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**Chronic ailments decoded in ‘Your Emotional Type’**

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Mind over matter is more than just an old adage. Science is now showing that what happens in the mind is directly related to what happens in the body, says Dr. Mark Micozzi, co-author of “Your Emotional Type: Key to the Therapies that Will Work for You.”

Micozzi, of Bethesda, teamed up with Michael Jawer of Vienna, Va. to explore the mind-body connection. Their findings assert that chronic ailments are not the result of germs or genes but actually are rooted in human emotional biology. And, taking an even closer look, studies also indicate that those with certain personality types are more prone to certain types of illnesses.

“For years it wasn’t understood, but what’s in your head is going to be reflected in your body,” Micozzi says.

Micozzi is a medical anthropologist and adjunct professor of physiology and pharmacology at the Georgetown University School of Medicine. He’s a national leader in the field of complementary, alternative and integrative medicine (CAM), with extensive experience in the field as a consultant and researcher. Micozzi is the founding editor in chief of the first U.S. Journal published on the subject of CAM and in 1994 he organized and edited the first medical textbook, “Fundamentals of Complementary & Alternative Medicine,” which is updated frequently.

Jawer is an emotion researcher, professional communicator and founder of Revisioning Strategies, a marketing and communications firm based in Vienna, Va. Micozzi and Jawer also co-authored “The Spiritual Anatomy of Emotion: How Feelings Link the Brain, the Body and the Sixth Sense.”

“Your Emotional Type” assesses different alternative healing therapies and how they may work for individual emotional types. The book addresses a “dozen discomforts”: asthma and allergies, chronic fatigue syndrome, depression, fibromyalgia, hypertension, irritable bowel syndrome, migraine headache, phantom pain, post-traumatic stress disorder, rheumatoid arthritis, skin conditions such as eczema and psoriasis and ulcers. Characterized as chronic conditions or illnesses, but not diseases, the authors’ assumption is that such conditions are rooted in the mind, shaped by personality and influenced by one’s characteristic way of feeling.

“The real importance of this book to me, as someone who has been working in this field for 25 years, is that not every therapy works for everybody,” Micozzi says. “We all want to believe that one particular therapy will work for everyone, but that’s not the case. We’ve never really had a way of predicting what will or won’t work.”

By taking the emotional boundary questionnaire found in the book or on the book’s website. [www.youremotionaltype.com](http://www.youremotionaltype.com), readers can determine their position on the emotional spectrum. Those who fall within the thinner range typically are more sensitive to internal or external stimuli, which can in turn prompt such emotions as worry, anger, frustration and trauma. Thin and thick boundary people differ in the types of chronic illnesses to which they are susceptible.

“We relate it to how people respond to things going on around them, thin or thick; [the thick] seem to be impervious,” Dr. Micozzi says. “But what we find is that even though they seem to be thick-skinned, the mind-body therapies [show] that they don’t even understand what’s going on inside them.”

From there, readers are invited to explore seven different CAM treatment options that have been scientifically proven to work for their personality type. CAM, which dates back to early Eastern medicine, is becoming more widely used in the U.S., as conventional medicine continues to rise in cost and complexity. A combination of conventional and alternative, integrative medicine also has gained popularity over the years and is widely used today, he says.

“The goal is to put the information into readers’ hands so that they can make an informed choice on the right CAM treatment for them,” he says. “We’re not judging or addressing, treating or curing your emotional type. You learn your valid, authentic self and then you can learn to be more on the lookout for your types and problems you may be more susceptible to.”

“Your Emotional Type: Key to the Therapies That Will Work for You,” by Marc S. Micozzi, M.D., Ph.D and Michael A. Jawer, Healing Arts Press, $14.95, www.youremotionaltype.com.

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