

Chronic Stress Response

Potential Sources Of Stress

EXTERNAL LIFE STRESSORS

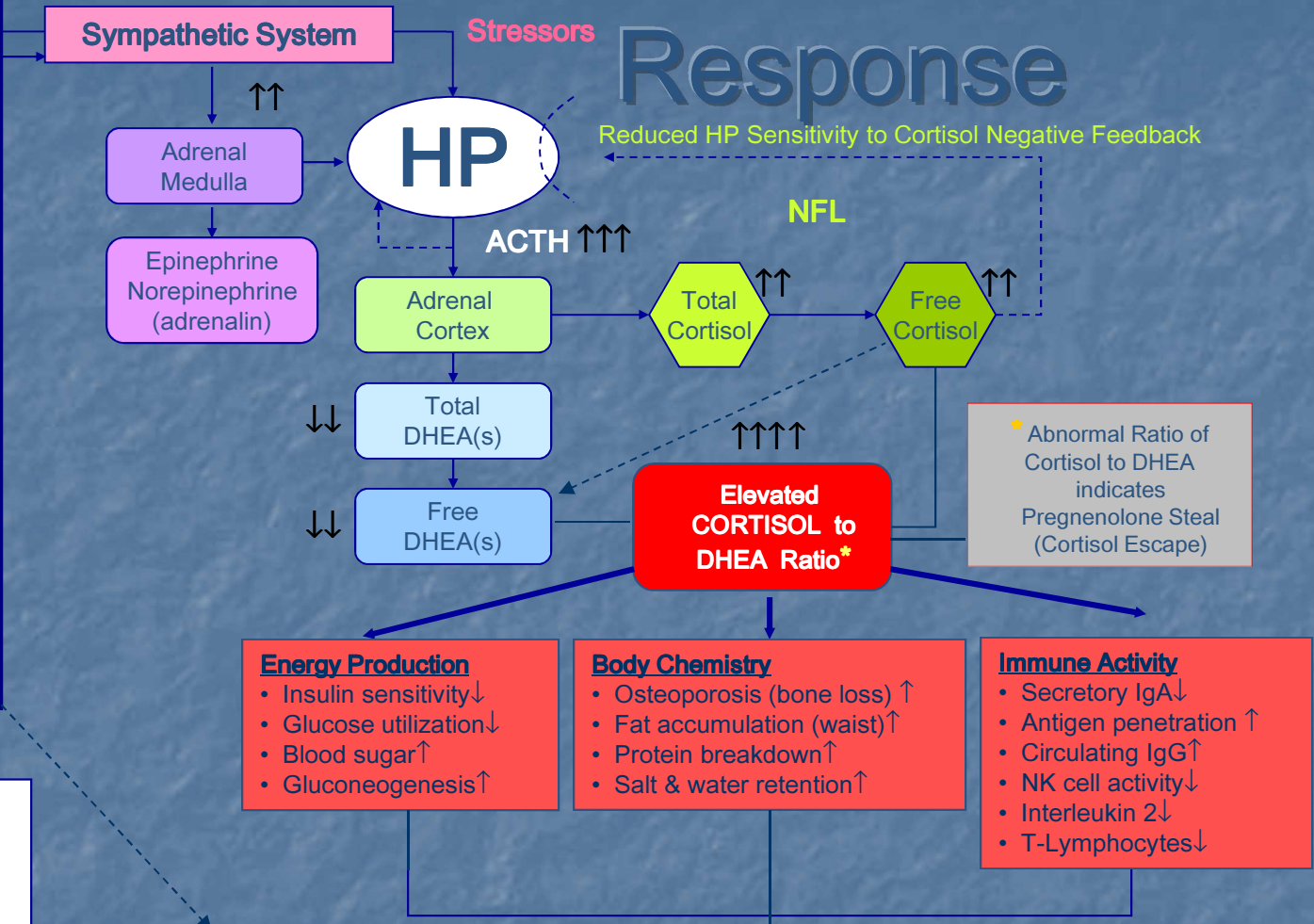
Mental/Emotional – fear, guilt, excitement, worry, anxiety, grief, depression, financial, divorce, job-related, overwork, trauma and abuse, relationship stress

Physical – fractures, muscle injuries, nerve compression, over-exercise, lack of sleep, chronic illness, dieting

Existential Angst – lack of purpose or meaning in life, hopelessness, despair

(HIDDEN) INTERNAL STRESSORS

parasites, bacteria, fungi, viruses, pesticides, herbicides, chemicals, toxic metals, wrong foods, blood sugar problems, alcohol, tobacco residue, food additives, food allergies, drugs, structural stress, metal in teeth



KEY

Association ———

Stimulus ———→

Outcome ———→

Inhibition - - - - -→

HP = Hypothalamus – Pituitary
NFL = Negative Feedback Loop
ACTH = Adrenocorticotropic Hormone

Malfunction Categories

Endocrine Function - Neural Tissue Health -
Neuronal Conductivity - Musculoskeletal Health - Carbohydrate Metabolism -
Eicosanoid Modulation - Immune Regulation -
Heavy Metal Endo Chelation - Fat and Protein Metabolism -
Mucosal Barrier - Digestive Disorders