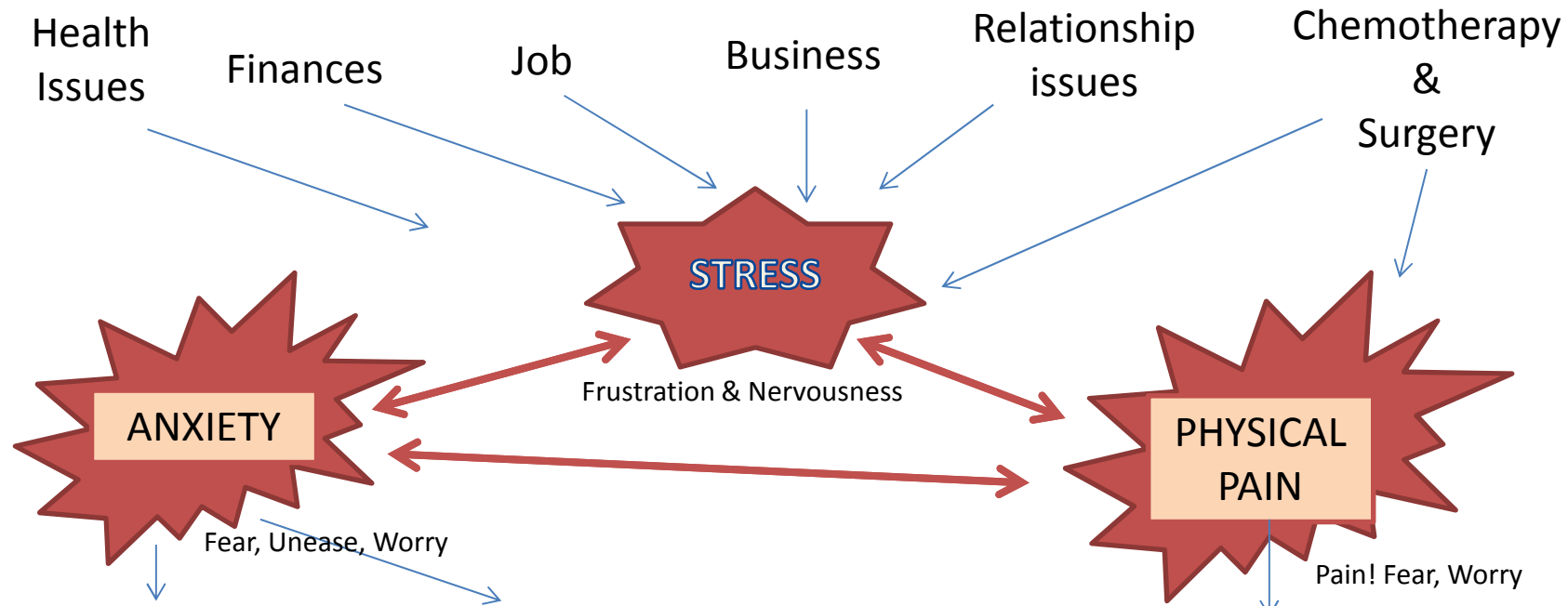


Causes and Effects of Chronic Stress



- Alcohol (or drug) dependency
- Anger management issues
- Bruxism – teeth grinding
- **Depression**
- **Energy deficit**
- Erectile dysfunction
- **High blood pressure**
- **IBS** – Irritable Bowel Syndrome
- **Insomnia**; nightmares
- Memory & concentration loss

- **Menstrual dysfunction**
- OCD -Obsessive Compulsive Disorder
- **Obesity** - weight management issues
- Panic attacks
- Phobias - flying, spiders, dental
- PTSD - Post Traumatic Stress Disorder
- **Skin problems** – Psoriasis; acne; eczema
- Smoking
- Tinnitus
- **Type II Diabetes**

- **Headaches** – tension and migraine
- **Neck & Shoulder** stiffness/pain
- **Lower back pain**
- General joint pain
- Pain at the point of surgery
- Pain around area of radiotherapy
- Pain generated by chemotherapy