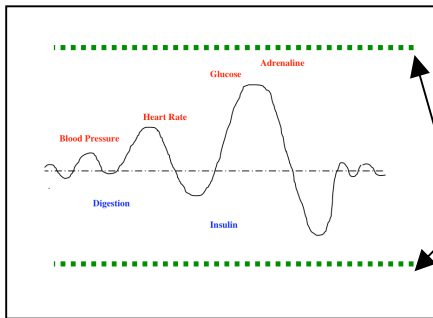


A Model for Understanding the role of Stress, Trauma, & Early Life Events in Origins of Chronic Illness

The Environment of Experience influences Health

I. Healthy Nervous System functioning



The Nervous System fosters adaptability and recovery through:

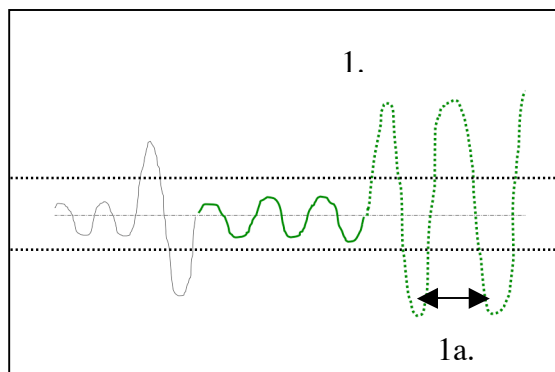
1. Regulating and interacting with all other organ systems
2. Oscillation
3. Range (from large to small, from sleeping to waking to running...)
4. Operating within a “window of tolerance”

II. Environmental Factors influence Nervous System Regulation

In addition to pollutants, toxins and other factors, stress, trauma, and events in early life play a particularly important role in shaping the nervous system’s capacity for self-regulation.

III. Altered regulation is a risk for symptoms and chronic illness

Loss of nervous system oscillation, cycling, and flexibility alters the ability of the organism to adapt to change and may emphasize certain physiological and/or emotional patterns. Such states often operate outside the window of tolerance.

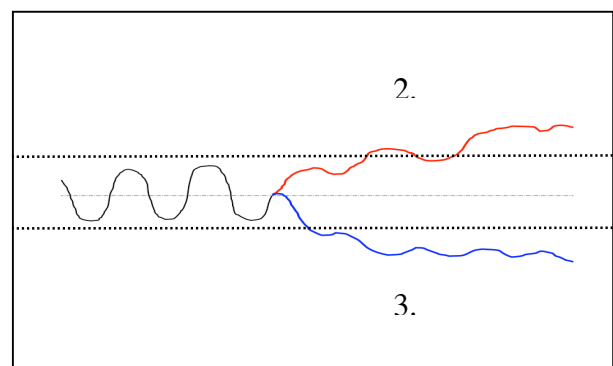


Exaggerated Cycling

1. Symptoms

PTSD, Bipolar (mania and depression)
Irritable Bowel Syndrome

1a. time between cycles varies (ie: hours to years)



Reduced cycling

2. Symptoms of the “Fight or Flight” state:

hypervigilance, anxiety, panic, startle
hypertension, chronic pain, diabetes

3. Symptoms of the “Freeze” state:

depression, numbness, dissociation
fatigue (chronic fatigue), asthma