



Alternative HealthCare Solutions

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The Link between Stress and Disease — it's Real and it's Significant!

Simply doing a Google or AOL search on “stress and disease” will lead to some eye-opening information. To get you started, try this site:

<http://www.statisticbrain.com/stress-statistics/>

The American Cancer Society, the American Heart Association, and the American Psychiatric Association all agree — Stress is responsible for 85-95% of all our diseases and visits to doctor's offices.



Why? All organisms from single celled amoebas to humpbacked whales have a stress response. This inborn evolutionarily preserved response is designed for one reason and one reason alone. Survival!!! So stress is good, it helps us to survive.

But when you go outside your comfort zone, your body either makes modifications (adaptations) to lessen the stress or, it forces you to avoid the situation all together. In the long term, if the stress response stays turned on too long, it has the opposite effect -- disease, pain, reduced immune response, infection, anxiety, worry, headaches, major depression, digestive disorders, mental illness, heart disease, cancer, diabetes, eating disorders, addictions and addictive behaviors. So stress is bad!

If you're keeping score, that accounts for 90-95% of all dollars now being spent in healthcare. What a shame, in a health care system that is already overburdened, that so much money and effort is being spent on the *symptoms of the disease*, instead of **managing the actual cause**. And since the brain is where the mechanisms of our stress response reside, we are apparently spending way too much time at the wrong end of the horse.