



Potty Talk + Mind-Body-Spirit

Simple, body-based tools to
help manage potty problems

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Emotions and Digestion: The Gut-Brain Axis

- Emotions affect digestion
 - Psychological and social factors influence motility and digestive function, perception of symptoms, and healthy or unhealthy behaviors.
 - According to [Harvard Health](#), multiple studies show that psychological approaches to anxiety, depression, and stress reduction lead to greater improvement in digestive symptoms in people with chronic digestive problems.
- The digestive tract affects emotions
 - Pain affects mood and behavior.
 - On the molecular level, and the gut microbiome is known to affect psychological functioning.
 - For example, most serotonin, the chemical linked to depression, is produced in the gut.
- A 2018 [study in Frontiers](#) outlines the ways chemo-induced gut-brain axis dysregulation affects digestion, mood, and neurological symptoms





Breathing into Balance



Breathing into Balance

Cross your arms over your chest

- First set: Place the tips of the fingers on the collarbone.
- Second set: Make a loose fist and place the knuckles (middle joint) on the collarbone.

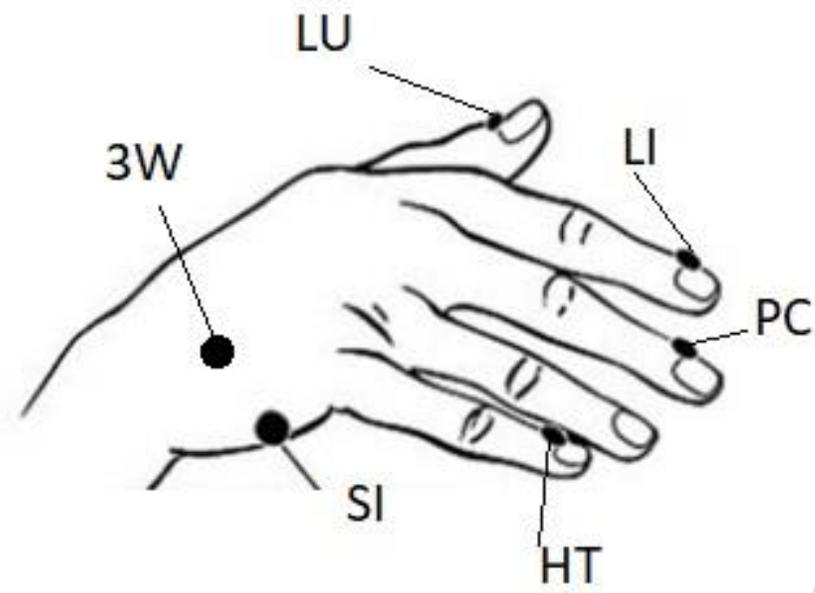
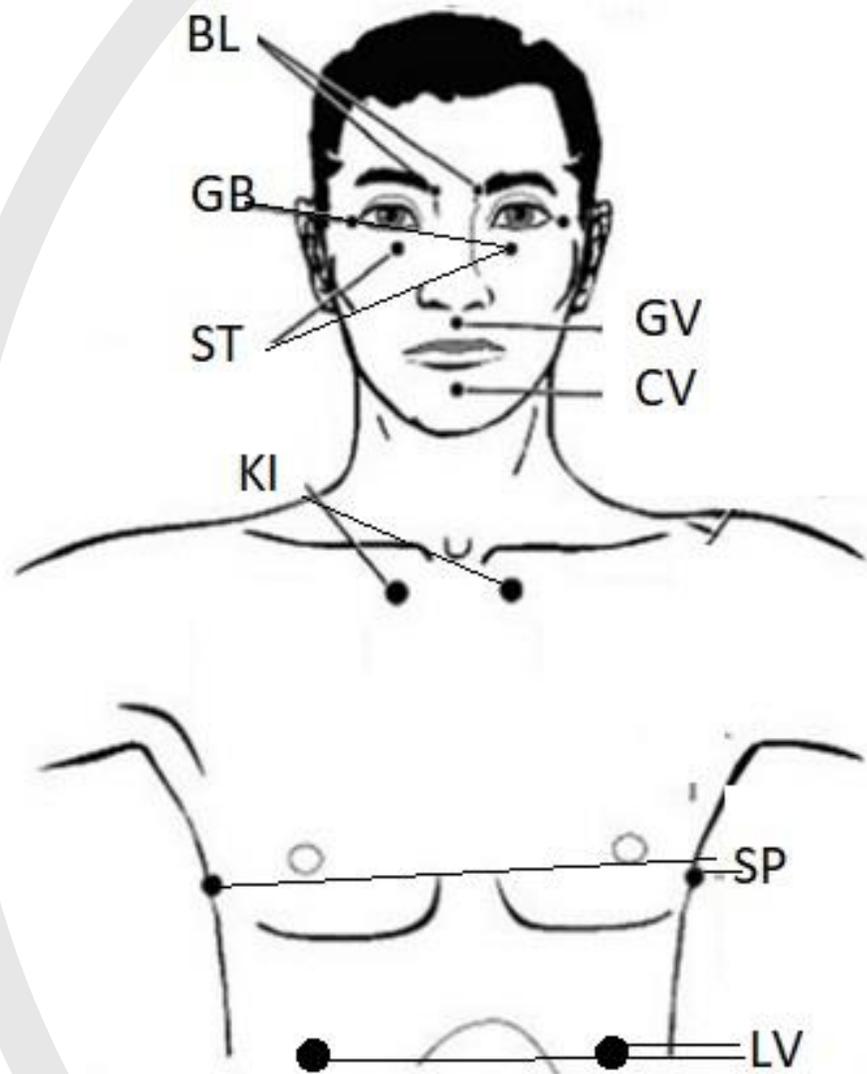
1. Take a full deep breath (inhale and exhale all the way)
2. Inhale halfway and hold
3. Inhale all the way and hold
4. Exhale halfway and hold
5. Exhale all the way and hold
6. Take a full, normal breath





The meridian points and related emotions

Acupressure treatment points – the details



Meridian Points



Meridian Points and Related Emotions

Location	Meridian	Related Emotions
GV Above the mouth	The Governing Vessel	Self-esteem; future
CV Below the mouth	the Central Vessel	Shame; new projects
BL Inside eyebrow corner	Bladder	Trauma, irritation
GB Outside corner of the eye	Gallbladder	Rage, fury, wrath
ST Under the eye	Stomach	Fear, anxiety
KI Just below the collarbone notches	Kidney	Anxiety
SP Under the armpits	Spleen	Worry
LV Bottom rib, under nipple	Liver	Anger
LU Thumb	Lung	Grief
LI Index finger	Large intestine	Guilt
PC Middle Finger	Pericardium	Life flow; sex
HT Pinky Finger	Heart	Anger specific issue
SI Outside edge of the hand	Small intestine	Vulnerability, sadness
3W Back of the hand	Triple warmer/thyroid	Pain, depression





EFT Tapping

The mind-body tool everyone is talking about
(Because we are starting an EFT online
tapping group tomorrow!)

EFT to relieve nausea

- EFT founder Gary Craig posted [this example](#) on his website, and EFT researcher Dawson Church shares [this story](#) on his.
- There are several testimonials about using EFT for diarrhea, including [this one](#) from the UK.
- These stories are especially interesting because the people had symptoms because of known physiological causes (food poisoning, dizziness, and Crohn's disease) yet all their symptoms cleared after some serious EFT tapping.



EFT basics: The “basic recipe”

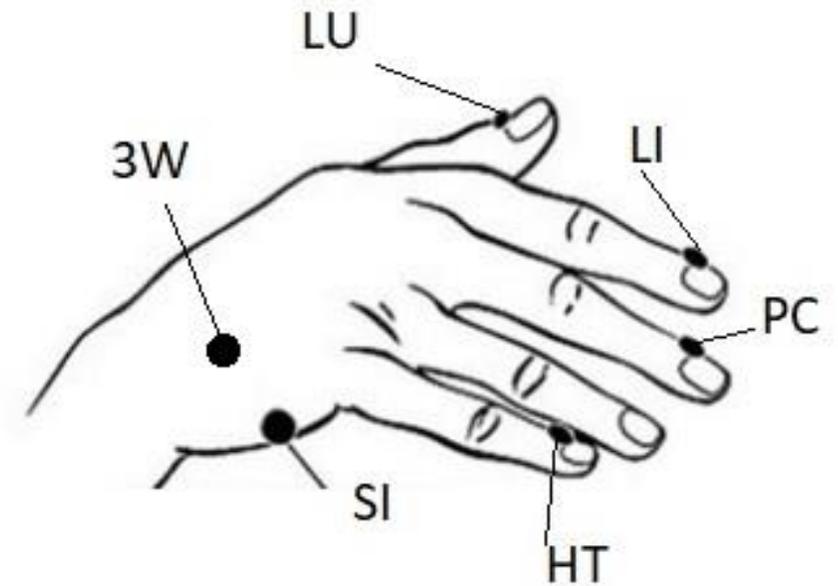
- Tap on the side of the hand while repeating
 - A setup statement (e.g., even though I feel really nauseous) and
 - An affirmation (e.g., I deeply and completely love and accept myself)
- Then tap the points, focusing on the problem (e.g., nausea)
 - Top of the head
 - Eyebrow corner (BL)
 - Outside eye (GB)
 - Under eye (ST)
 - Under nose (GV)
 - Under mouth (CV)
 - Under collar bones (KI)
 - Under arms (SP)



EFT Part 2: The finger points

Add the finger points after a basic round of EFT tapping:

- Tap the corner of the nail beds
 - Thumb (LU)
 - Index finger (LI)
 - Middle finger (PC)
 - Pinky finger (HT)
- Then tap the back of the hand (3W) while doing the 9-gamut (see next page)



EFT Part 3: Nine Gamut

While tapping on the back of the hand (3W) do the following:

1. Close eyes
2. Open eyes
3. Look down to one side
4. Look down to other side
5. Roll eyes in large clockwise circle
6. Roll eyes in large counter-clockwise circle
7. Hum a tune
8. Count to five
9. Hum a tune

