

Immune Expressions



BodyTalk Study Group – Week 5

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Personality Types and Immune Expression

Type A person “The Coronary” -

- Angers easily and has difficulty keeping feelings under wraps
- Explosive, volcanic, competitive, impatient, driven
- Tend have stronger immune systems
- Prone to: allergies, heart issues, coronary disease, blood pressure, stroke, higher rate of obesity (all of these are inflammation related)
- Tend to have higher pro-inflammatory cytokines (helpful in some situations to fight off infections but could be detrimental in long term inflammation)
- Some studies show that Type A personalities have a tendency for Multiple Sclerosis (but not exclusive)

Type B person “Balanced and Relaxed”

- Healthier balance of emotional expressiveness
- No specific illness or immune tendencies mentioned in research

Type C person “Calm People Pleaser”

- Stoic, calm on the outside, denier of feelings
- Conforms to the wishes of others, a lack of assertiveness
- Feelings of helplessness or hopelessness, self depreciation, excessive kindness
- Also known as the “cancer personality”
- Seems to susceptible to illness, immune and autoimmune imbalances (Multiple Sclerosis has been associated with Type A personalities so be mindful not to label)
- Type C makes great employees (worker bee that never stands up for themselves)

Type D personality “Negative Outlook”

- Pessimistic about any potential outcome
- Negative outlook on life
- Constant fear of rejection in some way, often lives a fairly isolated life
- Highest risk of suffering from depression at some point during their lifetime (heart issues, thymus function, skin, depressed immune function, Wei Qi, might see environmental sensitivities or 5 senses sensitivities due to the “isolation” pattern)

Emotional Expression and Immune Function

“Say It!” - People who are unable to express anger, unable to recognize the primacy of their own needs, constantly doing for others, and deny taking action to nurture self, appeared to be the ones most susceptible to immune issues. This applies to expressions of any emotion.

“Cruel to Be Kind In the Right Measure” - life time or long-term practice of ignoring or suppressing legitimate feelings, or is just “too nice.” The immune system can become compromised and confused, learning to attack the self rather than defend it.

Benefits of Emotional Awareness:

- Alerts individual to danger and unwholesome vs. helpful and nourishing (alert B and T Cells or what is self vs pathogen/harmful, amygdala function, preservation, spleen drives us to nourishment)
- Take protective action against the threat or move toward the beneficial stimulus (launch a balanced immune response vs. overreaction or “underreaction”, Wei Qi function)
- “Just Say No” - If someone “just can’t say no”, the body will end up saying it in the form of illness or disease (thyroid function, throat chakra, boundary confusion, mirror of relationships with the environment (Orientation Box))
- Stand and Deliver - a person who “never” gets angry may have an inability or unwillingness to defend personal integrity, pushed around by life, low self esteem or self worth (“boundary confusion” of the outer village or inner village)

Common Type C Beliefs That May Come Up In a Session

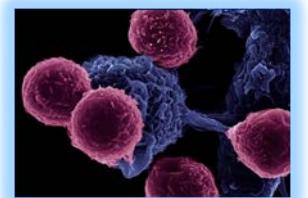
- A tendency towards being perfectionist in their work (fear of being wrong, publicly shamed)
- Highly sensitive person with low thresholds of stress (5 Senses, EMF, electronics, climate)
- Feel more comfortable “playing it safe” (not safe to take risks, safer to wait, safety in the familiar)
- Ongoing fear of letting people down (takes on too much responsibility, self worth = others approval)
- Have a tendency toward introversion, retreats from life for control, comfort in the predictable
- Over-achievers (go to extremes to the detriment of their health, make great employees but tend to be doormats)
- Have trouble saying “no” (thyroid, pericardium, skin, epithelial lining, solar plexus, throat chakra, spleen)
- Tend to be very hard on themselves (push to achieve or complete a task to make others happy)
- Self-conscious, afraid to be authentic self, or let people in (Accept Love, Self Love, To Love _____)
- Prone to anxiety and worry (spleen personality, pancreas, stomach, earth element, digestion issues, gut brain disconnect from _____)
- Feel like they “don’t quite fit in” or like they are “misunderstood”
- Active Memory of traumatic event from fetal life, birth, childhood, teen (injury, illness, divorced parents, abuse, alcoholic family, being bullied)
- Denial of a health problem, or accept a diagnosis, “Well, that is life.” or “Well, what can do about it?” “I will just go through life and try to make the best of it.” “That is what the doctor said, so I guess that’s the way it is.”

Type C Personality: Are You Susceptible to Illness?

<https://psychcentral.com/blog/archives/2009/10/05/the-type-c-personality-are-you-susceptible-to-illness/>

How Personality Affects Your Health

<https://health.usnews.com/health-news/family-health/heart/articles/2010/09/22/how-your-personality-affects-your-health>



Thank You!

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Todd and Angela