

Controlling destructive emotions



Amanda Roe

Trauma therapist & Mind coach

actually do it; if you're angry you may scream violently on the inside or loudly on the outside or may even scream at the TV and make threats and gestures towards it with the hammer but you still don't follow through; if you're in a rage, you suddenly find yourself standing amongst shards of broken TV screen, breathing heavily, looking dazed and confused, or alternatively breathing excitedly and looking for the next thing to smash. Both of these rage states are dangerous to yourself and others. You have some control over anger and frustration but you have almost no control over true rage, and this is destructive.

The reason for the lack of control is because negative emotions have a physical effect on our bodies. The Neanderthal man was designed to fight, run or freeze when confronted with danger, however we seldom need to run or fight for our lives like our cave dwelling ancestors.

These emotions cause the secretion of chemicals and as the adrenal glands become over reactive hearing improves and becomes more alert, body strength increases and we have the ability to run faster. On the other hand brain function is inhibited and so is the ability to think clearly.

The struggle with these emotions and the surge of adrenaline can lead to feelings of confusion, resentment, anxiety, jealousy, fear, hatred, guilt, hostility and to angry outbursts at home or work. However most people learn to suppress or conceal anger, which can be worse, as they suffer headaches, ulcers, or chronic illness, often leading to depression.

Much has been written about relieving anger and hostility by screaming, slamming doors and telling someone off. These techniques do release the energy, but alone do not reduce the likelihood of us getting just as angry in the future.

We have all felt and expressed negative emotions, but people who struggle with reactive emotions like frustration, anger and rage can feel out of control and helpless.

You may wonder what separates the three states. Imagine you are now standing in front of your TV set with a hammer...if you are frustrated you may fantasise about smashing the TV with a hammer but not

Heal Body, Mind & Emotions

Trauma and Fear

PTSD, Bullying, Panic Attacks, Insomnia Water, Flying, Childbirth, Needle phobia

Anxiety and Depression

Headaches, Cravings, Nausea, Pain, IBS Mood swings, Infertility, Hormone balancing

Personal development

Stress & Mind Coaching, Sports Enhancement

Amanda Roe 087 633 1898

www.Marketstclinic.com Skibbereen and Online



Rather than letting our emotions control us we can learn to release these emotions and free ourselves from destructive behaviours. The first step to change is recognising that we are experiencing or suppressing destructive emotions. Second is to recognise that if we let them go our life could

improve. Third is to work with a therapist who will guide you through the process of releasing the emotions, deactivating the triggers and help you to access the resources within yourself, so you feel calm, confident and in control.

Amanda Roe is a trauma therapist and mind coach. She uses a range of holistic therapies to help you to improve your physical, mental and emotional health. For more information or to book a session call/text 087 633 1898 or email amanda@marketst-clinic.com

I ate myself healthy again with CNM..and wrote a book



Terry McIlroy, CNM Nutritional Therapy Graduate, Author and Chef, talks about his inspiration upon the

release of his new book 'Super Nutrition'

My new book Super Nutrition is my life's work; it outlines the ways I've used nutrition and my passion for food to heal my body and mind, improving my physical and emotional wellbeing.

I started in the world of professional chefs at 12yrs old, but as I got older I became more interested in health and nutrition. All my life, I had been plagued with severe acne and constant mouth ulcers. Conventional treatments did not work

and my health deteriorated. This is when I started to investigate what was causing my health problems. My thought process shifted to cause and effect and I wondered if what I was eating - or more importantly not eating - was the cause, and the presenting symptoms were the effect?

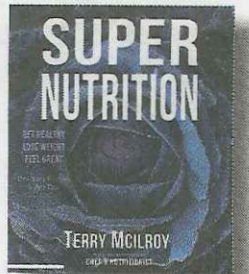
I bought a juicer and a smoothie machine and increased my veg and fruit intake and also saw a nutritionist. One of the dietary changes the nutritionist suggested was reducing or eliminating pasteurised dairy.

I made this and other small adjustments, like cutting out fizzy drinks and drinking more water, and my presenting symptoms all but disappeared within 3-4 weeks. I had no mouth ulcers or acne for the first time in my life. It was transformational!

I enrolled on a three-year, part-time diploma in Nutrition with the College of Naturopathic Medicine. Going back to school was daunting, however, I was hungry for the knowledge. The course inspired me to combine my chef skills with my newfound passion for nutrition and create my own recipe book

with recipes and lifestyle tips fuelled by the correct nutritional protocols.

I learned just how vital proper nutrition is for premium health. Incorporating a broad spectrum of nutrients in my diet and following the lifestyle protocols myself has helped me ensure I am not deficient in any one particular nutrient or mineral. Whilst my diet is not perfect, I can turn to my nutritional knowledge and experience to support my health and wellbeing.



Change career. Gain new skills. Help others. Become a Nutritional Therapist. Study in class or online. CNM has a 20-year track record in training successful practitioners. Attend the next FREE CNM Open Event in Cork. Call 01 878 8060 or book online naturopathy.ie

CNM COLLEGE OF NATUROPATHIC MEDICINE
Training Successful Practitioners

Attend a FREE Open Event

CHANGE CAREER Train to become a...

- Nutritionist
- Herbalist
- Acupuncturist
- Homeopath
- Naturopath
- Natural Chef

Part-time Short Courses available

NEW Study in class or online

Colleges in Dublin, Cork & Galway and in the UK

01 878 8060

dublininfo@naturopathy.ie

www.naturopathy.ie

