

**Stress - A phenomenon that exists only in your head or a disease that leads to your death?**

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Is stress something that today's society exaggerates or is it life threatening? Well, the answer might surprise you.

**You may be able to control the stress itself and consequently your health and prosperity. How you interpret external signals can be the difference between life and death. To understand how stress affects us as human beings, we first must understand how stress affects us on a cellular level. We need to understand how stress stimuli affect us on a cellular level to be able to understand how it affects us as a whole community (human).**

Cells. We all hear about cells: that we are made up of cells; that they divide; they contain our mum and dad's genes and so on.

There is something that's been bothering me, or rather evoked my curiosity.

Do our cells get affected by stress?

How do our cells react to this stress?

If you are affected by stress; how will this influence your life?

First some facts. We, as organisms can't grow and be in protection mode, or "stress mode" at the same time!



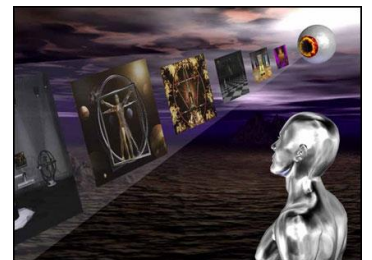
Let's do an experiment. Let's put on our nice white lab coat and head down to the basement.

We'll place some cells in a transparent fine round glass structure (petri dish) that researchers use and then place a stimuli in the form of some nutrition (that cells need) at the other end of the petri dish. End of the first day, let's go upstairs again. Day 2; lab coats on, we'll once again go down into our lab and check what's happened to our cells. Amazingly, we notice that they have actually moved towards the nutrition.

We then repeat the experiment using poison instead of nutrition. What happens? The cells move away from the poison. What does this experiment tell us?

It tells us that our cells react to external stimuli. Depending on what the external environment offered, the cells behaved very differently. When the cells were presented with nutrition, they moved towards the stimuli with open arms and away when exposed to a potential threat (the toxic exposure).

On each separate occasion (the stimuli, external or internal) our cells must evaluate whether it is a nurturing or threatening situation (the stimuli). A nourishing situation implies a forward movement and internal growth, both on the cellular level, and on an individual level as a human being. In a threatening situation the cells shut down vital function and focus on survival. That means moving away from the potential danger; the cell goes into survival mode.



### **How we as a huge cell community react to stress.**

Every cell has the exact function we as human beings have; circulation, digestion,

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reproduction, respiration, etc. All these 5-6 billion cells will hopefully function in symbiosis and create a community that you see every day in the mirror, you.

With this knowledge in hand, we must ask ourselves how stress affects us as humans (the cell community). Depending on how we perceive / interpret an external stimulus (the situation) we either react in a nourishing or threatening way. Each cell is programmed for either growth or protection. At every single moment, the cells have to make a decision, is this stimuli good or bad for us and our survival and act accordingly.

The gastrointestinal system is responsible for growth while muscles and bones stand for protection. In the growth state we use our gastrointestinal system and everything works on an optimal level, the liver, spleen, kidneys, digestion, and metabolism all function as they should. Health and prosperity flourishes but if you perceive the world as threatening, you must rely on the muscles and skeletons for your protection against this "threatening" situation.



The problem we have today is that our system isn't built to constantly be in permanent protection mode (against a potential threat). We should either fight or fly away from the Saber Tooth Tiger and then return to our everyday tasks but we can't outrun the tiger 24 hours a day, 365 days a year, we'll die in the process. Unfortunately the world we live in today is a very threatening tiger, which we constantly have to flee from. The stress hormone that we produce while perceiving or believing that the world is a threatening place has a serious impact on our cell community.

Firstly, when we're constantly being exposed to stress, we will shut down the blood supply to the gastrointestinal tract. This means we can fight or flight better, facing whatever danger or negative feeling we perceive. With this decrease of blood to the digestive tract we shut down the growth and prosperity we need for our health and well-being. The more stress (or fear) you are in, the more you have to shut down the growth processes, simple physiology..

When faced with a potential life threatening situation, the body will turn off everything that drains energy from your system. If as a cell community you must protect yourself against a danger (real or imagined) you can't have parts of the system stealing energy. The body will shut down all the features / functions that aren't helping with the protection. This means that for example the immune system turns off. You can't heal from your hemorrhoids and the splint in your thumb and face the tiger at the same time so the healing stops.



### **Protective systems**

The immune system is our protection against dangers that have breached the outer barrier and reached the inside, while the adrenal glands and associated stress hormones are protection against threats from outside the body. Thus, the body must turn off the immune system because it's not involved in the outer protection when facing an external danger, or what your brain perceives as threatening.

When the immune system is turned off or only working at half speed we'll get a less than optimal internal environment. For example the internal environment will be too acidic due to the stress hormone cortisol increasing bile acid production, this leads to an optimal environment for worms and bacteria to grow and flourish.



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You've got a pile of rubbish. The pile seems to attract rats. One day you get tired of the rats so you sprinkle some rat poison around the rubbish and all the rats die. After a few weeks new rats come along and you sprinkle some more poison, whoops, no more problems. As long as the garbage heap remains the rats will return. It is **not** the rats fault, they didn't create the pile of rubbish, they were simply attracted

to the dysfunctional environment.

No rat in the world can create the environment they need for survival. Rats are opportunistic creatures, they seek out bad environments. A little Tip: remove the pile of rubbish...

It's not the bacteria's fault that they get a foothold in our bodies, it's the bad environment that enabled them to settle and grow. You can poison the bacteria, but they will come back if you don't remove the bad environment. If you continue to poison the bacteria, they will become "super-bacteria", like penicillin-resistant streptococci. Worms seek out their natural habitat, diseased tissue. It's not the worm that creates the diseased tissue, it's the bad environment (diseased tissue) that allows the worms to gain a foothold.



### Almost done.

So what could, should we do. If you run 100 meters, you can interpret this in different ways. One, you run a 100 meter race at a meet, two, you run 100 meters to escape a robber.

Both of these events will create internal stress, a decreased blood supply to the stomach and intestines and an increase of the same to your arms and legs, so that you can complete the task in hand better. The first event is perceived as positive, while the second event is interpreted as a threat. With the second event your brain interprets the situation (stimulus) as threatening and "goes into" a defensive position or survival mode. How you interpret the external signal is the key factor to how your body will respond, i.e. which hormones will be produced. Some interpret a whip against their buttocks as painful whilst others perceive that as stimulating and even arousing. It all depends on how you interpret the signals. Learn and understand what daily situations you perceive as threatening and learn to deal with these accordingly. You will probably need help initially, but over time you should be given tools from your therapist that will help on a daily basis. A QINopractic Medicine Master practitioner can help you with this or someone working with EFT, PSYCH-K, NLP or Rapid Eye Movement Therapy.



A quote from the world-renowned cancer researcher Bernie Segal "There are no incurable diseases, only incurable people"

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