



# Neurophysiologic Response

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There are many terms to describe the physical consequences of sustained levels of stress chemicals and inflammatory cells in your body. Some of them include Mind Body Syndrome (MBS), Tension Myositis Syndrome (TMS), Central Sensitization Syndrome (CSS), and Stress Illness Disorder. The term I have chosen is “Neurophysiologic Response” (NPR).

Your thoughts are neurologic input to your nervous system that creates a physiological response that is similar to that of physical trauma. We are programmed to gravitate towards the rewards and avoid threat. Within a pretty wide range, we are able to conduct our lives in a functional and enjoyable manner – except when we can't.

Since every cell in your body is immersed in this chemical bath, there are many different physical symptoms that may occur, since each organ will respond in its own unique manner. The conscious response falls under the umbrella of anxiety (elevated stress hormones).

## **Effects of Untreated NPR and Anxiety**

When this NPR is in a constant hypervigilant mode it can directly cause over 33 different physical and mental symptoms. Modern medicine is focused on treating symptoms instead of the root cause of a fired-up nervous system. Many of these conditions will begin in childhood, such as migraine headaches, insomnia, anxiety, eating disorders, stomach pain, etc.

Additionally, anxiety drives anger. One common cause of anger is loss of control. When you lose your ability to control your anxiety, your body secretes even more survival hormones in an effort to regain control. Losing control of your pain (mental or physical) creates an indescribable depth of frustration. Dr. John Sarno described it as, “rage.” (1)

When you are angry, it is only about you. This survival response causes you to lose awareness of the needs of those around you. Lack of awareness is the essence of abuse, including self-abuse. Families of patients in chronic pain often become the targets of this deep anger.

When you neglect your health, as well as the health of your family, that anxiety and anger creates profound physical effects on your body.

## **Thirty-Three Symptoms**

The following list includes thirty-three symptoms that are all caused by sustained levels of stress hormones. Since every cell in your body is affected, each organ will have a unique response. That is why there are so many different symptoms of the NPR. If you are suffering from chronic pain, you will be surprised to see how many apply to you and your daily experience.

1. Heartburn, acid reflux
2. Abdominal pains
3. Irritable bowel syndrome
4. Tension headaches

5. Migraine headaches
6. Unexplained rashes
7. Anxiety and/or panic attacks
8. Depression
9. Obsessive-compulsive thought patterns
10. Eating disorders
11. Insomnia or trouble sleeping
12. Fibromyalgia
13. Back pain
14. Neck pain
15. Shoulder pain
16. Repetitive stress injury
17. Carpal tunnel syndrome
18. Reflex sympathetic dystrophy (RSD)
19. Temporomandibular joint syndrome (TMJ)
20. Chronic tendonitis
21. Facial pain
22. Numbness, tingling sensations
23. Fatigue or chronic fatigue syndrome
24. Palpitations
25. Chest pain
26. Hyperventilation
27. Interstitial cystitis/spastic bladder (irritable bladder syndrome)
28. Pelvic pain
29. Muscle tenderness
30. Postural orthostatic tachycardia syndrome (POTS)
31. Tinnitus
32. Dizziness

### 33. PTSD

This list was compiled by Dr. Howard Schubiner and presented in Chapter 5 of his book, *Unlearn Your Pain*, 3<sup>rd</sup> edition. (1)