



Wellness News Network™

Your Source for Health & Wellness Information

Issue 3, March 2020

Stress as a Source of Illness and the Power of the Mind

Presented by:

Introduction

The *fight-or-flight* response is the way that stress is actioned in the physical body. In any stressful situation, the body begins secreting adrenalin and corticosteroids from the adrenal glands. This causes your blood pressure and heart rate to increase. Oxygen and nutrients are diverted away from digestive and immune systems, to be used in the musculoskeletal system as a means for immediate physical defense, or a quick escape.

Why? Well this is how the system works to ensure your survival. However, if this response is perpetuated by long-term stress, it can contribute to chronic illness: high blood pressure and an increased heart rate lead to greater incidences of heart attacks and strokes; a suppressed digestive system leads to ulcers and irritable bowel syndrome; and a suppressed immune system makes one vulnerable to disease.

Irrational fears, anxieties and worries are all part of our day to day experience that are really

non-threatening but still cause a stress response. If this occurs often and its prolonged it can affect your health. What was an important response for life threatening situations is now turning into to a response that can negatively affect one's health.

Based on this evidence, its important to control how you react to situations so they don't cause fear, anxiety and chronic worry. In this way your state of mind is linked to or has a direct influence on your health. To help keep stress in control try **meditation, yoga** and **positive affirmations**. Go for walks in nature or visit parks. Spend time



Presented by:

True or false?

How we perceive our environment can be more influential than the environment itself

ANSWER:

True

True or false?

Your physical fight-or-flight response to danger cannot lead to chronic illness

ANSWER:

False

True or false?

Beliefs can affect our thoughts, our feelings, and our actions

ANSWER:

True

you're your love ones and pets. All these are ways to manage stress. Changes in lifestyle maybe needed to actually reduce the behaviors or the environment that creates unnecessary stress in your life.

In his book **The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles**, Bruce Lipton states that how we perceive our environment is more important to our sense of well-being than the actual environment itself. And, the way we perceive our environment also has direct implications on our physical state of health through mind-body interactions.

Dr. Lipton explains that neither the effects of nature nor nurture are acceptable theories for the cause of disease. He doesn't agree anymore in the concept that genes alone are the control our biology. Lipton illustrates this statement by showing that genes are not independent entities that turn themselves off and on. Instead, they are triggered by environmental cues. And furthermore, it is the cells' **interpretation** and **reaction** to these cues that determines the eventual translation or expression of the genetic material into the physical body.

Dr. Lipton suggests that as we change our beliefs about our environment, we can also change our reaction to our environment. As a result, we can literally reprogram our cells to react in a different way. The impact of positive and negative thoughts, for example, can be the difference between the resolution of disease and the persistence of symptoms. By choosing a more positive attitude about our lives and our environment, we are giving ourselves the power to influence our health in a very independent, profound way.

Chiropractic: Your Communications Medicine

Chiropractic is a healing profession that works to have an affect on the body's nervous system to mediate positive effects on our state of health.

If your body, or more specifically your spine gets out of alignment and a nerve become 'pinched', not only is do you experience pain, but the communication along this nerve is disrupted. As a result, all the tissues connected to this nerve will not communicate with the brain properly. By repositioning the vertebrae, the chiropractic adjustment can help alleviate the pain caused by the pinched nerve, and it also serves to facilitate proper brain-body communication.

Maintain strong health with regular chiropractic adjustments. This way you are doing your best to minimize communication breakdowns in your nervous system. Less tension in your back means less stress. Less stress will enable you to be more active and engaged in activities like meditation, yoga and nature walks. These are simple steps you can take to improve your health and well being.



Disclaimer: Information contained in Wellness News Network Newsletter is for educational and general purposes only and is designed to assist you in making informed decisions about your health. Any information contained herein is not intended to substitute advice from your physician or other healthcare professional.

Quote to Inspire

*The contented man
is never poor;
the discontented
never rich"*

- George Eliot

True or false?

How we perceive our environment can be more influential than the environment itself

ANSWER:

True

True or false?

Your physical fight-or-flight response to danger cannot lead to chronic illness

ANSWER:

False

True or false?

Beliefs can affect our thoughts, our feelings, and our actions

ANSWER:

True

Design: Elena Zhukova
Graphics: Maria Camille Almirañez
Production: Mike Talarico