

"... a single adrenaline signaling molecule will trigger the release of 100 million glucose molecules ... "

Emanuil Gachev, Medical Biochemistry, 2011
ISBN 978-954-9493 – 36-8



Chapter 3:

Emotional Hormones

THE EMOTIONS - "NAUGHTY PROBATIONERS" IN OUR CHEMICAL LABORATORY

Emotions are our reactions to external and internal stimuli. Emotions affect our body in a manner similar to the action of **free radicals**. (p. 60) Their main role is to **release and purify our Soul essence** from the negative senses. (p.156) When our reactions are too violent, emotions can cause uncontrolled manifestations of our Ego and their physical reflection. **The Ego will control our emotionality until we realize our Soul Power.** (p.12,13,17,27,33,57-58,91,108-112,123,147,157,175,194)

Our thoughts act like **anti-oxidants** in the body, calming and controlling our reactions, but they can also provoke them, like **pro-oxidants**. Our thoughts express the qualities of our Mental Power and the degree of our consciousness. (p.13,15,36,62,88,99,144,177,192)

Feelings express our Soul essence and our attitude to the World. Feelings are the ones that guide our *Spiritual search*, striving to realize our personal Soul potential in the Fourth Dimension of Heartiness. Our spiritual aspiration can be potentiated by thought, but it **can be blocked by emotions - our "Soul cleaners"**, depending on the ingenuity and receptivity of our Intuitive power, ie. the degree and the "frequency" of our sensitivity. (p.13,17,90,106,133,137,157,171,196)

Our body daily produces, receives and transforms a huge amount of energy flows. According to its density, frequency of radiation and intensity of vibrations, each energy produces light, sound, color or aroma, which we perceive in different ways, or do not even feel. Some of these energies affect our body fluids and tissues, while others affect Consciousness. Through emotions we manage to control a large part of these energies, which our mind and consciousness cannot perceive. When the Mind fails to perceive a given situation, a surprise or problem arises in our Consciousness. Each new situation causes **the impatience of the Soul** to get to know the new energy and thus evokes the corresponding **emotional response of the Ego.**, (p.13,24,28,36,57,94,196)

Activated in this way, emotions act as "naughty children" and, like inexperienced trainees, cause "explosive" chain chemical reactions in the biochemical laboratory of our body.

Emotions act like "naughty children" and, like inexperienced trainees, cause **chemical chain reactions** in our body's biochemical laboratory that often lead to unexpected unpleasant results. The more unbridled our emotions are, the more explosive the biochemical reactions in the body. **Suppressed emotions**, however, are the most dangerous and can play the role of a "time bomb". Thanks to the "reasonableness" of our cells, tactile abilities of our feelings and sustainability of our Spirit, our body is able to largely control the unrestrainedness of chemical reactions or to compensate for the damages. With systemic uncontrolled and reactive expression of emotions, this compensation can manifest itself as a hormonal imbalance, which over time can turn into a metabolic disorder, and even cause a disease. In addition to *Tables 1, 5, pages 12, 27, Table 6* gives examples of the physical and mental consequences of negative emotions that block the flow of Yin and Yang energies in the body's organs, through activated emotional hormones and their interaction. Each of these hormones has its beneficial and harmful effects, subsequent reactions and metabolites, some of which with pronounced toxicity. (p.31,39,45,47,57-59,70,102,112,190)

Table 7: BIOCHEMICAL, MENTAL AND PHYSIOLOGICAL INDICATORS OF THE DESTRUCTIVE EFFECT OF NEGATIVE EMOTIONS (Example)

Destructive emotion	Governing body organ (p.94,57-58) Affected spiritual manifestation (p.21,27,191)	Biochemical manifestation		Toxic metabolite as a result of energy blockage (p.24-26,31,47-48, 52,60)	Physical manifestation	
		Activated "emotional" hormone	Activated "emotional" hormone		Physiological / mental process affected by the emotional hormone (p.190)	Possible Physical / mental illness (cmp.12)
Anger, Envy, Irritation (p.27,152)	Liver (p.104) Self-affirmation Generosity (p.171)	Dopamine (hormone of readiness and dissatisfaction) (p. 34,147,152)	Adrenaline (epinephrine - action hormon) (p.35,68,90)	Toxic bile (cmp.104) Ammonium (p.31,73,74,129)	Memory, Metabolism, Lipid metabolism, Detoxification (p.43,49,52,60)	Sight, cramps headache, insomnia, hemorrhoids (p.12,105,108)
Euphoria, Satisfaction, Glee (p.149,189)	Heart (p.114) Statement (p.173) Gratitude	Serotonine (p.25,68,115,158) (happiness hormon)	Dopamine (addiction hormone) (p.34,150,159)	Nitric oxides (p.31,60) Aldehydes (p.61,64,79)	Consciousness, Digestion, platelets (p.35,89,125,132)	Напълняване, високо кръвно, атеросклероза (p.47,54,57)
Thinking, Doubt, Depression, Dissatisfaction (p.27,148)	Spleen (p.121) Partnership Justice Faith (p.42,175,184)	Dopamine (p.11,15,90) (motivation hormone, concentration, addiction)	Androgenic (sexual) hormones, (cmp.83,151) Cortisol (p.34,45-46,90)	Neurotoxic quinones and free radicals; lactic acid, estrogens, testosterone (p.64,78,127,129)	Perception, Emotional, Behavior, Immunity, lymphocytes (p.84,86,91)	Psychosis, Addiction Muscle, Lymph, Constipation (p.34,61,163)
Grief, Despair, Jealousy (p.27,151)	Lungs (p.135) Contemplation Compassion (p.177,179)	Norepinephrine (vigilance hormone) (p.90)	Dopamine (hormone of readiness and dissatisfaction) (p.34,151,159)	Carbon dioxide, Carbonic acid, insufficiency of oxygen in the tissues, ammonium (p.73,74,76)	Concentration, Respiratory system, hemoglobin (p.73,92,160)	Skin, hair, exhaustion, addiction, weight loss (p.69,185,186)
Fear, stress, anxiety, worry (p.27,150)	Kidney (p.95) Consciousness Wisdom (p.15,36,99,182)	Epinephrine (adrenaline - hormone of fear) (p.35,90)	Cortisol (Stress hormon) (p.35,39,54-55,79,162)	Ammonium, Urea, high blood sugar Cortisol (p.54,58,47-48,59, 73,77)	Subconscious, Genitourinary system, leukocytes (p.84,102,144)	Skin, hair, exhaustion, addiction, weight loss (p.35,36,39,42,96)

Emotional hormones

Emotional hormones are secreted by the adrenal glands, but also by various functional cells, and play the role of neurotransmitters (transporters of signals to the nervous system), driving various metabolic, genetic, immune, conscious and subconscious processes. (p.15,21,90,94)

For example, **serotonin (the hormone of happiness)** is also produced by the gastrointestinal cells, where it signals satiety after a meal, but also tones the muscles and makes us feel good. However, **if we subconsciously feel the need** for this signal to satisfy a feeling of soul dissatisfaction, we will activate dopamine. In this case, we will experience an unexpected hunger for something sweet. **If we do not resist the temptation, dopamine will keep us hungry** and dissatisfied until we get on the scales. Dopamine maintains our readiness to respond to external influences, and gives us concentration and stimulus to carry out our activities. However, depending on the motivation, it can manifest as a hormone of hunger, dissatisfaction, addiction, or irritability, causing various adverse metabolic reactions. (p.12,15,45,90,115,123,132,149,158,159)

Nervous tension without an external stimulus, for example, indicates a **stagnation of Yang-energy in the Spleen caused by the cyclic activation of dopamine**. Our irritation, however, comes from the fact that the Liver has difficulty regulating the body's detoxification, synthesis and delivery of glucose to brain and muscle cells in a timely manner. Such a condition usually occurs in moments of fatigue, and is often a signal that the **stress hormone is activated**. Cortisol regulates our setting and synchronizes us with the circadian rhythm. Under conditions of stress and lack of oxygen, cortisol in the blood increases and stimulates the breakdown of muscle proteins and amino acids in the liver to ensure the synthesis and supply of glucose, and suppresses the reactivity of the immune system - the protective reactions. In this way, **when we follow the impulses of a bad mood, we lose control of ourselves and become susceptible to external influences**. (p.25,29,45,47,52,60,78,90,104,112,123,127,129,163)

Just as emotions can stimulate certain hormones, so **systemic hormonal manifestations**, as result of insomnia, overeating, stress, fatigue, etc., can trigger **unexpected emotional reactions** or actions. Emotional and hormonal reactivity deplete important minerals, proteins, vitamins and trace elements in the organs that store Yin-Energy and cause stagnation of "explosive" Yang-Energy. (p.19,24,51,63,94)

Under the "anesthesia" of emotional hormones

Some of these hormones, which we do not accidentally call "emotional", are used as first-aid medications needed to urgently manage life-threatening health conditions, such as shock or loss of consciousness, or as a chronic treatment for uncontrolled immune manifestations, e.g. (p.33,39,90) **Emotional hormones act as a drug** that aims to help us deal with a situation or the resulting energy imbalance in our body. (p.27,52) Emotional hormones (dopamine, adrenalin) are synthesized from tyrosine by a pituitary signal activated by the respective "**emotional stimuli**". **Dopamine and norepinephrine**, in turn, act as nerve stimuli. Steroid hormones, such as cortisol, as well as the toxic waste ammonium, have the potential to circulate in the blood until they are eliminated by detoxification enzymes in the liver.

It now becomes clear, that like any drug, emotional hormones show their toxicity, (p. 12,33,49,54,57-59,132) until their action is terminated through **conscious and diligent insistence of our will**. (p.91,112,170)

For example, **adrenaline**, which we often associate with the manifestation of fear, actually aims to activate our life energy, to "awaken" our sensitivity to external conditions, **to mobilize our Intuitive Power** (p.40-42), our consciousness, our mind and our muscles, so that we can deal with the stressful situation, or threat, that caused our fear. (p.68,90,99,137)

However, if we often allow ourselves to fall into certain strong emotions, we are taking the risk "to **put our subconscious under emotional anesthesia**", and to begin experiencing unconscious satisfaction from the corresponding negative emotion. This means becoming addicted, becoming dependent on these destructive emotional states. (p.149,159)

For example, our unconscious tendency to experience fear is often provoked by **insufficiency of kidney energy**. (p.21,96) One of the biochemical reactions with which our body compensates for this deficiency is **to activate the adrenaline**, which consumes Yang-energy and glucose, and **in conditions of fear involves the stress hormone cortisol**. Under the influence of cortisol, the Yin-energy of the liver is extremely involved in glucose synthesis. Glucose-activated insulin interrupts bile secretion, which in turn causes **stagnation of Yang-energy in the liver**. (p.31,104-112) These biochemical processes, which are not tangible to our conscious, can lead us to develop various negative habits: to eat too much sweets, to spend sleepless nights, to show irritability for no reason or to "pour anger" to our loved ones.

On the other hand, some habits that activate cortisol and dopamine (p.33,91,127) **can make us susceptible to fear itself**, namely by **depleting the essential life energy** in the kidneys, affecting bile flow and heart rate, increasing the acidity of body fluids, (p.15) and depleting calcium in the bones and oxygen in the tissues. At such moments, we unconsciously resort to certain foods and ways of acting and thinking to overcome fear and anxiety, without realizing that this **deepens the metabolic disorder in our body**. The systemic manifestation of such emotional cyclicality may be the cause of the development of hypertension, gallstone disease, hepatic steatosis, autoimmune diseases such as arthritis and psoriasis. (p.,43,45,51,79,90,95-99,108,114,137,149,150,152,167,191)

The saying, "We are what we eat," comes to suggest that we unconsciously allowing: ***Our lives to be governed by what satisfies us.*** (p.158,159)

The pursuit of satisfaction is the one that locks us in emotional cyclicity and leaves us with the feeling that we are in a "**vicious circle**" of unwanted events. Then we say to ourselves, "Evil never comes alone," as if we were helpless observers and victims of our own lives, in which our willful participation is lacking. **In fact, it is the fear that lulls the mind to sleep and disarms the will.**

"Very good, is not good!" either. Excitement, euphoria, addiction are all "narcotic" states that also activate dopamine and adrenaline at the expense of heart rate. (p.12,27,69,90,117,146,171,190)

The only way to get out of the "vicious circle" is to take responsibility for being content with what we are given and demanding what we give of ourselves. **Then we could develop our talent to regulate the adrenaline through the joy of life.** (p.19,37-38,68) *this is also our task here!*

Like "anesthesia", a practice such as hypnosis aims to put our Conscious Defense to sleep in order to apply an unrestrained influence on our Mind and to penetrate **our hidden (Soul) essence**. The latter, in this area of psychology, being called the subconscious. (p.15,17,32,144,147,155) When we are under the narcotic influence of virulent emotions, **we are blinded by our own subconscious motives** and find it difficult to realize that: (p.80,86,90,91)

The state of "anesthesia" excludes the participation of our Will.

On the other hand, the subconscious as the information carrier of our memory, our memories, our experience and our knowledge is extremely dependent on the fluids that support it. **The pH reactivity of our body fluids** can wake up unpleasant memories and destructive stereotypes of behavior that are stored **deep in our subconscious**. In addition, brain cells are sensitive to a lack of oxygen and an acidic environment can "switch off" our conscious perception at certain moments and provoke **uncontrolled emotional reactions**. (s.15,.27,31,43,61,70,85,102,112,128,146,148,159,161)

In order to perceive a given essence, the Mind relies on the perceptual sensations of the five senses: sight, taste, touch, hearing, smell. The Consciousness insistently seeks material evidence for things and in order to be able to realize them uses the database of the Subconscious. A scent or a picture, for example, may associate certain memories, but something that is not in the Subconscious the Mind perceives it as foreign, unknown, completely new or does not perceive it at all. In such moments the Consciousness counts either on the Soul Sensitivity or on the Intuitive Ingenuity, the information of which the Mind can perceive and analyze only in the conditions of "emotional silence" and impartiality. The Sixth sense, The Intuition, captures the information sent by the Superconscious through the Aether and the Light and often awakens in conditions of threat to our lives. However, when we experience fear, anxiety, doubt and other negative emotions for no reason, our "awakened" intuition can play a bad joke on us, precisely because of the hormonal imbalance in our body caused by the emotional storm. (p.21,27,157,191,195,196)

In this regard, an important role is played by our thyroid gland, which "holds the key to emotional cyclicity." The thyroid gland protects us from harmful external radiation and influences, but also activates and deactivates hormonal activity. It can involve us in the metabolic syndrome of recurring emotional and physical perceptions and reactions, and the need to satisfy them. But it can increase mental and conscious perceptions by developing our Intuitive Power. (p.13,41,42,57-58,89,94,116-117,133,137,157,179,182,186,194)

The main "ruler" of the thyroid gland is our Ego, which is also a shield of our personality and our individuality. The thyroid gland becomes ill when we try to subordinate the gift of awakened intuition to selfish goals, while retaining destructive emotions in ourselves and following disease-causing habits. (p.39,40,86,147,148,150,155,156,161,162,190)

The thyroid gland gets sick when we try to subordinate the gift of awakened intuition to selfish goals, while guided by dopamine, the insatiable hormone that "always awaits its reward."

In order to realize the potential controlled by our thyroid gland, we will try to go through the "Labyrinth of our Psyche".