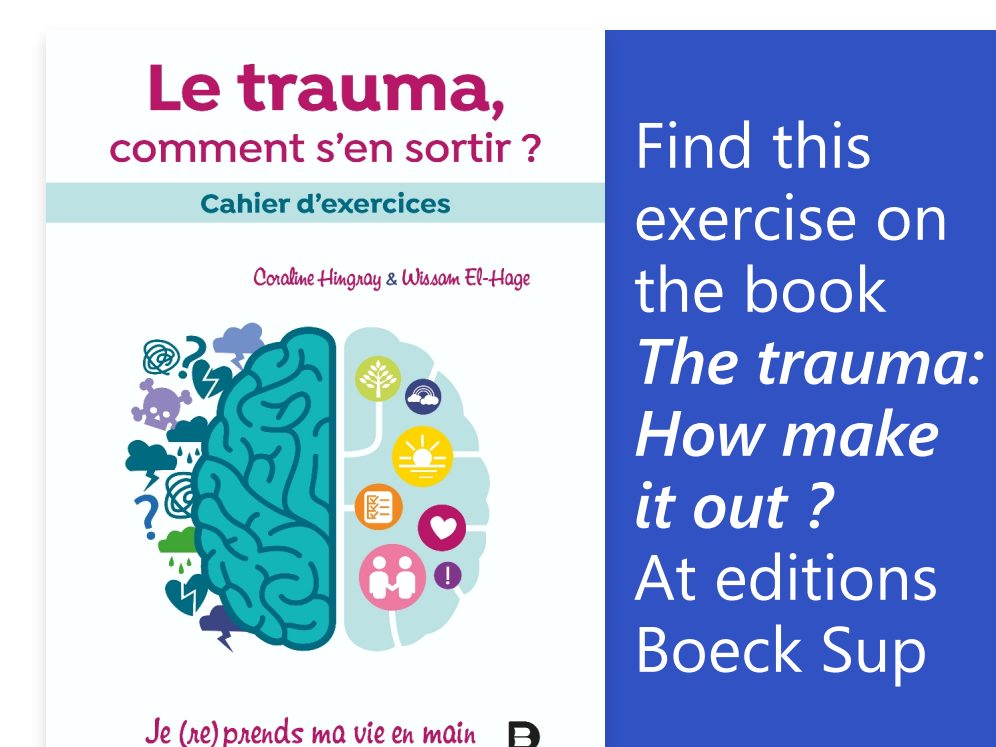


Factsheet

IS IT POSSIBLE THAT MY BODY SPEAKS?



1 True or false

« The pain isn't real, because the tests are normal. »

Wrong! The body can express genuine symptoms linked to with emotional disturbances, even without visible lesions.

« There's a link between my body and my problems! » **True!** Our emotional experience is closely linked to our physical well-being. Pleasant emotions improve our health, while stress damages it.

2 Personal experiences

“

I have seizures that look like epilepsy. It's very impressive, I was even in intensive care. It's linked to the rape I suffered 13 years ago, we call it psychogenic non-epileptic seizures!

”

“

The microphysiotherapist pressed on sensitive points on my body. I cried during the session, it provoked flashbacks. Almost all of my body's aches and pains are linked to images of the war.

”

“

I accepted the idea that my walking disorder is functional, linked to my brain and emotions, without visible, reversible lesions. It helped me to face my traumatic memories with a psychiatrist, and now it's better!

”

3 Understanding the Science

It was during the First World War that the link between trauma and physical symptoms first became obvious. Soldiers faced with the horror of war and the constant threat of death developed a range of symptoms: paralysis, uncontrollable trembling, walking difficulties, unbearable pain...

It was definitely not simulation. In fact, it was a cerebral problem linked to emotions.

Their intensity can lead to the loss of arm function, leg function, the ability to walk...

Today's medicine is still struggling to agree on the terminology, but generally speaking, we speak of dissociative disorders, somatic symptom disorder, conversion disorder, functional or psychosomatic disorder to refer to a frequent mechanism of the impact of emotions (sometimes trauma) on the body.

4 My shrink tells me!

Your body alerts you

After a trauma, you may suffer from post-traumatic stress, symptoms of dissociation, phobias, depression, but also somatic disorders. The body expresses psychic symptoms that are not expressed in other ways. Many diseases are linked to stress or emotional states resulting from traumatic experiences:

- Those where there are visible lesions: skin diseases, myocardial infarction...
- Those where medical exams show no abnormality: fibromyalgia, functional gastrointestinal disorders, chronic pelvic pain, non-epileptic psychogenic seizures...

In all cases, the body uses these symptoms to alert you to the need to take better account of your emotions and the need for change.

The exams are normal

Medical exams can reveal lesions (tumour, haemorrhage, necrosis, fracture, inflammation...). Often none are found and that's good news!

But it doesn't mean there's nothing going on. Too many emotions disrupt areas of the brain that control pain, transit, motor skills... and this produces functional symptoms! Certain neuroimaging tests help to confirm that it's not a question of simulation or baseless complaints! The overflow of emotions disrupts areas of the brain that control pain, transit, motor skills ... and this produces functional symptoms!

Finding a way out

All these disorders are reversible and curable. The first step is to accept their origin, their link with your emotions and traumatic experience.

In a third of cases, this is enough to get better.

The second step is to work on your emotions and use your body as a healing tool by taking care of it and helping it to relax.