



Fatal Conveniences™: Anger

[00:00:00] Fatal Convenience - Anger

Darin: Your body's muscles tense up. Inside your brain, neurotransmitter chemicals known as catecholamines are released causing you to experience a burst of energy lasting up to several minutes. At the same time, your heart rate accelerates, your blood pressure rises and your rate of breathing increases. Your face may be flushed and increases blood flow entering all of your limbs and extremities in preparation for physical action. Your attention narrows and becomes locked on your target. Soon you can pay attention to nothing else. In quick succession, additional brain transmitters and hormones are released, which trigger a long state of arousal. You're now ready to fight. That is the fatal convenience of what goes on when you're angry.

[00:01:06] Fatal Convenience Intro

Darin: Welcome to fatal conveniences where we address the things we may be doing in our daily lives that are actually harming us, and in some cases, slowly killing us. Tap water, Teflon, caffeine, blue light, food additives, you name it, we dive into it. We take a critical look at everyday products that really are affecting us and our bodies and the environment and how we can avoid them and find a solution. So, let's dive in.

[00:01:52]

Darin: That, ladies and gentlemen, is from a great doctor, Alan Schwartz. That is what goes on when you're angry. What do you think? You get angry, what do you think about when someone is angry? Is it about yelling and cursing and violence? Of course, that's what we think about, but it does not have to be. We all get angry. We all will get angry. You, me, our children, or spouses, our husbands, our wives, our friends, family, we all get angry. That is common in having a human experience. But if it's out of control, what is it doing? It's causing a ripple effect.

[00:02:39] The collateral damage of Anger

Darin: There's a lot of collateral damage both physiologically, biologically, chemically, psychologically, and in our environment. The more we get angry, the more that threshold goes down, and it's easier and easier and easier to get angry. Then our environment, we make it okay to use anger as manipulation, as a technique to get what you want, and the list goes on. Now listen, I grew up with a father that was extremely angry. My dad, when he got sober when I was four years old, if any of you look close at a picture that I'm in, if you look at my chin, now the beard is covering it, but my chin has a scar on it. That scar was created by my father when he was drunk. He didn't mean to do that but he was oblivious. Where I was, he slammed the door. It threw me into a sea of beer bottles and cut my chin open. 20, 30 stitches later at the age of four, woke my father up to getting sober. Now, he did get sober, and back in 1974, there wasn't a lot of psychological support. There was AA, my dad got



involved with that. But largely, he white-knuckled himself for 30 years trying to not drink, but the aftermath and the collateral damage of white-knuckling that was extreme anger that vomited over me, my brother, and my mother for about 18 years of my life. So I know anger. I know what my father was going through. Now we became credibly close later in life, and it was phenomenal. Unfortunately, I lost my father after 30 years of white-knuckling sobriety when he passed away. As I'm recording this, the day before I'm recording this, it was his birthday so he's on my mind and it's appropriate that this fatal convenience is about anger. It's something that is lingering. It's around us all, and it can interfere with our ability to see clearly. It can interfere with our ability to remember things. Anger outbursts are challenging, and it seems to come upon us, but it inhibits our life if we don't get ahead of it. So what is anger?

[00:05:27] What exactly is anger, and what causes it?

Darin: So emotions more or less begin inside these two almond-shaped structures in our brains, it's called the amygdala. The amygdala is a part of the brain responsible for identifying threats to our well-being, and for sending out alarms when threats are identified. That results in us taking steps to protect ourselves primarily. The amygdala is so efficient at warning us about threats that it gets us reacting before the cortex part of the brain is able to look at things with judgment and thought. So that's the interesting thing. If we continue to react with the chemicals from the amygdala, then we are just in this massive, unchecked, dangerous loop of chemicals. In other words, our brains are wired in a way as to influence us to act before we can properly consider the consequences of our actions. Now, that's a perfect victim thing. So it's my brain, but we are sentient, omnipresent beings. We have the ability of awareness, so this is not an excuse to continue to act like an asshole and be angry. People do and can have control over these aggressive impulses. Of course, there are a lot of factors, but this comes through practice today, now, right now. We can do things that build up resilience, which we will get into. We need to learn to manage all our emotions, for sure, and manage our anger because anger is not good when it's run out of control. I'm gonna stop there on the physiological side because there are a lot of things we can do here to counteract that, but here's some interesting stuff.

[00:07:39] Interesting facts about getting angry

Darin: If you think it's just a psychological thing, you are absolutely wrong more so than almost anything else. There's a direct connection to anger and heart disease. When you're aggressive and overly competitive, we know and see through studies and research that these create early heart disease signs. Certainly, men who have poor anger management and are flying off the seat of their pants all the time, like my dad used to do, suffer heart attacks way before the age of 55 as studies say. A separate study is showing that through certain hostility ratings, that they can predict heart disease more accurately than any other known risk factor, including cholesterol, alcohol intake, cigarette smoking, being overweight, that is crazy. Looking at how someone's responding to their life and reacting through these hostility ratings, they can predict that this person is going to have heart disease. Angry people's tendency is to easily become aroused, keep themselves stressed in order for those corticosteroids, those stress response steroids, and stress response chemicals, in order for them to calm down, it takes a very long time. Then you can easily then get triggered again and again and again. This accumulation of these stress responses really can damage the



body, and certainly around heart and heart disease. The evidence from numerous studies is clear, constant, chronic anger, hostility, and aggression, raise your risk of developing seriously dangerous forms of heart disease five times more than the normal rate, including all of the things like high blood pressure, and hypertension. Also, there are numerous studies around the suppression of the immune system around anger and hostility. One study I found interesting was around students. So younger children have less effect at that age of other things but one study showed that high hostility scores in students had been fewer natural killer cells for the immune system. During these high-stress exams and people would get irritable, so high hostility ratings were there, their immune system was basically in the toilet. An interesting thing also is through the mechanisms of the brain. There's what's called the HPA axis. This is the hypothalamus-pituitary-adrenal axis. This has everything to do with how the body's dealing with stress. This HPA axis has everything to do with how the body is dealing with stress. I'll get into some very interesting work and studies around adaptogens playing a key role in this HPA axis because you know, I love adaptogens, and their ability to deal with stress is phenomenal. There also have been a lot of studies related to eating disorders and anger. They found that anger and negative emotions have been considered a strong causal factor for bulimic behavior. A study conducted by Dr. Angle and his group had made the participants of 133 women who met the criteria, and they were mostly Caucasian and unmarried. The research confirmed the results of the previous studies had discovered that anger was associated with bulimic behavior. Increased levels of anger was associated with an increased likelihood of binge eating and vomiting. Also, another correlation was anger was found in these researches associated with diabetes. So, developing type two diabetes, because of the potential mechanisms that were associated with poor health behaviors, in addition to activating the sympathetic nervous system, this HPA axis which led to inflammation. This inflammation led to this interleukin response in the lower immune system. So it started creating the environment for type two diabetes. That is crazy. But think about it, how much is going on in the body? So this was just a flavor in understanding that when you're angry, and you express that, it has a massive effect, not only on the psychological state of you, the physiological state that has everything to do with setting you up for mortality and disease states and suppressing your immune system, as well as the collateral damage of anger in a household. I can very much put my hand in the air, saying, listen, I had years to extract the amount of anger that I perceived and received and saw and witnessed from my father and the effect it had on me, the effect it had on my mother, the effect it had on my brother. An important thing here now is to start using the consciousness here, instead of just allowing reaction to happen because you can feel justified in your anger. Start asking yourself, is this proportionate to the situation or am I being triggered, am I overreacting, are you projecting, are you directing your anger at someone, is that correct? Or do you have anger towards yourself, resentments, or things like this?

[00:14:07] Ways to minimize your anger reactions

Darin: What are some things that you can do to minimize emotional responses as well as anger? Well, I always go back to resiliency and that is, what can you do now to prevent yourself from being angry? Now listen, I know it's complicated. I know that people can do all kinds of things to trigger you and the world, and the world events can certainly set us up for stress. Stress and its association with anger is huge, but you can practice self-care. There are many things you can do to create resiliency, so you're not the victim of your own anger or



create victims from your anger. All of these things are building resilience of health, as you move forward, for sure, get support. If you feel like anger is overrunning you, and it is a really big problem, then get yourself some professional support right now. Reach out to some people because this has massive damage on you, your loved ones, and the people that you truly do care about. Eat whole fresh plants, fruits, nuts, vibrant foods, foods that are not stressful. Avoid meat. Yes, I'm saying it. I very rarely tell you what to do, but I'm saying avoid as much meat consumption as you can because there are some studies I was involved in reducing meat studies and cleanses that I did and it showed it lowers stress response, lowering of stress hormone levels as a direct result of eliminating meat, high fat, all of these things. I have a bunch of that stuff in the show notes. A significant drop of both free and bound testosterone in the bloodstream occurred just one hour after someone was eating high amounts of meat. That's right. Most men associate high testosterone with meat, dairy, fish, eggs, but it's actually, the evidence shows, multiple studies show that it's actually the opposite and it happens very, very quickly. I was in a study within three weeks, testosterone, the natural form of good testosterone went up by over 30% within three weeks. Now the studies are even showing within an hour of you consuming high amounts of meat, fish, dairy, and eggs, your testosterone is suppressed. Why am I saying that? Because it's high amounts of stress that also goes up when you're eating this high amounts of meat, fish, dairy, and eggs. It's hard for the body to digest. We have those studies in the show notes. Now listen, the other side is anger is not wrong. Anger is information, and it is very helpful information. This can bring up things that maybe you suppressed early. Usually, anger is not appropriate or proportionate to the situation, usually. You can investigate where is this coming from. Oftentimes, if I get angry, I'm overstressed, I'm tired, I haven't done certain things for myself, but anger can certainly be a sign that you haven't acknowledged something. So in terms of a spouse, it's like, I kind of let some things go under the rug and now it's built up, I have resentment, and now I burst it out in a situation. It can actually lead to some healthy, powerful, connected conversations as an example. But also, anger has been misidentified and misapplied as some sort of badge of strength. Guess what, men, I am speaking to you. If you are using anger as manipulation and as some sort of badge of strength, you're off, you're way off. Anger is not a sign of strength. The stereotype of yelling, throwing things, and God forbid hitting people is not a sign of strength. In fact, it is a massive sign of weakness. So men, if you're doing anything of the sort, stop it now. Take responsibility for what you are doing. Women, if you are running amok in anger, children, if you are listening to this of any form, it is not healthy in any way to yell, throw things, or anger. Now listen, it happens, and it can be a catalyst but it doesn't give you the right to hurt people in any way. We need to take responsibility. Anger will always be a part of our society but we can take in, instead of reacting to our amygdala, we can let our frontal cortex step in, use discernment judgment, especially if we're working on our own resiliency of taking care of ourselves and that is sleeping right and eating well, and exercising and all of these things. If we are doing those things and building our resilience and then things come up, then use it as a powerful tool to express yourself and to set a boundary. These things are so powerful. This is such a big topic.

[00:20:00] Anger is not truth and truth is not anger

Darin: I will also say that truth is not anger. When you are radically honest with someone, some people in this day and age say that is anger. It is not. That is not anger. When you're



radically honest with someone saying, this is how I feel, this is what I'm experiencing from you, and you're being truthful, and setting a boundary, that is not anger, that is being truthful and honest. In fact, we do a whole nother fatal convenience on that, but radically honest conversations are extremely important. If people don't want to sit there through being clear and communicative around things that are uncomfortable, then they're not able to step up into that conversation and that's fine. Then it helps you understand where people are at. For me, when people aren't willing to be honest and open, then I know where they're at in my life, and they just can't go to the depth that I want to go to. That happens on both sides, and that's okay, but that's a big conversation. So being honest and truthful and direct is not anger. Anger is this reaction, that's yelling and violence, and bursts out of the person and can cause damage. Don't misidentify and misapply being direct and truthful as anger. Again, if you think you can avoid anger, you can't. It's going to show up, it's going to pop up, but what you do is you realize it's an ally of information that may have been suppressed. Get your sleep, get your sunlight, take off your shoes, meditate, breathe deeply, journal, get to know who you are, be fascinated by the spirit and the soul that's in here, that's in you right now, that's getting to experience this life through this body, through this name that people call you. In terms of get to know who you are, it's one of the most important things you can do. Get to know the spirit and the soul that resides within your heart and your body. You get to run around in this place, this earth and get to have these relationships. Make them great, and work on your connections with yourself, and then that extends to working on your honest conversations with your friends, with your family, and get on purpose. When you understand you, you understand your purpose, your passions. Create your life, create your resiliency through your routines, and your routines of self-care will help you deal with when things pop up when emotions bubble up to the surface. You can then have more resiliency, to be able to respond better, and not always react.

[00:23:21] How can adaptogens help?

Darin: I would be remissed to bring up a very powerful part of building up the resiliency in the body, and that is using our allies, plants. Those allies, specifically around the adaptogens can help build the resiliency in the body, physical, biological, and emotional because all of those things are being affected by stress. Adaptogens very quickly are natural herbal substances that support and help the body adapt to stress. When you're under stress, you don't have the same resiliency. So, therefore, anger is an easier trigger, that kind of thing. Because adaptogens are different from other herbs in their ability to restore the balance of the endocrine system. The hormones modulate the immune system and the nervous system as well as the body to maintain optimal balance. Primary adaptogens also meet these certain criteria. So I just want you to understand that. They produce a nonspecific defense response to stress. They also help normalize and influence the body. They are non-toxic, and they help again regulate or almost reregulate the endocrine, the nervous, the immune system, the digestive, and the cardiovascular function. These things are very powerful when taken over time. They're not stimulators. They don't stimulate your body. If your immune system is running rampant, they help pull it down. If it needs a little bump, they push it back up. So in terms of helping to restore the body is huge, it is huge. It works on this HPA axis, which is the hypothalamus, the pituitary, and the adrenals. So this is where that fight or flight response gets triggered and then that communication with the brain, the pituitary, and the adrenals creates this control system of stress. The adaptogens work to essentially help to



modulate and repair and restore the HPA axis. Some of the things the adaptogens can do, they reduce cortisol response, they help provide adrenal support, they may even support better sleep, which then will help more restoration potential that also help physical stamina and endurance. There are a lot of other things that they can help restore, also chronic inflammation like arthritis, a lot of great resources around that. Now, certain types of adaptogens: ginseng, American ginseng, and also other types of ginsengs are also very powerful. Ashwagandha, one of my great ones, sleep, anxiety around this. I've been around and in throughout India looking at ashwagandha for years. This is a powerful one used for probably 20,000 years. Like I said, Asian ginseng and American Ginseng are all great, cordyceps, mushrooms is fantastic and use of traditional Chinese medicine. If you also have Tulsi which is also called holy basil. You've got Rishi which is very powerful over time and it pulls down. Rhodiola is really around more energy production and restoration. Schisandra is one of my favorite adaptogenic plants. This is a variety of different health benefits, the five flavor berry, which is a whole nother story, but there's some great anti-inflammatory, anti-stress, antioxidant capacity within that super berry. Shilajit is a great one. Then Maca is also a great one, but it's more of a secondary. So it doesn't have all of the four functions of primary adaptogens, but it works directly with the endocrine system to help modulate other things. Astragalus, Chaga is one of the great ones, all of these can be implemented. Adaptogens can be basically used in an everyday type of thing and then switch them up every once in a while. Adaptogens are a very powerful addition to your stressors, to your anger management protocols. If you feel better, if you have more resilience, you will be better in your life. So use the allies that are here for you and that adaptogenic plant world is where it's at. Okay, everyone, thank you for tuning in. This is an incredible episode for you to look deeper inside of you, and not react to life but to be a proactive astronaut of your own life so that you can be a better human and therefore have a better projection of what you want to create in your life and respond better to when life throws you stuff. All right. Thanks, everyone. And remember, I love you.

[00:28:53] Podcast Outro

Darin: That's it for today's fatal conveniences. Thank you so much for tuning in. If you want this valuable information in email form, you can sign up for my fatal conveniences newsletter at fatalconveniences.com. I send out an in-depth breakdown of what we covered in each episode every Monday after an episode airs. If you make any changes in your life or home from these episodes, I want to see them. Tag me in your Instagram posts and show me how you're avoiding these harmful products and making better choices. It's awesome to see the impacts these episodes have, and I love seeing how creative my audience is. Remember, small changes can have a big impact. Oh, and if you haven't had a chance to check out the interview I released earlier in the week, here's what you missed:

[00:29:55] Snippet - Understanding Cannabis & the Cannabinoid Systems in the Body

Eric: I gave a TED talk called The Unexpected Consequences of Modern Technology, in which I go through the breakdowns of the human frame, and the build-up of the human train. I bring one of my guys up there to help me kind of show it and we really tried to go through it. You met Brian back in the day. He was up on the stage showing it. We really got to explain to some people what you do is both good and bad for you, and you have this very mechanistic control over that that's very easy to learn from breathing to horizon line gaze, where you



learn the horizon line is in front of you to the weight of your head being felt in the back of the neck versus the front of the neck. These small shifts that over a week or two, that's all it takes to really learn to make them and start to feel them and then practice them in a modest but steady way. You can undo almost anything you get yourself into unless you don't try it unless you take a pill, "this hurts, stop," "here, take this, it won't hurt anymore." That's a real fatal convenience.