



Empowering You Organically - Season 12 - Episode 108

Title: Ruth Cummings: Letting Go of Emotional Pain

Hosts: Jonathan Hunsaker & TeriAnn Trevenen

Guest: N/A

Description: Emotions we don't release get trapped in our bodies. Or as today's guest, Ruth Cummings, puts it "Our bodies are a trash can for all the emotions we didn't process". Tune in to learn how we can better manage the connection between emotions and disease.

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FEATURED CHALLENGE



- Highest concentration of vitamin C in the industry (26%)
- Scientifically formulated to promote healthy collagen & elastin production for firmer skin
- Patented ingredients to prevent and repair facial wrinkles, increase skin elasticity, and smooth and tighten skin
- NO toxic chemicals frequently found in beauty products such as preservatives, parabens, phthalates, or sulfates
- Protective 1 oz. bottle keeps fragile vitamin C fresh without risk of oxidation

- Vegan & animal cruelty-free
- 3rd-party lab tested. Results reveal no hidden GMOs, herbicides, pesticides, heavy metals, or common allergens

Ruth Cummings

Ruth Cummings is the owner of Athletic Touch Therapeutic Massage, which she founded in 1995.

She has over 50,000 hours experience as a massage therapist working on all types of clients, ranging in age from infants to centenarians and everyone in-between.

Ruth has worked on professional athletes in the NFL, MLB, and UFC, as well as amateur athletes in college and elsewhere.

She specializes in chronic pain relief and injury rehabilitation, but her real passion is the treatment of emotional pain in teens and their parents.

Ruth has a BA in psychology and creative writing, is a natural therapeutic specialist, as well as a personal trainer.

She coaches soccer and tennis, and her coaching achievements include two high school state championships in soccer and one in tennis.

She is an effective communicator with teens, and offers personal coaching in positivity, anxiety control, and self-esteem. Ruth is married with two teens and her family loves to travel. Check out her blog or massage website.

Summary: What is Emotional Pain - <https://familyfitnesstravel.com/what-is-emotional-pain/>

We feel physical pain after emotional intense situations in our lives that manifest into the physical pain we feel.

Our bodies hide painful, scary and stressful feelings to keep us safe and alive. The difference between emotional pain and non-emotional pain, is how chronic and stubborn it is.

Most of the time we are **not even aware that we are stuffing emotions** at the time of the intense situation, which makes it difficult to let things go that we didn't even know we were holding onto.

We can hold emotions from our younger years all the way to a few minutes ago, and each can cause odd pain in our bodies that are logically hard to explain.

The mind and the body don't always see eye to eye which makes unraveling these emotional pains challenging. Once we can get the mind and body to recognize the pain pattern in which they are spinning, the healing is much easier.

Awareness is the main ingredient in starting the healing process, then breath work, journaling, seeing a counselor are a few Self-Care suggestions to implement to start feeling better.

Are you ready for the Organixx LIVE IT challenge?

Real quick, did you know that here at Organixx, we live by 5 core values?

1. Passionate about our Mission, Empowering You Organically
2. Rigorously Honest and Trustworthy
3. Team Players with Extreme Ownership
4. Respectful Communication with a Balanced Ego
5. Resourceful and Creative Growth

Our first Organixx Core Value is, we are *Passionate about our Mission, Empowering YOU Organically*. This doesn't just apply to our customers, but to our team as well. We've just finished the second round of our Organixx LIVE IT challenge internally with just our team, and now we're inviting you and the rest of the world, to join us for round three... for free.

What is the Organixx LIVE IT challenge?

Unlike a diet, Organixx Live It implies positive action. A diet is restrictive; it requires a person to limit the things that they eat or drink in order to be successful. Organixx Live It is the opposite. It is unlimited and inspiring. Organixx Live It is a path to wellness that allows you to take action, participate in activities that bolster your health, improve your overall wellness, and inspire your continued journey to a long-term healthy lifestyle.

During our Live It activities, we will be challenging ourselves to improve our health and well-being and we will have a little fun at the same time, with chances to win some amazing prizes.

A promotional graphic for the Organix Live It! Challenge. It features two polaroid photos of a man named Jonathan, one labeled 'Jonathan 210 lbs' and the other 'Jonathan 178 lbs', showing a weight loss transformation. To the right, there is a list of benefits: 'Weekly Physical Challenges', 'Weekly Emotional Challenges', 'Weekly Wellness Classes', 'Weekly Rewards', and 'All for FREE!'. Below the photos is the Organix Live It! logo, a blue teapot, a red and blue water bottle, and a \$500 Organix Giftcard. A red button with the text 'LEARN MORE' is positioned at the bottom right of the graphic.

Take the **FREE Live It** Challenge!
Win Prizes - Build Healthy Habits

- ✓ Weekly Physical Challenges
- ✓ Weekly Emotional Challenges
- ✓ Weekly Wellness Classes
- ✓ Weekly Rewards
- ✓ All for FREE!

LEARN MORE

Deeper Dive Resources

Ruth's Blog – Family Fitness Travel

<https://familyfitnesstravel.com/about/>

Ruth's Facebook Page:

<https://www.facebook.com/Family-Fitness-Travel-101244591542431/>

Ruth's massage website:

www.athletictouch.com

Ruth's Play & Self Care website:

www.familyfitnesstravel.com

Ruth's FREE Newsletter with Weekly Tips:

<https://familyfitnesstravel.ck.page>

Links From Ruth:

[19 Ideas to Release Stress & Emotions From Your Body](#)

[What is Emotional Pain?](#)

[Self-Care Basics: A Beginner's Guide](#)

[Dr. Lad's Pranayama \(Breathing Exercises\)](#)

[Root Chakra Healing Sound \(one of my favorites...there are many\)](#)

[Sacral Chakra Healing Sound](#)

Live It Challenge

<https://organixx.com/live-it>

Organixx on Facebook

<https://www.facebook.com/OrganixxSupplements>

Organixx on Instagram

<https://www.instagram.com/organixxliving/>