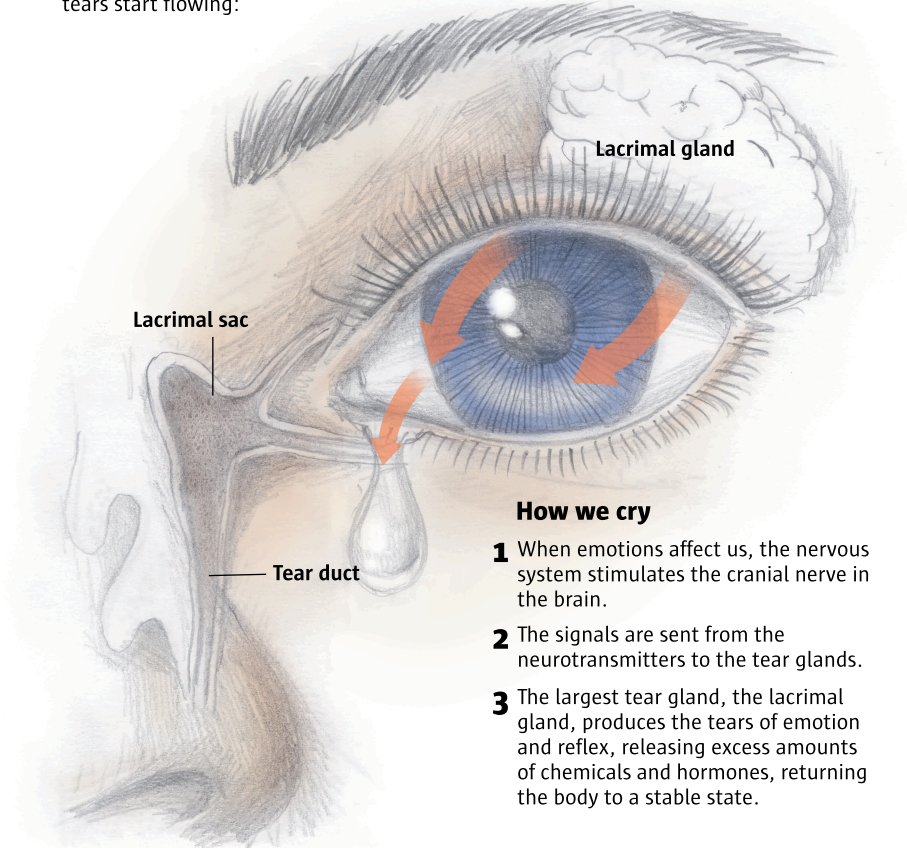


Anatomy of a well-up

When Hillary Clinton showed her emotional side in an interview in New Hampshire last week, there was speculation about whether her tears were genuine. The body has the ability to produce three types of tears: reflex tears, when something gets in your eye; basal tears to keep our eyes lubricated; and emotional tears. Here's how the emotional tears start flowing:



How we cry

- 1** When emotions affect us, the nervous system stimulates the cranial nerve in the brain.
- 2** The signals are sent from the neurotransmitters to the tear glands.
- 3** The largest tear gland, the lacrimal gland, produces the tears of emotion and reflex, releasing excess amounts of chemicals and hormones, returning the body to a stable state.

Was it genuine?

Body language expert and motivational speaker, Patti Wood, MA,CSP says Clinton's well-up last week was genuine. In the many years she spent viewing Clinton, Wood says this moment was unique and had never seen Clinton showing her emotions authentically. Here's why she thinks Clinton's emotions were for real:



Clinton: "It's not easy. It's not easy. And I couldn't do it if I just didn't passionately believe that it was the right thing to do."

Wood: "After saying this, she follows with a tongue smacking sound that acts as a transition from a planned statment to her emotional statement. This symbolically indicates that she wished to get the taste of these intense emotions out of her mouth."



Clinton: "I have so many opportunities for this country. I just don't want to see us fall backwards."

Wood: "This the moment where she knows she's being emotional and puts her hand up to her cheek on the same side from which the question was asked. She is trying to comfort herself and cover up her emotions by cupping her hand to her chin."



Clinton: "This is very personal for me."

Wood: "At this point, she retreats by pulling her upper body backwards and presses her lips together to suppress and hold in all that emotion. She then makes this confession, which is significant and uncharacteristic of Hillary."

Source: ABC News; Patti Wood, motivational speaker and language expert; gibbsmagazine.com

Jeff Goertzen /The Denver Post