



John Mayer and Taylor Swift



Paris Hilton and Lindsay Lohan



Karan Johar and Kangna Ranaut

A GRUDGE TO KILL

Continued from Page 33

Closer home, Bollywood feuds that topped the charts were the brawls between Karan Johar and Kangna Ranaut, ugly spats between Hrithik Roshan and Kangna Ranaut and ever-entertaining and ridiculous grudge between Salman Khan and Vivek Oberoi.

But outlandishness of some of the unending celeb spats apart, people behave differently to being hurt. So what does one do upon being wronged by another? Many, most naturally, identify with a need to address the “why me” anxiety even as some others fantasise revenge. However, research has shown that a grudge can be lethal, to none other than the one harbouring it.

A recent NYT article by Tim Herrera spoke about how holding on to a grudge can destroy a person and do him or her absolutely no good.

THE TAXED EFFECT

Research has proven that holding on to negativity taxes a person’s physical and nervous system tremendously and contributes to various health issues such as chronic inflammation. Resentment weighs us down and drains our energy. So resentment can create havoc in our body while anger and mistrust over toxic relatives or soured friendships can affect our future relationships.

Mumbai-based holistic lifestyle coach Luke Coutinho believes that holding grudges, hate, anger and resentment can affect one both physiologically and psychologically. But does that mean that having these emotions is not natural? Not quite. “We are humans and each of us is born with varying levels of anger, bitterness and resentment. And it’s all okay as long as these emotions don’t start taxing us physiologically and overpowering us mentally. A body that is stressed faces challenges in digesting food, which affects one’s gut health. You see, if we’re in a constant state of resentment and anger, our body perceives it as a stressful situation and starts releasing cortisol, a natural stress hormone in our body, to cope up

BITTERNESS AND RESENTMENT KILL THE PERSON WHO HOLDS IT AND NOT THE PERSON IT’S HELD FOR. IT ALSO CONTRIBUTES TO SIGNIFICANT MENTAL AND PHYSICAL HEALTH PROBLEMS

with the stress. This is why one feels drained out and tired after a stressful meeting. And increased cortisol level has a connection with most diseases from weight gain and diabetes to cancer,” says Luke.

According to Luke, every emotion or thought creates a certain biochemical reaction in our body as well. “While a happy thought can create a positive reaction, a negative thought can elicit a negative reaction, changing the vibrational energy of trillions of cells in us and affecting our health at a cellular level. All the energy to our brain and body and the glow in our face, skin, hair, liver, kidneys and lungs starts at the cellular level. Hence, it is best to not hold or bottle up any sort of grudges. Releasing is healing,” adds Luke.

THE NEGATIVITY DOWNHILL

Negative emotions brought on by excess stress have a strong relation with diseases such as diabetes, high blood pressure, gall bladder issues. “For example, people with anger and rage have problems with their heart and liver, and people who are filled with bitterness and resentment have problems with their gallbladder. Gallbladder stores bile, which helps break down fat in the human body. When someone is struggling to lose weight and burn fat, it means one is

not able to produce enough bile. This is why it’s so important to simultaneously work with our physical, nutritional and emotional health. When we get angry, it injures the arteries and produces inflammation. No amount of cholesterol medication will heal an artery, which is destroyed or injured by anger and rage. It is the emotions we need to work on,” he explains.

Turn to page 35



While a happy thought can create a positive reaction, a negative thought can elicit a negative reaction. Also, it changes the vibrational energy of trillions of cells in us. A happy emotion can make our cells vibrate higher and a sad or angry emotion can do exactly the opposite affecting cellular health.

— LUKE COUTINHO, Holistic Lifestyle Coach