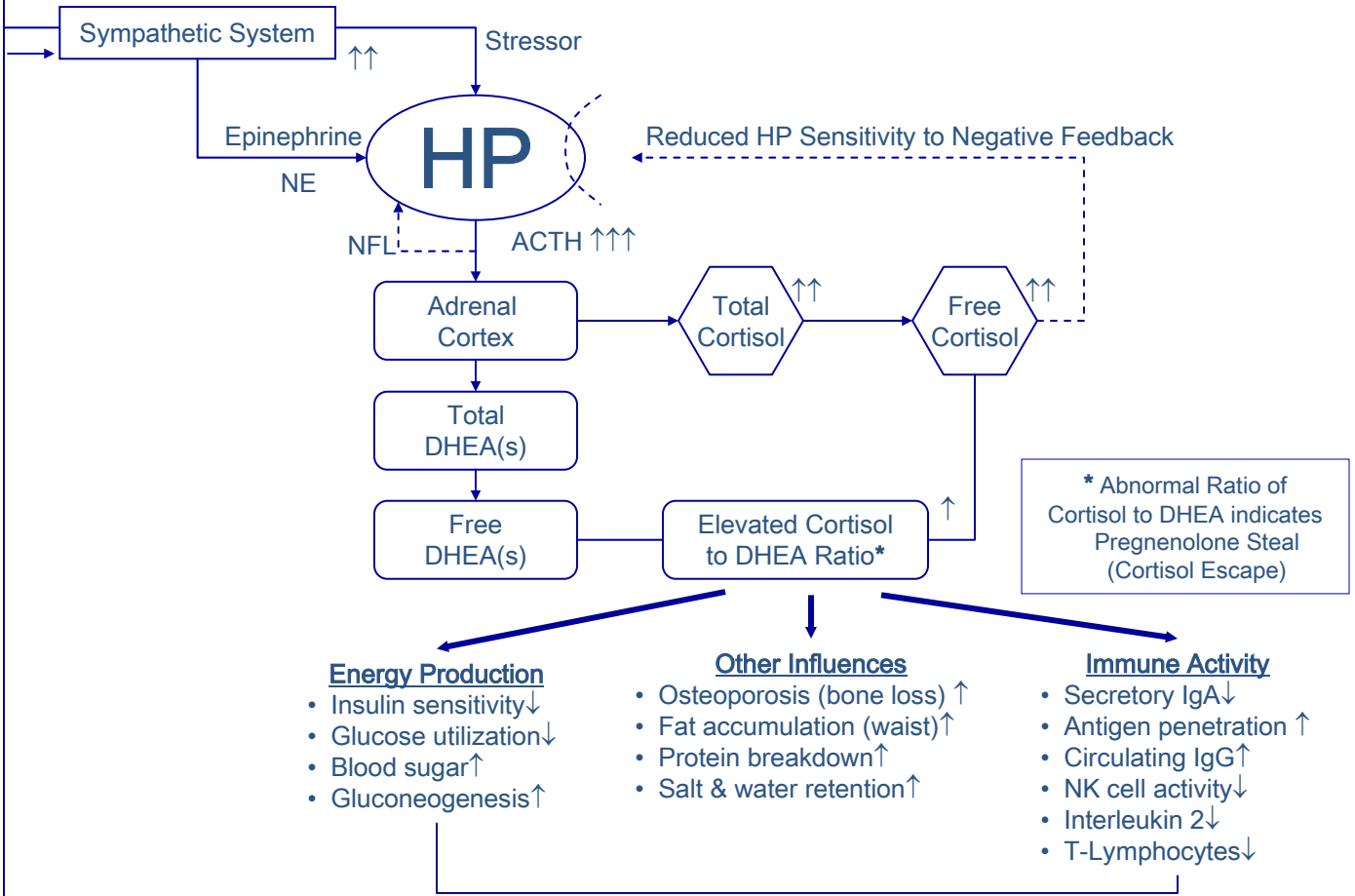


# Chronic Stress Response™

## Potential Sources of Stress

- Anger - Fear
- Worry/Anxiety
- Depression
- Guilt
- Overwork
- Physical and Mental strain
- Excessive exercise
- Sleep deprivation
- Light-cycle disruption
- Late hours
- Surgery
- Trauma/Injury
- Whiplash – Head injury
- Inflammation
- Pain
- Temperature extremes
- Toxic exposure
- Infections
- Chemicals - Heavy metals
- Electromagnetic fields
- Radiation
- Geophysical
- Malabsorption
- Maldigestion
- Illness
- Low blood sugar - Poor diet
- Nutritional deficiencies
- Allergies
- Foods
- Mold – Pollens



**KEY**

- Association ———
- Stimulus —————>
- Outcome —————>
- Inhibition - - - - ->

HP = Hypothalamus - Pituitary  
NFL = Negative Feedback Loop  
NE = Norepinephrine

- Energy Production**
- Insulin sensitivity↓
  - Glucose utilization↓
  - Blood sugar↑
  - Gluconeogenesis↑
- Other Influences**
- Osteoporosis (bone loss)↑
  - Fat accumulation (waist)↑
  - Protein breakdown↑
  - Salt & water retention↑
- Immune Activity**
- Secretory IgA↓
  - Antigen penetration↑
  - Circulating IgG↑
  - NK cell activity↓
  - Interleukin 2↓
  - T-Lymphocytes↓

**Clinical Conditions**

- Chronic viral infections (EBV,CMV,Herpes I-II,etc.)
- Increased infections
- Yeast overgrowth
- Allergies
- Fatigue
- Headaches
- Autoimmune disease
- Cancer
- Cardiovascular disease
- Insomnia
- Hypoglycemia
- Hunger
- PMS
- Depression
- Irritable bowel
- Digestive problems
- ADD/ADHD