

Cover Your Left Eye

By: Lucho Crisalle, R.D.

The next time you find yourself getting too emotional at the wrong time and want to maintain control, or are sitting in the movie theater forced to go through a roller coaster scene and feeling a bit queasy, just cover your left eye. Try it!

Your left eye feeds information to your brain's right hemisphere, the area that is in charge of our emotions and feelings. By covering your left eye, you are limiting the emotional feed to the right side of your brain. This works instantaneously, and is astonishing.

Just a couple of days ago, Lisa, my fiancée, was reading some poems to me she found and wanted my input as to whether we should use them in our wedding. She started to read this one particular poem, and burst out crying right in the middle of it - out of nowhere! She was laughing and crying at the same time, because the emotion of it caught her by surprise. I immediately reminded her to cover her left eye so she could get herself back together enough to continue reading the poem. Sure enough, within about 10 seconds, the tears stopped and she was able to continue reading the poem uninterrupted. After hearing the poem, I too was touched, yet was concerned with some of the language as I felt it was not as "ecological" as I would like it to be, so I asked Al Sargent, my best man to write a poem for us. Al is the developer of Hemispheric Integration, the science behind the reason why we say "cover your left eye."

Covering your left eye when you find yourself in an emotional situation and would like to be more resourceful is a great tool to use with yourself, and children of all ages. We tried this out a few months ago while in Los Angeles. We were having Easter Sunday brunch at the Fairfax Farmers' Market in this wonderful outdoor restaurant. We were outside on the patio, and everyone around us was in great mood. A group of ladies were at the table next to us, and one of them had her very cute young son who seemed to be about 18 months old. He was just a wonderful and very happy child during the whole meal. Just as we were getting up to leave, after paying our bill, he started to throw a tantrum and started crying at the top of his lungs. As I walked by, I leaned over to the mother and said "cover his left eye." She looked at me real funny, but sure enough, she reached out and placed her hand over his left eye.

He stopped crying immediately! He looked up at everyone with this expression on his face like, "what was that?" He had completely forgotten what it was that he was upset about. No idea—none! All of the ladies were dumbfounded, as they asked with astonishment, "what did you do?" I smiled and told them to purchase a book called "[*The Other Mind's Eye: The Gateway to the Hidden Treasures of Your Mind*](#)" which would explain everything in detail. As we walked off we were met by the rest of the restaurant patrons' smiling and thankful faces.

Most importantly, remember this as a tool to control "emotional eating" as well as food addictions. Try it the next time you are having a craving for desert or some French fries (or whatever your food addiction might be). If you are upset about something, cover your left eye instead of heading to the fridge. You just might find that you really don't want that ice cream right now, and a big glass of water will do the trick. Try it!

For more information about this article, or how to purchase "*The Other Mind's Eye: The Gateway to the Hidden Treasures of Your Mind*", and about Hemispheric Integration training and tools, contact Lucho Crisalle, RD at Exercise & Nutrition Works, Inc. 949-713-WORKS (9675) or www.ExerciseAndNutritionWorks.com

© 2005 Lucho Crisalle, R.D., Exercise & Nutrition Works, Inc.

WANT TO USE THIS ARTICLE IN YOUR E-ZINE OR WEB SITE? You can, as long as you include this blurb with it: "Lucho Crisalle, R.D., an expert in the field of nutrition and supplements is the creator of the What Works! E-Zine. To learn more and to sign up for this monthly E-Zine about nutrition, health and lifestyle management, visit www.ExerciseAndNutritionWorks.com and look for the green box in the upper right corner.