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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

How Stress Effects Neurotransmitters

By Bev Storer

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The brain uses feel-good transmitters called endorphins when managing daily stress. When the brain requires larger amounts of endorphins to handle increased stress, the ratio of many of the other transmitters, one to another, becomes upset creating a chemical imbalance. We begin to feel stress more acutely — a sense of urgency and anxiety creates even more stress. As a result, harmful chemicals are released in our bodies that may do damage, causing more stress. This vicious cycle is called the "stress cycle." Emotional fatigue might result and be experienced and felt as depression.

The body responds to emotional stress exactly as it responds to physical danger. Without our being aware of it, usually not feeling it at all, our bodies are continuously reacting to emotions such as frustration, irritation, resentment, hurt, grief and anxiety. We physiologically respond to these mental and emotional struggles with a primitive "fight or flight" response designed to prepare our bodies to face immediate danger. Today, we usually don't fight, we usually don't flee. Instead, the high-energy chemicals produced in many everyday situations insidiously boil inside us.

Most all of our body organs and functions react to stress.

Your body responds to stress with a series of physiological changes that may include increased adrenaline secretion, blood pressure elevation, heartbeat acceleration, and increased muscle tension. Digestion may slow or stop. It is likely that within one to two days after a stress-anxiety-anger reaction, physical symptoms will occur. Excessive stress could manifest into illness.

Increased adrenaline production causes the body to increase metabolism of proteins, fats and carbohydrates to quickly produce energy for the body to use. The pituitary gland increases production of adrenocorticotrophic hormone (ACTH), which in turn stimulates the release of cortisone and cortisol hormones. These hormonal releases may inhibit the functioning of disease fighting white blood cells and suppress the immune system's response.

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According to NeuroGenesis, Inc., researchers estimate that stress contributes to as many as 80% of all major illnesses. Studies by the American Medical Association have shown stress to be a factor in over 75% of all illnesses today.

Is there any alternative?

There are many natural products on the market that may help with disorders where stress is a factor. Do your homework before making a choice. "beCALM'd" is one such product that may be useful in helping to reduce stress. NeuroGenesis states that "beCALM'd" has 13 years of successful use in over 700 clinics, hospitals, drug and alcohol rehab centers.

NeuroGenesis also states that the ingredients in "beCALM'd" provide cells with the required nutrients to produce the necessary amounts of the neurotransmitters the brain needs to stay in balance.

Always be sure to check with your health care provider before you take any nutritional supplement. Some supplements may not be right for you.

Bev Storer is a writer and researcher in the field of nutrition and nutritional supplements. To learn more about the effects of stress visit:

or e-mail Bev at

Your Brain's Response To Acute Stress!

By Steffen A.Hall

Stress is a feeling that's created when we react to particular events. It's the body's way of rising to a challenge and preparing to meet a tough situation with focus, strength, stamina, and heightened alertness.

The events that provoke stress are called stressors, and they cover a whole range of situations – everything from outright physical danger to making a class presentation or taking a semester's worth of your toughest subject.

Stress and the way we think Particularly in normal working life, much of our stress is subtle and occurs without obvious threat to survival. Most comes from things like work overload, conflicting priorities, inconsistent values, over-challenging deadlines, conflict with co-workers, unpleasant environments and so on. Not only do these reduce our performance as we divert mental effort into handling them, they can also cause a great deal of unhappiness.

What is the effect of acute stress? The best way to envision the effect of acute stress is to imagine oneself in a primitive situation, such as being chased by a bear.

The Brain's Response to Acute Stress In response to seeing the bear, a part of the brain called the

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hypothalamic–pituitary–adrenal (HPA) system is activated.

Release of Steroid Hormones. The HPA systems trigger the production and release of steroid hormones (glucocorticoids), including the primary stress hormone cortisol. Cortisol is very important in marshaling systems throughout the body (including the heart, lungs, circulation, metabolism, immune systems, and skin) to deal quickly with the bear.

Release of Catecholamines. The HPA system also releases certain neurotransmitters (chemical messengers) called catecholamines, particularly those known as known as dopamine, norepinephrine, and epinephrine (also called adrenaline).

What is a Stress Ball? What if we told you that it's possible to work out and relieve stress at the same time? And that it's easy, requires little concentration and won't cause you to break a sweat? Or that by consistently using this hand–held object, you will notice an increase in strength?

Well, it is a stress ball! So what are you waiting for? Get yourself a stress ball today!

Did you know, the Stress Ball is scientifically proven to relieve stress? More info at

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