relationships, and adversely affects other personal and business relationships.

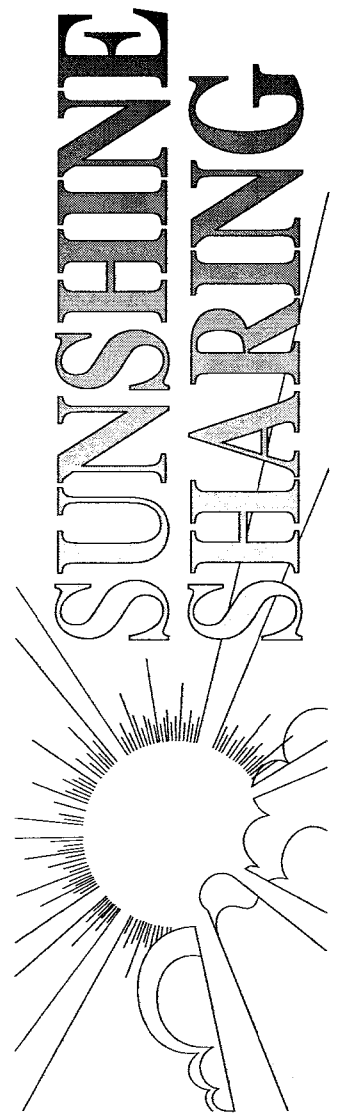
Clearly, we need to learn how to manage anger to preserve both our health and the health of our relationships, and that is the focus of this month's Sunshine Sharing. Let's begin by understanding two important facts about anger.

### Facing and Understanding Anger

First of all, let's make it clear that anger is not a "bad" or "negative" emotion, per se. Anger is the emotion that allows us to protect and defend ourselves and only becomes a destructive influence in our lives when we aren't able to express it constructively. Most people only know two ways of dealing with anger. They either "vent" their anger by attacking and belittling others, or they "suppress" their anger and let other people have their way to avoid a fight. Both of these approaches are unhealthy.

The second thing we need to understand is that the relationship between anger and our physical health goes both ways. Anger can damage our health, but health problems can make us more prone to being angry and irritable. Just like depression can have physical causes, so can being easily angered.

Because of this, we're going to explore learning how to manage anger from both directions, emotionally and physically. On page two you'll find suggestions for reducing anger by fixing your health problems and on page three you'll find some suggestions for managing your anger on an emotional level. If you have problems with anger, work on it from both directions for best results.



Your guide to better health the natural way.

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#### Important Notice

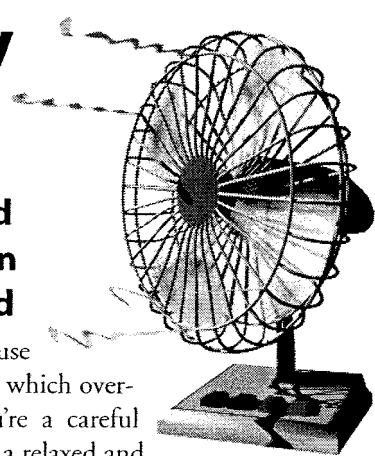
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# Herbal Remedies to Help Us Stay Cool When Tempers Are Hot



There are three primary health issues that can make us feel irritable (easily angered). They are liver toxicity, blood sugar problems and stress. We'll look at each of these issues, and explain what we can do about them.

## Clean Up Your Liver and Wash Away Your Irritability

Traditional Chinese Medicine associates the element of "wood" with the liver and gallbladder. The element of wood represents our ability to grow, expand and live. When this ability to flow is disrupted, we feel irritable and anger. To understand this, just imagine that you are driving down the freeway and are running a little late. You are anxious to get to your destination when suddenly you run into a huge traffic jam that grinds traffic to a halt.

If you're normal, this block in your "flow" probably makes you feel frustrated at the least and angry at the worst. This inhibition of flow is something similar to the concept of "constricted liver chi (energy)." When our liver is congested and toxic, we tend to feel defensive and irritable. This is why excessive anger is associated with an imbalance in the wood element in Chinese medicine.

The Chinese formula **Liver Balance** can help this situation. Its Chinese name, Tiao He, means "mediate harmony." It helps to establish flow and harmony in the internal function of the body. It helps to detoxify the liver (and the body) and relieve this constricted energy of the liver, which helps a person feel less angry and more calm.

Liver Balance has helped many people to be less prone to irritable, angry feelings. It can also ease physical symptoms such as difficulty getting to sleep, feeling groggy and irritable in the morning, and stuffiness and dull pain under the rib cage.

Helpful for PMS that involves irritability and defensiveness, **Liver Balance** can also ease painful periods and help resolve breast lumps. Other conditions it may help include: reducing the frequency and severity of headaches, easing abdominal pain and indigestion, clearing up eczema and balancing blood sugar.

Another formula that can help detoxify the liver and reduce anger is LIV-J. This blend can also help calm a person down by reducing the toxic load on their immune system.

In detoxifying the body to reduce anger, you may also want to consider working with the kidneys. The kidneys help to flush toxins processed by the liver, so if your kidneys can't keep up with the toxic load you may also feel angry and irritable because your ability to p\*\*\* is "off." A good remedy for overcoming this is to take one half to one teaspoon each of **Kidney Drainage** and **Lymphatic Drainage** and mix them with one quart of water. Sip this throughout the day. If you're afraid to deal with anger (that is you are a little "spineless" and "weak-kneed") consider using **KB-C**.

## Balance that Blood Sugar and Maintain Your Positive Mood

Refined carbohydrates cause rapid increases in blood sugar which over-stimulate the brain. If you're a careful observer, you will notice how a relaxed and calm child can suddenly become a "little monster" after eating a bunch of sugary foods. The same thing happens to adults, who can become agitated and aggressive after consuming lots of sugar and caffeine.

When blood sugar levels rise dramatically, they also tend to fall dramatically, sort of like a blood sugar roller coaster ride. So, later, when the blood sugar drops, one may feel shaky, agitated, defensive or withdrawn. Barbara Reed, a juvenile parole officer in upstate New York, found that delinquent teenagers often had serious blood sugar issues. When fed a diet designed to control hypoglycemia (low blood sugar) these kids never got in trouble with the law again. This diet consisted of fresh fruits, vegetables, whole grains and meat with no sugar, alcohol and caffeine.

Other studies have shown that criminals in prisons become less violent when put on a similar diet to balance blood sugar. Clearly, regulating blood sugar helps regulate our mood so we can face the problems of life with a calmer, clearer head.

To regulate blood sugar, start the day with a good breakfast that includes some form of high quality protein and fat. Choose low glycemic carbohydrates such as fresh fruits and vegetables, rather than refined sugar, white flour or alcohol. Use **xylitol** as a sugar substitute. It will help to reduce sugar cravings.

**Licorice root** and **Super Algae** can be used to help balance blood sugar and reduce cravings for sweets. Take two capsules of each with breakfast and lunch. Then take two more around three or four in the afternoon to avoid that mid-afternoon slump. (If you have high blood pressure, don't take the licorice root.)

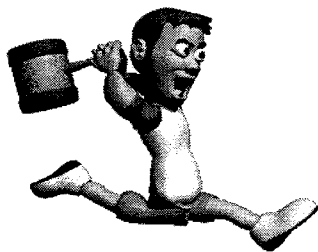
Instead of using caffeine for energy, try **Target Endurance** or **ENERG-V**. If you are tired during the day, but don't sleep well at night, you should definitely get off the sugar and caffeine and consider taking **Nervous Fatigue Formula** or **Adrenal Support** to rebuild your adrenal glands.

## Adaptagens Help You Stay Calm in the Crisis

Stress is the natural response of our adrenal glands to danger. The adrenal hormones that pump through the body when we experience stress make our heart beat faster, raise our blood pressure, tense our muscles and otherwise prime the body for action.

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# Basic Anger Management



Although many people think that anger is a “negative” emotion, what would happen if we never got angry? The fact is, that some things should make us angry—seeing a

child being abused, for example.

Generally speaking, anger is the emotion we experience when we feel other people are trying to control us, harm us, take advantage of us or manipulate us to their own advantage. Healthy anger allows us to protect ourselves and other people from harm and without it we become doormats, unable to stand up to injustice and abuse. So, there is an appropriate and positive place for anger in our lives, if we learn to use it constructively.

To understand how to use anger constructively, we need to understand a concept called personal boundaries. Our personal boundary separate the things we are in control of from the things that are not. We are responsible (that is, able to respond) to the things inside our personal boundaries, but we are not responsible for what is outside of them, what we have no control over. This means we are only responsible for our own thoughts, feelings and choices (actions), as nothing else is in our control.

Problems with anger involve problems with personal boundaries. We are either trying to control something that is not in our control, or allowing others to control something inside our personal boundary. When we try to control something not in our control, we “vent” our anger, using it to threaten, attack, belittle and manipulate others. When we “vent” anger, we are trying to solve our problem by controlling other people.

This is, of course, impossible, and is not a positive way to use anger. It is a sign we have a poor understanding of our personal boundaries and lack responsibility for ourselves. Venting anger pushes other people away from us, creating the feelings of loneliness and isolation that lead to heart disease, increased stress and other health problems.

Another choice we have would be to suppress our anger. This often means we “cave in” to unreasonable demands and expectations of others, allowing them to control us. This is also not healthy. It weakens our immune system and eventually leads to frustration and resentment that will also destroy relationships. This is a sign that we are not taking control of our own life, which is also a sign of holes in our personal boundaries.

These two ways of dealing with anger are the only two options most people are aware of (it is either control or be controlled). However, there is a third option. We can assert our right to control our own life, and affirm the right of others to control theirs. This means that we embrace our personal boundaries, we aren't trying to attack others, nor are we allowing others to push us around. We are standing up for, or asserting, ourselves. This is the constructive way to deal with anger.

A good anger management course or book can help you learn to be assertive without being controlling. Here are a few basic

suggestions for getting started with the process of creating healthy personal boundaries.

First, when you are feeling angry, train yourself to pause and take a few deep breaths. This is particularly important if you are prone to vent your anger (that is to attack other people, trying to belittle or control them). Before speaking or acting in anger, first try to understand the real source of your frustration.

If you are trying to control someone else's behavior, take a look at why you feel you have the right to demand that they change for your benefit. Ask yourself, “How do I feel my personal well-being is being threatened?” Then ask, “What could I do about this that doesn't involve trying to attack or control someone else?”

We can communicate that something bothers us without having to make the other person's actions wrong. We can just state that we like or dislike certain things. We can also decide what our course of action is going to be to resolve a problem. In other words, how could we change our own behavior in a way that would make us feel better about something that is causing us to feel angry?

All of this does not come easy at first, but it is worth the effort. If you need help, get some counseling, read some books or take an anger management class. Detoxifying, balancing your blood sugar and reducing your stress (described on page two) will help. You may also want to consider doing some aromatherapy or flower essences to help adjust your attitude. Here are some suggestions.

**Bergamot** essential oil helps reduce anger, anxiety, confusion and hysteria. **Chamomile** essential oil helps promote calmness, reduces hostility, nervousness and irritability. **Guardian** is an essential oil blend that helps the immune system and protects against infection, but it also reduces defensiveness, hostility and worry.

You can apply these essential oils as you would apply a cologne or perfume so that you smell them during the day, or to the soles of your feet.

You can also take **Distress Remedy** in your purse and briefcase and take about 10 drops anytime you feel angry, confused, anxious, irritable or stressed. It can help bring calm and focus to any stressful situation.

Learning to manage your anger constructively is important, since it will not only improve your relationships with others, it will ultimately improve your own health.

## Additional Help and Information

If you have problems with anger, either being easily angered and irritated, or having problems standing up for yourself, talk to the person who gave you this newsletter. Their contact information should be found at the top of page four. They have additional handouts and resource materials to help you. You can also consult some of the following sources:

*Cooling the Fire of Anger* DVD with Steven Horne ([www.treelite.com](http://www.treelite.com))

*Manage Your Mood* DVD with Steven Horne ([www.treelite.com](http://www.treelite.com))

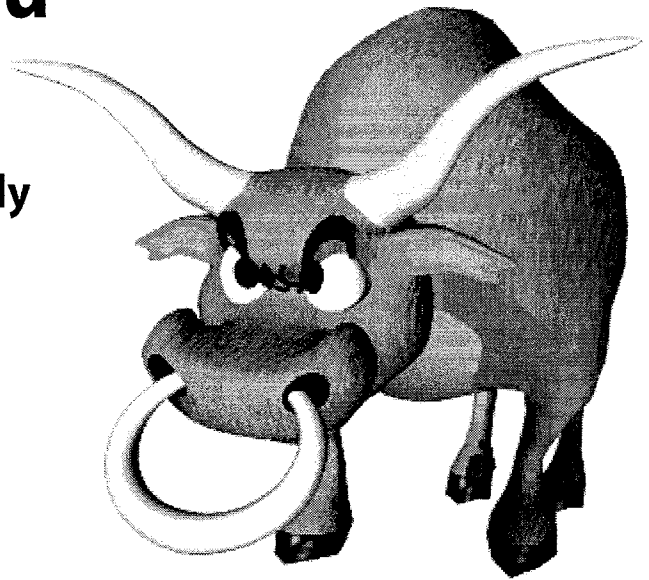
*There Are No Negative Emotions* audio tapes by Steven Horne

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# Is Anger Robbing You of Good Health?

**Not dealing with anger constructively  
is damaging to our physical and  
emotional health as well as our  
relationships with others.**

**Learn the secrets to holistic anger  
management inside...**



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## ***Continued from Page Three***

This is called the “fight or flight” response because it is preparing us to flee the danger or fight it off.

One of the effects of this response is that the flow of blood to our higher brain (cortex) diminishes leaving our “animal instincts” in charge. Since we are primed to “fight” one of the reactions we might have is to lash out in anger to “protect” ourselves. Unfortunately, lashing out in anger often makes the situation worse, rather than better, so we need to find a way to calm the production of stress hormones in modern society.

This is where adaptagens come to the rescue. Adaptagens reduce the output of stress hormones, which can help us think more clearly, feel calmer and less stressed and deal with problems without flying off the handle.

**Eleuthero root** was the first adaptagen discovered and is one of the herbs that can be really helpful for anger and irritability brought on by stress. Two adaptagenic formulas you can consider are **Adaptamax** and **Suma Combination**. Both counteract fatigue, help the immune system, reduce stress and support a more positive mood.

Since adaptagens also help to balance blood sugar, they provide a double benefit for reducing our tendency to anger and irritability. Add to this the facts that adaptagens can make us more productive and efficient, increase stamina and energy, decrease our risk of getting sick and help us live longer. Now is there any reason we shouldn't be using adaptagens?

These are just a few suggestions about how herbs can help you keep your cool when tempers are hot. For more suggestions, contact the person who gave you this newsletter.