

## Did you hear the fire alarm?

What really happens to your body and brain when a fire alarm goes off?

Fear? Surprise? Protecting your loved ones?

So, you hear the fire alarm and perhaps even smell smoke. The brain registers that and goes into survival mode.

What happens to your heart rate?

Yes, it goes up.

What happens to your breathing?

Yes, it gets faster.

Your hands sweat. Your muscles tighten. Your digestion slows down. Your blood leaves your hands and feet and goes to your muscles so you can fight or flee the danger. This is called “fight or flight” and if there is a danger your body reacts this way.

*The brain perceived danger and sent messages to the body to increase your chances of survival.*

Now, the fire alarm stops, and you find out it was a false alarm. What does the body do now?

Right!

Your heart rate and breathing slow down, you sweat less, blood returns to your hands and feet, digestion returns to normal, and your muscles relax. Your body enters “recovery mode.”

The brain perceives that the stress is gone and sends messages to the body that increase its ability to rest, relax and heal.

But what happens if your brain and nervous system *do not* respond this way? Poor stress patterns can cause your body to under-react, over-react, not return to healing mode, or even fail.

Stress is stress. The brain cannot tell the difference between the stress of a fire alarm, a fight with your spouse, financial worries, running late, a child screaming, a car cutting you off on the freeway, and a host of other stressors.

As this goes on and on the brain re-patterns itself and unconsciously you go into an unhealthy brain wave pattern **leading to illness and debility.**

Here are only some of the common issues we see when the brain has the wrong pattern: high blood pressure, inflammation, Add/ADHD, digestive issues, hormone problems, Fibromyalgia, sleep problems, fatigue, anxiety, diabetes, and chronic pain.

Yikes! I want none of that!

How do you know if you have bad stress patterns?

If you do not have symptoms, you can be tested. Find out before you develop health problems.

You could have healthy brain patterns as on the outside you look cool as a cucumber. So how do you know if your brain and nervous system have healthy stress patterns? Just come in for our Neuroinfiniti test that measures precisely how your brain and body respond to stress and if it recovers when the stress is gone.

**Call today** for your assessment! (818) 841-1313.