

Memo from your brain:

Please excuse this
disruption in service

Wednesday, April 13, 2011 by:

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We apologize for this lapse in functioning due to circuit overload. Our technicians are working to repair the malfunction as quickly as possible. Please stand by...

Incessant mind chatter, spinning thoughts and the chronic bodily tensions that accompany an overactive mind are par for the course today. Most people who live with chronic stress seem to think it is just another symptom of high tech, full catastrophe living. No worries! We are all maxed out these days, right?

Wrong!

Chronic stress is not a necessary evil. It is a warning signal from your brain that you are in trouble. It's serious. Chronic body tension and a distracted mind, along with other symptoms such as distraction, memory lapse, anxiety, depressed mood, insomnia, increased or decreased appetite serve as memos from your brain that you are not receiving the service you need for optimal functioning. These disruptions need to be addressed by reducing or eliminating the source of chronic stress.

The most interesting research on the source of chronic stress points to the brain's default mode network (DMN). The DMN, active when your mind is not engaged in specific cognitive tasks, is responsible for the stream of self-referential

thoughts or mind wandering that is commonly called "autopilot thinking." When the DMN is overactive, it becomes a source of chronic tension.

Most people today can identify with a mind that won't "turn off." **Continual mental activity inhibits relaxation, connection to the environment and other people, peaceful sleep and keeps you in a state of chronic distraction and even self-consciousness.**

Scientific research has linked hyperactivity in the DMN to depression, ADHD, insomnia, PTSD and other health conditions. What can be done about it? It turns out that you can deactivate this noisy brain network whenever it acts up. If you're skeptical, so were researchers. Marcus Raichle, MD, the original DMN researcher, explained in the March 2010 edition of *Scientific American*:

"In 1998 we even had a paper on such findings rejected because one referee suggested that the reported decrease in [DMN] activity was an error in our data. The circuits, the reviewer asserted, were actually being switched on at rest and switched off during the [cognitive] task. Other researchers, however, reproduced our results for both the medial parietal cortex – and the medial prefrontal cortex (involved with imagining what other people are thinking as well as aspects of our emotional state). Both areas are now considered major hubs of the DMN."

It boils down to this: You can "turn off" the part of the brain that destroys your inner peace. Engaging in specific kinds of cognitive tasks, also known as awareness practices, has been scientifically proven to alter brain circuitry (not just brain chemistry, but actual circuitry) without the use of drugs.

When awareness practices involve connecting to the external world, as with many Zen practices and some variants of NLP or Neurolinguistic Programming, resting the DMN has proven particularly effective.

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InVision, Neurologically Based Chiropractic
The Cold, Hard Stress Facts

Stress is very expensive and dangerous. Just glance through these stress facts:

- Stress is recognized as the number one proxy killer disease* today. The American Medical Association has noted that stress was the basic cause of more than 90 percent of all human illness and disease.
- It is estimated that American businesses lose approximately \$200-\$300 billion dollars

per year to stress related productivity loss and the treatment costs.

- Every week, 95 million Americans suffer some kind of stress related symptoms for which they take medication.

- A 20-year study conducted by the University of London concluded that unmanaged reactions to stress were a more dangerous risk factor for cancer and heart disease than either cigarette smoking or high cholesterol foods.

- A survey of 201 U.S. corporations revealed that 60% of all managers felt that stress related illness was pervasive among their workers and decreased productivity at an estimated cost of 16 days of sick leave and \$8,000 per person per year.

All these and thousands of similar studies point to the huge negative impact stress has on individuals and the society as a whole. The implications of these stress facts are too real and harsh

to be ignored! Stress speeds up the ageing process and produces conditions in younger people that

are more commonly associated with growing old. Virtually no part of the body can escape the

ravages of stress. It becomes imperative on our part to take positive and effective steps to tackle this

silent proxy killer TODAY!

American Journal of Health Promotion published a study by Steffi B et al (1986) where Biofeedback and muscle relaxation training was offered to workers at a public works department in

an effort to reduce work-related injuries. In follow up studies, participants of the programme had

significantly fewer injuries than non-participants. Since then, many successful business houses have

incorporated Stress Management Programs as an integral part of their employees' welfare plans.

Most people know what stress is and realize how dangerous it is. But majority goes around nonchalantly doing nothing about it! Spreading the word about stress facts will definitely help in

creating awareness about this proxy killer disease.

Why is stress the number one proxy killer disease?

Stress plays an important role in modulating the psycho-neuro-immunological players of the body.

Thus it is behind the initiation, exacerbation and maintenance of most killer diseases like heart

disease, hypertension, diabetes, cancer, mental illnesses etc. Hence, stress is known as the number

one proxy killer disease. Proxy because most often than not, stress as the real cause of the illness

goes unnoticed!