

CONTENTS

Introduction	xi
PART ONE: Your Body Talks, Listen to It!	1
1. The Human Body, A Well-Oiled Machine	3
In Our Organs, the Echo of Our Emotions	4
In Our Behavior, the Echo of Our Organs	4
Our Weak Link	5
The Brain	6
Thank Goodness, We Have Psychosomatic Reactions!	7
2. Emotions for Life	9
The Great Spectacle of Our Emotions	9
The Body Has Its Own Memory	12
3. What Do Our Organs Think?	15
Body, Mind, Same Story!	16
Too Much or Not Enough	18
4. Your Body Speaks, Listen to It!	21
Healing an Emotional Problem by Treating an Organ	24
Healing an Organ by Treating an Emotional Problem	25
What If An Organ Has Been Removed?	25
PART TWO: What Your Organs Think	27
The Organ Person	29
5. The Brain, The Big Boss	30
How the Brain Works	30
The Limbic System and the Organs: An Intimate Relationship	33
When the Limbic System Isn't Working as well as It Should	34
How to Take Care of Your Brain	39
<i>From a Physical Point of View</i>	39
<i>From a Nutritional Point of View</i>	39
<i>From a Psychological Point of View</i>	39
6. The Lungs and the Bronchial Passages: A Lot of Wind or Just a Breeze	41
How the Respiratory System Works	41
When the Lungs Don't Work as well as They Should	45
Lung-Bronchial Passage People	47

How to Take Care of the Lungs	54
<i>From a Physical Point of View</i>	54
<i>From a Nutritional Point of View</i>	56
<i>From a Psychological Point of View</i>	57
7. The Heart: It Beats and Throbs	58
How It Works	58
When the Heart Doesn't Work as well as It Should	60
Heart People	62
How to Take Care of the Heart	69
<i>From a Physical Point of View</i>	69
<i>From a Nutritional Point of View</i>	71
<i>From a Psychological Point of View</i>	72
8. The Breasts: Most Feminine of Symbols	73
How They Work	73
When the Breasts Are Not as well as They Could Be	74
Breast People	75
How to Take Care of the Breasts	81
<i>From a Physical Point of View</i>	81
<i>From a Nutritional Point of View</i>	82
<i>From a Psychological Point of View</i>	83
9. The Gallbladder: A Small Pocketful of Annoyance	84
How the Gallbladder Works	84
When the Gallbladder Doesn't Work as well as It Should	85
Gallbladder People	86
How to Take Care of the Gallbladder	89
<i>From a Physical Point of View</i>	89
<i>From a Nutritional Point of View</i>	90
<i>From a Psychological Point of View</i>	90
10. The Liver: Our Deeper Self and Emotions	92
How the Liver Works	93
Why Take Care of Your Liver?	97
When the Liver Isn't Working as well as It Should	98
Liver People	102
How to Take Care of the Liver	110
<i>From a Physical Point of View</i>	110
<i>From a Nutritional Point of View</i>	111
<i>From a Psychological Point of View</i>	114
Cholesterol and the Liver	115
How to Avoid Cholesterol Build-Up	116

11. The Stomach and the Duodenum: Our Social Self	120
How the Stomach and Duodenum Work	121
<i>The Stomach: A Grinding Pouch</i>	121
<i>The Duodenum: A Cocktail Shaker</i>	121
When the Stomach Isn't Working as It Should	122
Stomach–Duodenum People	123
How to Take Care of the Stomach	131
<i>From a Physical Point of View</i>	131
<i>From a Nutritional Point of View</i>	132
<i>From a Psychological Point of View</i>	133
12. The Pancreas and the Spleen: Severe Emotional Shock	
Absorbers	135
How They Work	135
<i>The Pancreas</i>	135
<i>The Spleen</i>	135
When the Pancreas and Spleen Don't Work as well as They Should	136
Pancreas–Spleen People	137
Zooming in on the Spleen	141
How to Take Care of the Pancreas and Spleen	143
<i>From a Physical Point of View</i>	143
<i>From a Nutritional Point of View</i>	144
<i>From a Psychological Point of View</i>	145
13. The Intestines: A Long and Winding Road	146
How the Intestines Work	146
When the Intestines Don't Work as well as They Should	147
Intestine People	150
How to Take Care of the Intestines	156
<i>From a Physical Point of View</i>	156
<i>From a Nutritional Point of View</i>	156
<i>From a Psychological Point of View</i>	157
14. The Kidneys: Two Non-Identical Twins	158
How the Kidneys Work	158
When the Kidneys Don't Work as well as They Should	159
Kidney People	162
“Genitality,” or Our Reproductive Potential	167
How to Take Care of the Kidneys	168
<i>From a Physical Point of View</i>	168
<i>From a Nutritional Point of View</i>	169
<i>From a Psychological Point of View</i>	171

15. The Bladder: Constant Control	172
How the Bladder Works	172
When the Bladder Doesn't Work as well as It Should	173
Bladder People	174
How to Take Care of the Bladder	177
<i>From a Physical Point of View</i>	177
<i>From a Nutritional Point of View</i>	177
<i>From a Psychological Point of View</i>	178
16. The Genital Organs: Our Origin and Future	179
How the Genitals Work	179
The Importance of Our Sense of Smell	183
When the Genitals Don't Work as well as They Should	185
A Turning Point in One's Life	188
Genital People	190
How to Take Care of the Genitals	194
<i>From a Physical Point of View</i>	194
<i>From a Nutritional Point of View</i>	196
<i>From a Psychological Point of View</i>	197
17. The Skin: Our Showcase	199
How the Skin Works	199
When the Skin Isn't Working as well as It Should	202
Skin People	203
How to Take Care of the Skin	204
<i>From a Physical and Nutritional Point of View</i>	204
<i>From a Psychological Point of View</i>	205
PART THREE: Taking Care of Our Messenger	207
18. Our Most Precious Possession	209
The Quest for Balance	209
Your Health Itinerary	210
Educating Our Children and Young Athletes	211
Respecting the Balance Within Our Body	212
The Balance of Rhythms	215
How Complementary and Alternative Medicine Can Help Us	224
<i>Visceral Manipulation Therapy</i>	226
<i>Acupuncture</i>	228
<i>Sophrology</i>	230
<i>Bach Flower Remedies</i>	231
<i>Other Therapies</i>	232
Appendix: More About Visceral Manipulation	235