

What Causes Stress?

If I ask you to define stress, what words come to your mind? Anxious, nervous, worried, scared, sad, depressed, angry, traumatized, exhausted, insomnia, low energy, lack of motivation, insecurities...? All of these are correct; however, they are just adjectives and nouns that either define how we feel or what we are experiencing. Pretty much, they are the symptoms.

In our modern society, symptoms get covered up with a band-aid. Sad, but true, your body's way of signaling to you that something bad is brewing beneath the surface is being blocked or numbed so you don't notice... and soon don't care. It does not mean that you overcame the stress. You are not healed or cured.

So, what does one do to conquer their stress? Well, first some serious digging needs to occur in order to find the root cause (aka stressor). Uncovering your stressor(s) may take a bit longer than slapping a band-aid on or swallowing a pill—but YOU are worth it and your wellness is depending on it!



Stress may result from a large number of factors, including, but not limited to:

Hyper Reactants (aka allergies) - including aromatic oils, automobile emissions, caffeine, coffee, dander, latex, nicotine, pollen, pollution, smoke, specific foods, tobacco smoke, toxic chemical residues, and individual-specific allergens—cause stress by reducing bodily functions and mental energy, further causing lethargy and low immune system function, thereby causing stress.

Bacteria and Viruses - bacterial and viral infections reduce the effectiveness of the immune system, slow down bodily functions, reduce the supply of nutrients, and reduce bodily and mental energy, thereby causing stress.

Chemicals - such as cleaning agents, fungicides, growth hormones, herbicides, insecticides, paints, and most man-made chemicals—attack the immune system, impair breathing and

oxygen intake, reduce the ability of the body to absorb nutrients, and raise the acidity of bodily cells, thereby causing stress.

Dehydration - caused by lack of water intake, excessive sweating, diarrhea, excessive urination, drinking too much coffee or carbonated soft drinks, and eating too much junk food—all impair the ability of the body to absorb nutrients and oxygen on a cellular level, thereby causing stress.

Emotional Issues - whether unresolved, being resolved, or resolved, have all been shown to be major causes of stress.

Employment - and doing work one does not love to do have been shown to be major causes of stress.

Exercise - and exertion of any kind has been shown to cause stress.

Fast Foods - including partially hydrogenated fats, trans fats, artificial coloring agents, artificial taste enhancers, artificial appetite appeasers, artificial aromatic agents, artificial sweetening agents, and artificial preservatives—are all toxic to the human organism, thereby causing stress.

Financial Problems - have been shown to be a major cause of stress.

Fungi and Fungal infections - whether ingested, inhaled, externally or internally attacking the body—are harmful to all life. Furthermore, the byproducts of fungal infections are toxic to living organisms, thereby causing stress and myriad psychological and medical conditions.

Genetically Altered Foods - are known to cause asthma, attention problems, balance problems, behavioral problems, concentration problems, digestive problems, libido issues, memory problems, metabolic problems, perceptual problems, sexual dysfunctions, and other disorders, thereby causing stress.

Headaches and Migraines - are usually caused by stress, though, in some cases there is a biological agent of cause. Even then, stress may be the cause underlying the biological dysfunction. Either way, headaches and migraines are a major cause of stress.

Heavy Metals - including especially arsenic, mercury, and lead are implicated in adrenal, bone, bone marrow, brain, circulatory system, ear, eye, gall bladder, heart, intestinal, kidney, liver, lung, lymphatic system, pancreas, pituitary, skin, spleen, throat, thyroid, thymus, and other problems, thereby causing stress.

Irradiation - of foods has been shown to reduce the life force and greatly diminish the nutritional value of food. However, by law, all foodstuffs entering the USA and most of the civilized world must be irradiated for the public good, thereby causing stress.

Lack of Sleep - and sleep problems—whether caused by emotional, psychological, or medical issues—is a major cause of stress.

Low Self-concept - whether caused by bacterial, fungal, or viral infections, poor nutrition, toxic chemicals, hormonal imbalances, or other means, is known to cause stress.

Medical Conditions, Diseases, or Disorders - whether diagnosed or not, whether being treated or not, whether improving or not, are all known to cause stress.

Microwave Radiation - from cell phones, microwave ovens, portable radios and telephones, television sets and other sources, are known stressors with varying effects upon people for reasons currently under investigation.

Nutritional Deficiencies - whether caused by disease, disorders, poor nutrition, or poor absorption of nutrients, are known causes of stress.

Overworking - is known to be a major cause of stress.

Pain - of any kind—including physical injury, mental trauma, emotional trauma, or psychological issues—is a major cause of stress.

Parasites - including thousands of medically undetectable parasites known to infest the human body—sap the bodies nutrition and energy, thereby causing stress.

Prescription Drugs - and other synthetic and toxic chemicals are implicated in every physical and mental disease, disorder, or condition known to science, thereby causing stress.

Psychological Conditions, Diseases, or Disorders - whether diagnosed or not, whether being treated or not, whether improving or not, are all known to cause stress.

Relationship Problems - of any kind have been shown to be a major cause of stress.

(www.ntcb.org)

As your Certified Biofeedback Specialist and Whole Life Coach, I am here to help you unearth those roots to your stress. Utilizing the [Quest 9](#), I can help you uncover the stressors that are interfering and blocking you from your self-healing capabilities. I also educate on how to best experience optimum health and well-being, greater mental clarity, and improved physical performance. For details on the [Quest 9](#), please visit the [Quest 9](#) subpage under “[SERVICES](#).” Thank You ~ Karen A. Di Gloria.

