

# Dealing With Anxiety

By Chris Melmoth, LMT, EMT

I am a Shiatsu Practitioner, which is based in Chinese Medicine. In Chinese Medicine, there is no category or specialty for psychological issues... There is only “opening the meridians”. Along this process, any mental imbalances will naturally correct themselves in their own time. And although I am trained in Energy Psychology, I am not a Psychotherapist. So the following information definitely is not intended to take the place of a qualified Doctor of mental health. However the following suggestions may be helpful.

If any fears, anxieties, or inadequacies become too overwhelming to deal with, you may need to see a qualified Psychotherapist or Psychiatrist. But many mental conditions can be overcome with personal techniques, and by the assistance of other professionals, such as Hypnotherapists, Energy Psychologists (Psych-K, EFT, NLP, TFT, NET, BEST, etc), and Psychosomatic Bodyworkers (Reichian Therapy, Postural Integration, Primal Scream, Holotropic Breathwork, Somatic Trauma Resolution, etc).

My first recommendation is to establish a *Resource*. This is a concept that is larger than you, your mind, and any of life’s fears, and can be used as a tool to help to stabilize the mind by thinking of it and relying upon it to pull you through the most difficult situations. Some people may call it God, the Holy Spirit, or a Guardian Angel, others the Tao, or the Higher Self. Whatever you call it, and whatever your concept of it is, it must be very real to you, not just a theory or somebody else’s idea. The mere thought of it must be comforting and relaxing.

Next, you may want to begin establishing relaxing environments and habits. Create your own calming & grounding sanctuaries in your life. Water tends to “ground”, so the use of bathtubs, wet saunas, Jacuzzis, lakes, beaches, etc can be very helpful. Peaceful meditations, such as yin yoga, tai chi, and chi gong may also be right for you.

And finally, it is important to understand that any stimulants in the diet, including certain pharmaceutical drugs, may prevent the body-mind from being able to relax sufficiently for wellbeing and cellular regeneration. Keep coffee, sodas, energy drinks, and any stimulating recreational or prescription drugs to a minimum, or none at all. To assist in your relaxation, you may want to increase your intake of “good fats”. Because of their benefit to cellular, brain, nervous, and endocrine system structure, fats (also called essential fatty acids) are very calming, insulating, and grounding... which can help to prevent daily frustrations & agitations, and for these reasons should be the most important nutrient. The following are some good sources. Please consult your doctor before consuming any of these foods, and especially if you have liver, gall bladder, or bile duct issues.

**Aged Cheese:** Best aged at least three years, but the 6-month aged kind is ok too.

**Avocados:** As much as you want!

**Butter:** Raw is best. But minimally pasteurized is ok, too.

**Butter Milk:** The fermented kind, ideally.

**Carpaccio:** There are many healthy forms of raw meat (which includes good raw fat). The work of Ajonus Vonderplanitz is the authority.

**Coconut Cream:** You can buy it in a jar, these days... But its best if you buy FRESH Thai coconuts... just learn to cut them open properly, then scrape out the meat and blend it into a smoothie with the coconut water.

**Cottage Cheese:** Eat a few tablespoons, preferably at room temperature, whenever you feel you need to get grounded in body or mind.

**Cream:** From organically fed milk. Raw is best, but minimally pasteurized will suffice.

**Dark Chocolate/Cacao:** Good stuff. Best if no sugar added. Mix with goji berries for taste.

**Fish:** Sashimi! Raw wild salmon, tuna, mackerel, etc. Also ceviche is good. Deep-freeze your fish/seafood first to kill any parasites.

**Goat Milk:** Raw is best, but lightly pasteurized is acceptable.

**Milk Kefir:** Good quality, but whatever you can find should be satisfying.

**Nut Butters:** There are a variety of good quality nut butters to choose from, these days.

**Raw Eggs:** straight up, or blend into a smoothie drink. Digested best if at room temperature.

\*If you consume extracted oils (olive oil, coconut oil, fish oil, etc) make sure they are of the highest quality and come in dark glass containers. Oils oxidize very easily when exposed to heat & light. So the storage and transportation of them must be optimal. Many respected healthcare practitioners are now telling their patients to give them up, and instead recommending that we get our EFA's in the whole food form. But I believe that it is just the rancid oils that should be avoided.

\*Olives, Nuts and Seeds... like chia, flax, almonds, cashews, macadamias, walnuts, etc are good sources of fat, too... But they are not as mentally "grounding" as the foods above. And since they oxidize so quickly, must be very fresh. Best bought whole and taken right from the shell.

## **Techniques**

The following exercises may be helpful at reducing anxiety, calming the mind & nervous system, balancing the body's control centers & organ systems, boosting the immune system, and overcoming emotional trauma. They can be done before learning, tests, competitions, or whenever you feel the need to get grounded and focused. But in addition to the following approaches, you may also want to learn a wonderful tool called the Emotional Freedom Technique, or EFT. There are classes available for you to take, but most of the information & tutorials are available on the Internet.

**I. Breathwork:** First learn to use the "heart-space" breath, where you inhale fully to your limit... hold it for a few seconds... then take even more air in... hold it for a few more seconds... and then suck even more air in if you can, as much as you can possibly fit... filling your lungs to the ultimate capacity possible... Hold this for at least five seconds, then release it with a soundful relaxing sigh. With practice you will notice your lung capacity increase. This can help improve circulation throughout your body, and may even be used to help heal yourself of various conditions. Then you may explore other deep breathing techniques, such as learning to inhale for a full minute, then exhale for a full minute. But if you really want to learn the most beneficial breathing exercises, you may want to try the Wim Hof Method.

**II. The Vibe Bodywork Centering Exercise:** This meditation may be used as your primary daily meditation, any time you need to get balanced in body & mind, or to overcome any body-mind interferences, such as life's fears, general inadequacies, mental imbalances, and post traumatic stressors. It should last between 5-10 minutes, may be used with alpha wave sounds or music, or with no sound at all, and can be done while standing, sitting or lying. Simply follow these steps as precisely & comfortably as possible...

1. Feel the tingling in your fingers & toes.
2. Close your eyes and look at the colors on the inside of your eyelids.
3. Inhale the words, "I am..." (in your mind)
4. Exhale the word, "...clear"
5. Inhale, "I am..."
6. Exhale, "...focused"
7. Inhale, "I am..."
8. Exhale, "...grounded"
9. Continue this breathing mantra as you begin to feel the waves & vibrations of energy in your body.
10. Continue the breathing, the mantra, and feeling the vibrations as the colors behind your eyelids begin to move in patterns.
11. Continue all three of these as you listen to the sounds of the environment that surrounds you.
12. As any thoughts, distractions, analyzations, or fears come into your mind, simply dissolve them by focusing on your breath, the mantra, what you are feeling in your body, what you are seeing behind your eyelids, and what you are hearing in the environment that surrounds you.
13. Next, visualize your body energetically rooted to the earth below, and open to the Universe above.
14. After you feel centered in your body, open your eyes, and touch all of your fingertips together.
15. Place your thumbs against your solar plexus for 1-3 breaths, then against the middle of your chest for 1-3 breaths, and finally against your forehead for 1-3 breaths.

**III. The mPower March:** This Morter Health System exercise combines the principles of Proprioceptive Neuromuscular Facilitation and Energy Psychology to relax and realign structural muscles and reprogram the subconscious mind, which is where our core beliefs about life and self exist.

Physically, it is effective in balancing out both hemispheres of the brain and increasing homeostasis, which can help with such issues as lack of balance, dizziness, clear thinking, mental focus, memory problems, body rhythms, sleep disorders, poor digestion, blood pressure, nervous tension, hormonal imbalance, and various types of pain. Mentally, it can simply get you focused, grounded, and clear-headed. But it also has been used to put the mind into a “super learning” state, and can help to “reprogram” any negative beliefs that you may have about yourself or your life that may actually be the main cause of your health, social, or financial issues.

This may be done alone as a self-help exercise, or with a client to facilitate healing. Before you begin, think of something that you would like to change about yourself. Then put that thought in the form of a positive statement, or affirmation. For example, you may want to love your self more. Your affirmation might be “I love my self unconditionally”, or you may want to release a negative emotion that you are holding onto, for example *frustration*. Your affirmation might be “I am at peace with my self and the universe”.



1. Assume a lunge position, or “Cross-Crawl” stance
  - a. Right foot forward, left foot back
  - b. Left hand forward, right hand back
2. Look Over the Shoulder of the Raised Arm, and Close your Eyes (if you can)
3. Inhale deep, and hold your breath for 5-10 seconds
4. As you’re holding your breath, state your affirmation (out loud *or* in your mind)
5. Exhale and Switch Sides:
  - a. Left foot forward, right foot back
  - b. Right hand forward, left hand back
6. Look Over the Shoulder of the Raised Arm, and Close your Eyes (if you can)
7. Inhale deep, and hold your breath for 5-10 seconds
8. As you’re holding your breath, state your affirmation (out loud *or* in your mind)
9. Repeat, for a minimum of two times on each side.
10. Save your work: Stand with feet shoulder-width apart, and place your fingertips together so that each fingertip on the right hand touches each fingertip on the left hand (hold for about a minute)
11. Repeat this technique everyday, as often as you like for a ***Free Upgrade Neurologically***.