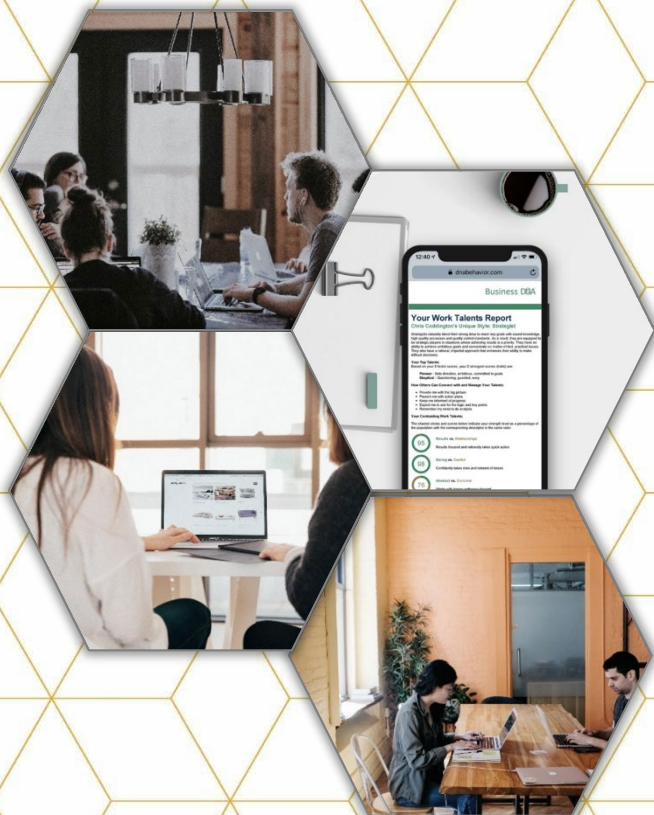


# Money Energy and Health



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## The Link Between Behavior, Money Energy, and Physical Well-being

Money and its energy are crucial in building wealth and maintaining overall well-being. Money Energy refers to the power and influence that money exerts on various aspects of life, including health, happiness, and overall success.

First and foremost, the ability to build wealth is intricately linked to one's health. Without good health, pursuing opportunities, working efficiently, and making sound financial decisions always becomes challenging. Health issues can lead to increased medical expenses, reduced productivity, and limited earning potential. Therefore, prioritizing physical and mental well-being is essential to harness the full potential of Money Energy.

Money Energy is closely intertwined with other vital life energies, such as food intake, physical fitness, and mental well-being. Food is not only a source of nourishment but also a means of fueling our bodies and minds. Making conscious choices about our diet and nutrition directly impacts our energy levels, cognitive abilities, and overall health. Similarly, regular physical exercise enhances physical fitness, boosts mental clarity, and increases our capacity to handle financial challenges effectively.

Moreover, mental well-being plays a significant role in our financial and overall well-being. Our thoughts, beliefs, and attitudes about money can shape our financial behaviors and outcomes.

Negative emotions like fear, stress, or anxiety can cloud our judgment and lead to impulsive financial decisions. On the other hand, cultivating a positive and abundant mindset can attract opportunities, enable financial growth, and enhance overall happiness.

Recognizing and harnessing the invisible power of Money Energy allows us to bring about significant changes in our approach to life. It involves developing a healthy relationship with money, understanding its value beyond material possessions, and aligning our financial goals with our core values. By utilizing Money Energy effectively, we can create financial stability, pursue meaningful endeavors, and cultivate a sense of fulfillment.

However, failing to grasp the interconnectivity of these four energies—money, health, food intake, physical fitness, and mental well-being—can harm our overall wellness. Neglecting our health in pursuing financial gains can lead to burnout, decreased productivity, and compromised well-being.

Similarly, disregarding the impact of our mental well-being on financial decisions can result in poor financial choices and increased stress levels.

## Historical Foundation of the DNA Behavior Discovery Process

Through our many years of research, we at DNA Behavior have been aware of the link between personality, money, and health. Many ancient philosophers, particularly from Greco-Roman traditions, recognized connections between the mind, behavior, and physical well-being. Please refer to our ebook called **The Historical Foundation of the DNA Discovery Process** in the DNA Knowledge Center at [www.dnabehavior.com](http://www.dnabehavior.com)

It's worth reminding ourselves of these foundational philosophers:

**Hippocrates (c. 460-370 BCE)** is often called the pioneer of Western medicine. He also made early connections between our physical health and personality. He believed in the concept of four body fluids: blood, yellow bile,

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black bile, and phlegm. These fluids were linked to four distinct temperaments: sanguine, choleric, melancholic, and phlegmatic. In his view, the balance of these fluids in our body influences our personality and health, with each fluid relating to specific organs and associated ailments. This is an early example of a proposed link between physical health and personality traits.

**Galen (c. 129-210 CE):** Expanding on Hippocrates' theories, Galen suggested that imbalances in the four humors resulted in particular personality types (sanguine, phlegmatic, choleric, and melancholic) and related health conditions.

**Stoic Philosophers:** Seneca, Epictetus, and Marcus Aurelius believed in the importance of mental tranquility for overall well-being. They taught that mastering one's desires and emotions could lead to a healthier and more balanced life.

**Eastern Traditions:** In Traditional Chinese Medicine, there's a belief that emotions, when imbalanced, can affect specific organs and their functions, thus impacting health. Emotions like anger, joy, worry, and fear are linked to the liver, heart, spleen, and kidneys.

**Ayurveda:** This ancient Indian system of medicine links mind-body types (doshas) to personality traits and health predispositions.

While these early ideas were not "scientific" by today's standards, they represent foundational beliefs in the connection between mental or behavioral states and physical health. It's essential to approach these ancient perspectives with respect and the understanding that they arise from different worldviews and knowledge systems than contemporary science. Yet, nevertheless, they were a significant conversation in their time.

## Behavior and Personality Traits

Connections between personality traits and health outcomes, including longevity, are increasingly recognized.<sup>1</sup>

DNA Behavior Discovery offers insights into profound personality characteristics, shedding light on the potential relationship between personality and health. However, the underlying causes often exhibit a complexity that exceeds initial expectations. Numerous interconnected pathways might be at play as each individual progresses uniquely through life. As a result, a simple framework linking personality, immune response, and illness might only partially be verified, as it might miss essential components of the causal mechanisms. Research in the field of psychoneuroimmunology could benefit from aligning more closely with a broader perspective on personality and health, employing a novel lifespan-oriented approach to personality epidemiology.

In her 2017 paper titled *Personality and Health*, published in the Oxford University Press, Sarah E. Hampson - Department of Psychology and Health, Oregon Research Institute (now retired) wrote that personality affects health has ancient roots, but scientific investigation only picked up in the last century. The emergence of psychosomatic medicine highlighted the mind-body connection. The late 20th century saw the rise of the five-factor model of personality, with conscientiousness showing the most consistent health outcomes. More conscientious individuals tend to live healthier, longer lives due to better health habits, strong social ties, and lower stress. The relationship between health and personality is bidirectional. Modern research also correlates personality with biomarkers like inflammation and cortisol. Embracing the understanding that both health and personality evolve has spurred longitudinal studies on the topic.<sup>2</sup>

Maintaining good health includes genetics, lifestyle choices, and environmental influences. However, recent

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<sup>1</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2464619/> National Library of Medicine. The Multiple Linkages of Personality and Disease. Howard S. Friedman

<sup>2</sup> <https://doi.org/10.1093/acrefore/9780190236557.013.121>



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studies have shown that behavior and personality traits are crucial in determining physical well-being. In particular, goal-oriented, well-organized, and responsible individuals tend to live longer and enjoy healthier lives. DNA Behavior Solutions scientifically reveals this personality trait as Planned (high on the Structured Factor); other systems, such as the Big Five, use the reference Conscientious.

The American Psychological Association published a work titled *Conscientiousness and Longevity: An Examination of Possible Mediators*.<sup>3</sup> This paper is well worth reading as the findings record that in addition to predicting health, conscientiousness has established relations with the various health behaviors known to contribute to poor health outcomes. Meta-analytic research has shown that conscientiousness-related traits significantly predict several health behaviors relevant to mortality risk, including activity/exercise, excessive alcohol use, drug use, unhealthy eating, risky driving, risky sex, suicide, tobacco use, and violence.<sup>4</sup> Specifically, conscientiousness was negatively correlated to all risky health behaviors and positively correlated to all preventative health behaviors.

The findings suggested Conscientiousness was the best personality trait predictor of illness burden (i.e., physician-quantified morbidity) even when controlling for education, substance abuse, hypertension, and cholesterol.<sup>5</sup> Similarly, childhood ratings of conscientiousness predict midlife health ratings independent of social, environmental effects such as education and health-related behaviors.<sup>6</sup> Conscientiousness has even been shown to predict slower disease progression in HIV patients.<sup>7</sup>

The personality trait of being Structured is consistently associated with better financial management and well-being. Structured individuals tend to be more organized, responsible, and disciplined, which can lead to more effective budgeting, saving, and planning for the future. They know their money energy and can turn it into opportunities to grow wealth.

Emotional stability, or low neuroticism, is linked to better financial outcomes and overall well-being. Emotionally stable individuals are less likely to be driven by impulsive or emotionally charged financial decisions, leading to more sound financial choices and reduced stress. DNA Behavior measures this behavior as high on Financial EQ.

Openness (which DNA Behavior measures as Outgoing – high on the People Factor) has been found to have mixed associations with financial management<sup>8</sup>. While some studies suggest that individuals high in openness may be more receptive to new financial strategies and opportunities, others indicate that they may engage in riskier behaviors. Further research is needed to fully understand the relationship between openness and financial outcomes.

Self-control, closely related to conscientiousness, is crucial in managing money effectively<sup>9</sup>. People with higher self-control can resist immediate temptations, delay gratification, and make more thoughtful financial decisions. Overall, they will be more in control of their lives and less stressed.

Financial literacy, while not a personality trait, is a critical factor in financial management. Financial concepts and strategies can empower individuals to make informed decisions, leading to better financial outcomes.

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<sup>3</sup> Hill, P. L., Turiano, N. A., Hurd, M. D., Mroczek, D. K., & Roberts, B. W. (2011). Conscientiousness and longevity: An examination of possible mediators. *Health Psychology, 30*(5), 536–541. <https://doi.org/10.1037/a0023859>

<sup>4</sup> Bogg & Roberts, 2004).

<sup>5</sup> (Chapman, Lyness, & Duberstein, 2007)

<sup>6</sup> (Hampson, Goldberg, Vogt, & Dubanoski, 2007).

<sup>7</sup> (O’Cleirigh, Ironson, Weiss, & Costa, 2007).

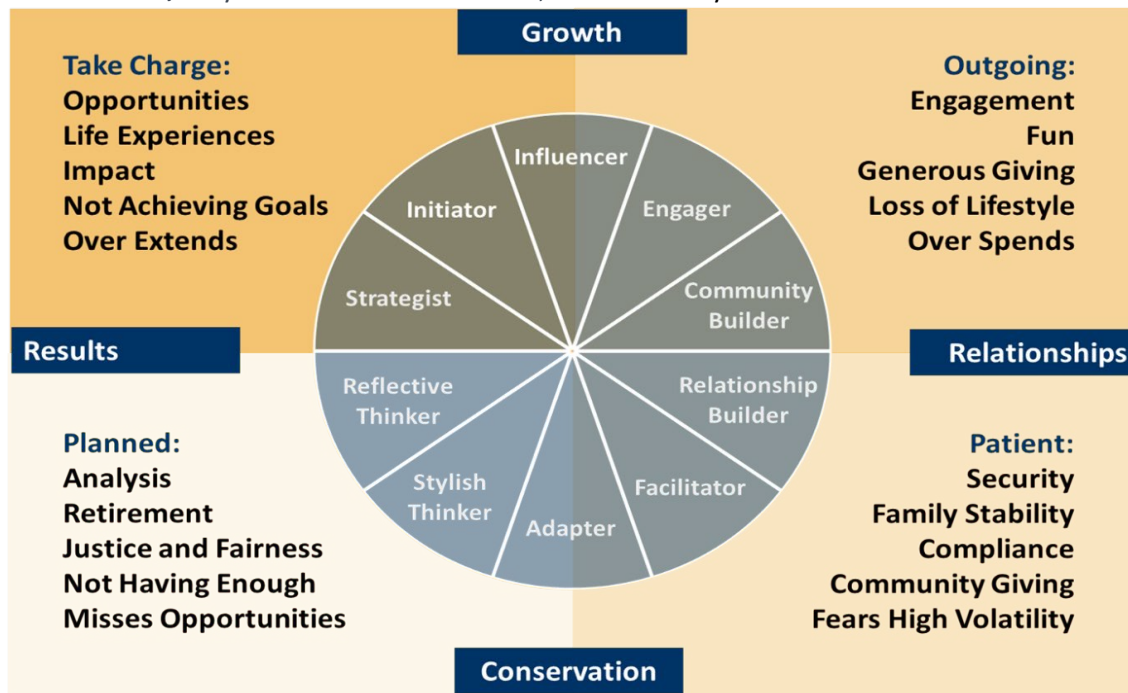
<sup>8</sup> <https://onlinelibrary.wiley.com/doi/full/10.1002/cfp2.1158>

<sup>9</sup> <https://pdx.pressbooks.pub/thebalanceofpersonality/chapter/self-regulation-and-conscientiousness/>

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It's important to remember that these findings represent general trends and that individuals are complex, combining various personality traits. Furthermore, education, socioeconomic status, and life circumstances influence financial management and well-being. The image below gives a small insight into money behaviors measured by DNA Behavior.

Put into a 'nutshell' *"Conscientious people don't do stupid things so they have lower rates of accidents and better health behaviors,"* says Professor David Watson, The University of Notre Dame <sup>10</sup>



Financial worries and struggles can lead to chronic stress, known to have detrimental effects on the body. The constant burden of financial strain can result in sleep disturbances, elevated blood pressure, a weakened immune system, and an increased risk of developing various health conditions. In addition, individuals constantly needing financial help may struggle to prioritize their health due to limited resources and increased stress levels<sup>11</sup>.

Conversely, a healthy financial situation can contribute to improved physical health. Financial stability provides individuals with access to healthcare services, nutritious food options, and opportunities for physical activity. In addition, it can alleviate stress and allow individuals to focus on self-care and preventive measures, leading to better overall health outcomes.

Nevertheless, it is important to note that money energy is not solely determined by the amount of wealth one possesses. Instead, it encompasses a broader perspective that includes life and financial perspectives, mindset, financial literacy, wise financial management, and a healthy relationship with money. Individuals who are knowledgeable about financial matters, practice mindful spending habits, and maintain a balanced perspective

<sup>10</sup> <https://www.cnn.com/2023/09/17/this-is-the-nopoint1-personality-trait-linked-to-living-longer.html>

<sup>11</sup> <https://pubmed.ncbi.nlm.nih.gov/22271841/>

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on wealth are more likely to experience positive money energy.

The relatively direct connection between money energy and physical health highlights the importance of financial well-being in maintaining a healthy and fulfilling life. Financial stress can negatively impact health, while financial stability and a positive relationship with money can contribute to better overall well-being. Individuals can cultivate positive money energy and enhance their physical health by striving for financial literacy, responsible money management, and a healthy perspective on wealth.

## Structured and Methodical: Keys to a Healthier Life

Research has consistently demonstrated that individuals with a structured and methodical approach to life (what DNA Behavior measures as Planned) tend to experience lower disease incidence and better cognitive health<sup>12</sup>. This correlation can be attributed to several factors. First and foremost, organized and goal-oriented individuals are more likely to engage in healthy behaviors such as regular exercise, a balanced diet, and sufficient sleep.<sup>13</sup> These lifestyle choices significantly contribute to overall physical well-being and disease prevention.

Moreover, the ability to effectively manage stress is another crucial aspect that affects physical health. From a stress framework perspective, conscientiousness, a personality trait closely associated with structure and organization, plays a significant role in reducing the impact of stress on the body. Conscientious individuals report fewer daily hassles and experience less job strain, contributing to lower stress levels.

## The Protective Effect of Being Planned

One of the reasons why being Structured exerts a protective effect on physical health is how individuals appraise and cope with daily stressful events. Studies have shown conscientious (Planned) individuals perceive these events as less severe, allowing them to manage and cope with stress more effectively<sup>14</sup>. This ability to reframe and manage stressors contributes to a lower risk of stress-related health issues such as cardiovascular diseases, weakened immune systems, and mental health problems.

Furthermore, these individuals have high confidence in dealing with stressors. This self-assurance enables them to approach challenges proactively and seek practical solutions. Consequently, their resilience and adaptability act as buffers against the negative impacts of stress, contributing to better overall physical health.

In addition to coping mechanisms, they exhibit more stable emotional well-being in stressful events. They experience less of a dip in emotional well-being when confronted with challenges, indicating higher emotional resilience. This emotional stability further supports their ability to maintain good physical health by minimizing the detrimental effects of stress on the body.

## Linking Structure Traits with Health and Well-being

Understanding the link between structure and physical health opens avenues for personal development and lifestyle modifications. While personality traits are generally stable, individuals can cultivate and enhance individual traits through conscious efforts. Incorporating structured and organized habits into daily routines,

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<sup>12</sup> <https://pubmed.ncbi.nlm.nih.gov/16908463/>

<sup>13</sup> <https://pubmed.ncbi.nlm.nih.gov/24237707/>

<sup>14</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2976572/>

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setting clear goals, and adopting healthy coping mechanisms can improve overall well-being.

Moreover, promoting structure in various contexts, such as workplaces and educational institutions, can have far-reaching benefits. Encouraging individuals to develop and utilize their organizational skills, emphasizing the importance of stress management, and providing resources for improving emotional resilience can lead to healthier, more productive communities.

The evidence is clear: behavior and personality traits significantly impact physical health. Conscientious individuals' structured, goal-oriented, well-organized, and responsible approach to life predict lower disease incidence, better cognitive health, and increased longevity. By recognizing and harnessing the power of conscientiousness, individuals can pave the way for a healthier and more fulfilling life journey.

To learn more about building your Personal Life Energy sources, which requires a conscious, focused and structured approach to life, you can read our **Mastering Your Personal Life Energy Booklet** and learn to follow the daily living plan it provides.

## The Role of Medical Practitioners

In conclusion, our findings highlight the potential benefits of incorporating personality assessments into patient surveys. Such evaluations could guide physicians in identifying patients more inclined to follow treatments and pursue healthier lifestyles. We are optimistic that using DNA Behavior Personality Discovery will inspire members of the medical profession to explore strategies centered on personality traits, aiming to encourage individuals to prioritize their health.

To learn more about DNA Behavior International and the solutions we offer, please visit:

[www.dnabehavior.com](http://www.dnabehavior.com)

If you have any questions or would like to discuss with an executive on our team, please email us at:

[dnacare@dnabehavior.com](mailto:dnacare@dnabehavior.com)



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