

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??

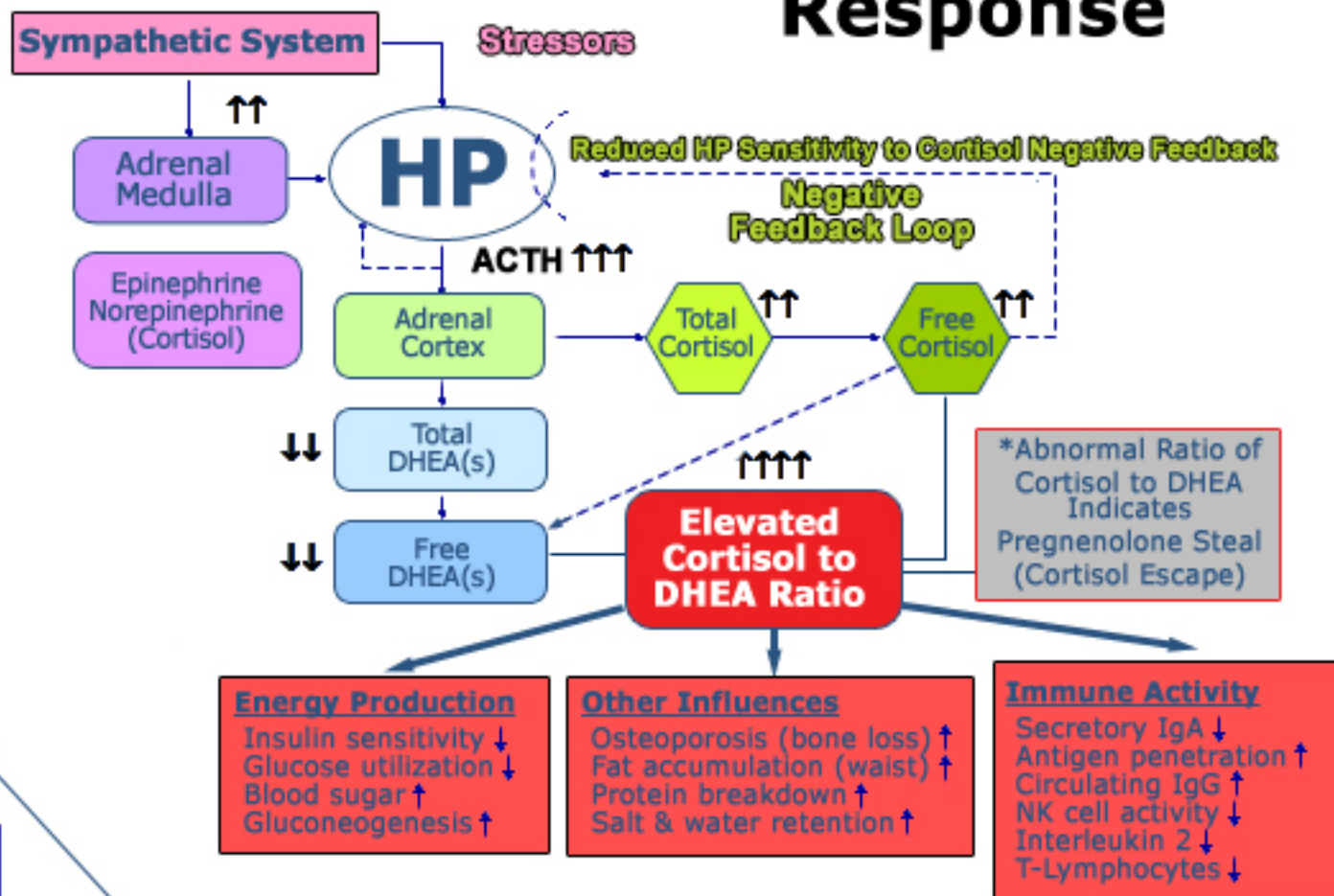
Parasites, bacteria, fungi, viruses, pesticides, herbicides, chemicals, toxic metals, wrong foods, blood sugar problems, alcohol, tobacco residue, food additives, food allergies, drugs, structural stress, metal in teeth.

KEY

Association ———→
Stimulus ———→
Outcome ———→
Inhibition - - - - -→

HP = Hypothalamus - Pituitary
NFL = Negative Feedback Loop
ACTH = Adrenocorticotrophic Hormone

Chronic Stress Response



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