



## **DIGESTIVE DISORDERS AND THEIR CAUSES**

Everyone carries their stress somewhere in their body. It may be the neck and shoulders, skin or head. For many it is the stomach and intestines. I see people for a variety of emotional and physical complaints and 70% of them also have some kind of digestive complaint including **constipation, irritable bowel, diarrhoea, bloating or flatulence**. Symptoms that arise from these digestive disorders include **concentration difficulties, fatigue, anaemia, muscle cramps and weight gain**. All of these can be resolved with Five Element Acupuncture.

Emotional stress and our busy modern lifestyle causes a surge in adrenaline, the 'fight or flight' response which moves the blood flow away from our organs to our arms and legs. When we eat on the run or eat while stressed or upset our digestion isn't able to work effectively. If this becomes a long term problem the digestive function can start to break down. Stress and anxiety can diminish our digestive enzymes which we need to break down the food to fuel our body with essential nutrients.

This undigested food sits in the digestive tract with poor blood supply and low digestive enzymes and creates a damp environment. Like with any dampness, mould eventually grows. This can be the source of many digestive disorders coupled with a weak Spleen in Chinese Medicine.

**Worry, over-thinking and sugar all weaken the Spleen.** In Chinese Medicine a healthy Spleen helps transform and transport the food and drink that we eat. If the Stomach and Spleen aren't working well a person may start to develop inflammatory conditions to certain foods causing constipation and bloating. Two of the most common allergens are gluten (the protein found in wheat, barley, rye and oats) and dairy. Some people might find they react more to certain dairy products so it can be hard to isolate. For example hard cheeses contain a high amount of casein (milk protein) whereas yoghurt or milk contains high amounts of lactose (milk sugar). 20% of Caucasians are lactose intolerant and 70-80% of Southeast Asians, African Americans and Mediterranean people including those who have ancestry in those countries are lactose intolerant.

Most people don't realise that **we make serotonin (the hormone that makes us feel happy) in our small intestine**. If we suffer from bloating or food intolerances, this will affect our ability to

make serotonin and therefore will make a **more prone to depression, anxiety, lethargy or brain fog.**

## **HOW FIVE ELEMENT ACUPUNCTURE CAN HELP**

Five Element Acupuncture is able to increase the flow of energy to a deficient digestive organ by inserting needles as fine as a hair just below the surface of the skin into a meridian channel that flows deeper in the body to the organ. These organs include the Stomach, Spleen, Colon and Small Intestine. The Liver channel may stagnate from having to process too much alcohol, sugar, medications or a stressful life causing nausea or constipation. This too can be cleared via the meridian channels to re-establish health.

Unique to Five Element Acupuncture are blockages between two meridian channels. For example a block between the Liver and Lung can create upper abdominal distension with irritability or depression and a tightness in the chest possibly affecting your breathing. A block between the Colon and Stomach channels will cause constipation but also sinus congestion because of where the channels flow. These blockages are often caused from sudden stressful emotional or physical events. Once a blockage between two channels is cleared, improvement is noticed almost immediately.

## **ABOUT CARYN**

Caryn specialises in Five Element Acupuncture and has had successful practices in both London (including **British Airways**) and Sydney for the last 13 years. Caryn's success stories have been featured on **television**, and in many publications including the **Sunday Express, London Metro, Now, Red** and **Zest** magazines.

*Caryn practises from Bondi Junction. To make an appointment please call 0424 584 568 or email [caryn@caryncobyrne.com](mailto:caryn@caryncobyrne.com). For more information on the benefits of Five Element Acupuncture please view [www.caryncobyrne.com](http://www.caryncobyrne.com)*