

BODY PRESENCING: Healing the Root of the Matter

QUIZ

- ❖ Do you wake up in the morning with some nervous feeling in your stomach?
- ❖ Do you have stomach issues with constipation or loose stools?
- ❖ Do you get a knotty feeling in your stomach at times?
- ❖ After you eat, do you feel bloated?
- ❖ Do you find yourself having to remind yourself to breathe at times?

- ❖ When you get nervous do you find yourself clenching something; your feet, your neck, your shoulders, your stomach?
- ❖ Do you find that you frequently have one shoulder higher than the other and may not know why?
- ❖ Do you find that you often tilt your head to one side or another, or someone tells you that you do?
- ❖ Do you frequently find it hard to speak from a physical sensation such as a lump in your throat or a frog in your throat?
- ❖ Do you frequently get shoulder aches or neck aches?
- ❖ Do you get headaches one time a week or more?
- ❖ Does your lower abdomen get irritable before or after you eat?
- ❖ Do you get pains in your hands, feet, neck, knees, and don't know why; they just suddenly start to hurt?
- ❖ Do you get lower back pain or aches on a regular basis?
- ❖ Do you get pains that move around your body with no seeming reason?
- ❖ Do you find it hard to breathe at times or you just can't catch your breath?
- ❖ Are you aware of your self and your body when you are talking with others, or do you forget what is going on within your own body and self?

Thank you for taking the time to fill out this short quiz.

If you answered yes to five or more of these questions then most likely you disconnect your body from yourself on a regular basis. Often times our bodies hold the pain and discomfort for us when our minds and psyche does not want to know or feel the emotional issue or pain. In that way our bodies are our allies. The problem is that since we tend to disconnect unconsciously, we don't usually consciously re-connect to ourselves, and so the disconnection becomes habitual.

IF YOU ANSWERED YES TO QUESTIONS REGARDING YOUR STOMACH often that means that you have not only difficulty digesting food, but you may have difficulty digesting emotions and reactions also. The kinds of emotions we often carry in our stomachs and feel in our stomachs is anxiety related. Our stomachs evolve cellularly

during development from our brain tissue. People don't realize that our stomachs have and make more neurotransmitters like dopamine than our brains. That is why we sometimes might crave foods like sugar and starchy items because they temporarily make dopamine and endorphins which make us emotionally feel better. The problem is that this is short in duration. So, then we might crave those same foods again and again to gain that feeling. It is those very foods which are also hard for us to digest. What then follows are issues such as muscle pains, head aches, bloating, constipation or loose stools, and irritability and gas.

IF YOU ANSWERED YES TO QUESTIONS RELATING TO HEAD ACHES AND HEAD TENSION that can mean you have anger and frustration and even possibly anxiety held inside of you. Head aches and stomach issues can run together through a reflex called the vagal nerve reflex. This nerve is a cranial nerve which has a pathway down to the stomach area. When either your head aches or your stomach is irritated, this pathway is activated. I also notice that frequent head aches can be associated with lack of respect and built up tension between you and an important family member. Allergy symptoms can also be related to feeling irritated with something or someone in your life.

IF YOU ANSWERED YES TO QUESTIONS RELATING TO BODY PAINS, FEET PAIN AND ROVING PAINS, you might be on overload and stressed in some aspect or aspects of your life. In this case the adrenal glands can be overloaded. They are the glands which provide the hormones for the fight or flight response in your body which you might know as adrenalin. When you are stressed for long periods of time, they become overused and unregulated, and over time, your body then makes less of those hormones and you might also feel fatigued. The adrenal glands also make cortisol which helps to regulate the inflammatory response in your body. When there is too little or too much, your immune system can become overactive and begin to fight itself without knowing it, or you begin to develop inflammation in your body which you can feel as joint pain and roving pains.

IF YOU ANSWERED YES TO QUESTIONS RELATING TO NECK AND SHOULDER TENSION, those are often places where stress, tension, overwhelm and even fear are held. This can also be related to not being able to catch your breath or take in a full breath. The fear/anxiety can almost paralyze those muscles and your diaphragm muscles which help you to breathe. This is a place also where past traumas can be held. When they are triggered they can cause spastic reactions in your body which cause muscle spasms, chest pain, neck pain, shoulder pain, and the inability to take in a full breath. Sometimes those body reactions can make you feel as though you are having a heart attack, and in fact you are having a panic attack. Early trauma lives in sensations and breath as they occurred before you had any words to explain and understand the events, and your brain went into an overwhelm mode where it couldn't chronicle the events. When they are triggered, your body can automatically remember the event even though your mind is not consciously aware of what your body is remembering.

IF YOU ANSWERED YES TO SHOULDER AND HEAD TILTS, this is a place of expression and of reactions to the thoughts and feelings of others. This is also a place where a lack of self esteem is expressed in your body which you might not take the time

to register in your mind. When you tilt your head frequently you might not be giving yourself enough credit for your own thoughts and abilities. The shoulder lift can also be a type of shrug, as if to say to yourself, “I don’t know something, or I don’t necessarily believe what I am hearing and I don’t give myself credit for what I do know.”

IF YOU ANSWERED YES TO BACK PAIN AND CHRONIC PAINS IN THE LOWER BODY, you might be reacting to feelings of not feeling supported by yourself, your community or even your family. I also see this a lot when clients are feeling financial pressure or a change of their financial status. It is almost as if the ground gave out underneath your feet. You feel as if you don’t have someone’s hand at your back. This is an example of unconsciously needing your body to feel the pain for you as feeling the sense of lack might be too much for you to consciously take in at that time.

As a chiropractor I specialize in an eclectic blend of healing techniques in which I listen to the voice of my patient’s body as a healing guide instead of listening to my own voice. The “doctor” doesn’t always know best. It is amazing what your body wants to share with us and how wise it is! This quiz is just the first step in listening to what your body is saying to you.

To learn more, read my website [Body Presencing: Healing the Root of the Matter](#). Listen to some of my Utube videos and the interviews. Check out the testimonials and the case studies. If you have more questions or would like to talk feel free to contact me directly.