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[Kala Ambrose](#)

Award-winning author, host of the "Explore Your Spirit with Kala" show

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Identifying Your Emotional Type For Good Health

Posted: 12/21/11 04:45 PM ET

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Michael A. Jawer is an emotion researcher and expert on "sick building syndrome." A few years ago, I had the opportunity to speak with him on the [Explore Your Spirit with Kala](#) show to discuss his work and book: *The Spiritual Anatomy of Emotion*.

In this book he asked the questions, "Would it surprise you to learn that the neurobiology [brain/body relation] between two types of people is significantly different? Or that the differences begin in the womb, subject to both genetic inheritance and environmental influence?" His research demonstrates how science is beginning to give credence to long-held beliefs that the brain is not all together the master of the self. What turns out to be most important -- and most distinctive among individuals -- is the degree of connectedness between head, heart, and all the bodily systems.

His new book, *Your Emotional Type: Keys to the Therapies That Will Work for You*, has been discussed by Larry Dossey, M.D., who says it "... may be the Rosetta Stone we've been waiting for -- a code for matching a particular therapy to a particular patient." Examining the interplay of emotions, chronic illness and pain, and treatment success, Michael Jawer and co-author Dr. Marc Micozzi, M.D., Ph.D., an adjunct professor of physiology and biophysics at Georgetown University School of Medicine, reveal how chronic conditions are intrinsically linked to certain emotional types and how these ailments are best treated by choosing a healing therapy in line with your type. The book offers an in-depth look at the mind body spirit connection to overall health and well-being and includes a quiz which allows you to score and identify which emotional type you are.

Explaining the emotional ties behind the 12 most common chronic illnesses -- asthma, allergies, chronic fatigue, depression, fibromyalgia, hypertension, irritable bowel syndrome, migraines, post-traumatic stress disorder, psoriasis, rheumatoid arthritis and ulcers -- the authors provide an assessment that allows you to identify the ailments you are most susceptible to experience physically. Extending this connection between mind and body, they assess seven alternative healing therapies -- acupuncture, hypnosis, biofeedback, meditation, yoga, guided imagery and relaxation techniques -- and indicate which methods may work best for each emotional type.

Different people process their feelings in different ways -- your emotional style is a fundamental aspect of who you are. It affects more than just your outlook on life; it can affect your well-being as well. The authors concur that most of our chronic ailments are not the result of germs or genes but are rooted in our emotional biology. The link between emotional type and health may explain why modern medicine -- which views treatment as "one size fits all" -- often fails to successfully treat chronic pain and illness.

As a promising sign of positive things to come, many physicians are exploring the mind body spirit and consciousness connection in order to usher in a new age of holistic health. Dr. [Norm Shealy's](#) book *Medical Intuition* discusses the significant history of the use of medical intuition by leaders in

the field and provides a path to using your innate intuition to develop optimal personal power and health.

As other medically-inclined luminaries and visionaries including Dr. Norm Shealy, Dr. Bernie Siegel, Mark Jawer, Dr. Marc Micozzi, Dr. Bruce Lipton and others continue to map out the connection between the mind, body and spirit connection in correlation with holistic health practices, the future is bright for science and spirituality to bridge the gap and provide a deeper connection to wellness on all levels.

As host of the "Explore Your Spirit with Kala" show and author of the award-winning ["9 Life Altering Lessons: Secrets of the Mystery Schools Unveiled,"](#) ["Ghosthunting North Carolina"](#) and ["The Awakened Aura: Experiencing the Evolution of Your Energy Body,"](#) Kala Ambrose's wisdom teachings are described as discerning, empowering and inspiring. A highly interactive teacher on a mission to educate, entertain and inspire, Kala presents workshops nationally on the Mind/Body/Spirit connection at the Omega Institute, the Learning Annex, LilyDale Assembly and around the U.S. Learn more about Kala at www.ExploreYourSpirit.com, and read her blog and buy her books on [Red Room](#).

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