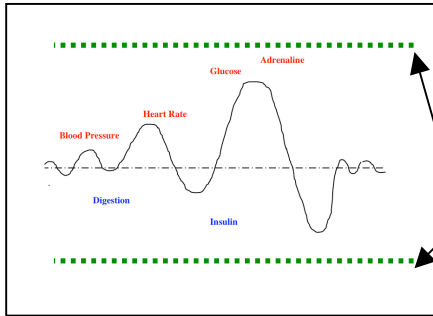


The Role of Stress, Trauma, & Early Life Events in Origins of Symptoms & Chronic Illness

The Environment of Experience influences Health

I. Healthy Nervous System functioning



The Nervous System fosters adaptability and recovery through:

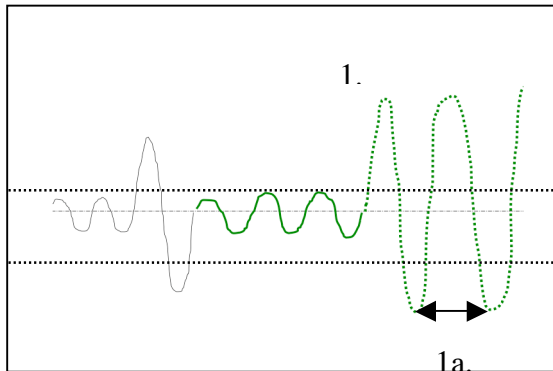
1. Regulating and interacting with all other organ systems
2. Oscillation
3. Range (from large to small, from sleeping to waking to running...)
4. Operating within a “window of tolerance”^{1,2} or resilience^{4,7}

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^{3,4,5}.

III. Symptoms reflect changes in regulation³

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^{3,4}, including disease^{4,7-9}. Such states often operate outside states of resiliency^{6,7} and the window of tolerance¹.

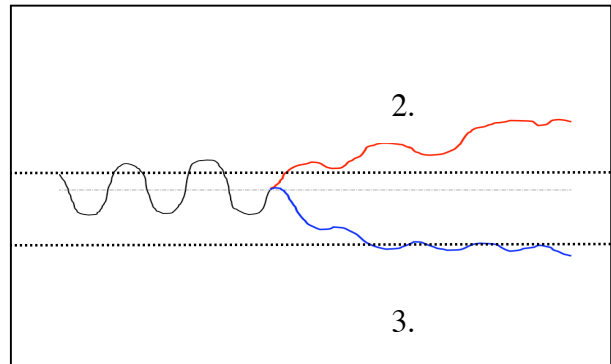


Exaggerated Cycling

1. Symptoms

PTSD, Bipolar (mania and depression)
Irritable Bowel Syndrome, (Parkinson’s?)

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



Primary dominance of one or more states

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 (CFS?), asthma, “foggy” thinking

IV. Treatment Philosophy: The body’s innate intelligence facilitates improved self-regulation when addressing factors such as trauma, the mind / body continuum, stored (unconscious) memories, arousal, and impulses seeking to complete truncated patterns^{2,4,10,11}.

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