Flip the Switch!

Wellness Redefined

HOW DOES STRESS SHOW UP IN YOUR BODY?

Acute and Chronic Conditions/Disorders Listed by Systems of the Body or Internal Organs

Respiratory System

- Shortness of breath
- Hyperventilation
- Asthma attack

Nervous System

- Sympathetic Nervous System engaged (9-1-1 Emergency)
- Fight or Flight
- Signals Adrenal glands to release Cortisol and Adrenalin

Musculoskeletal System

- Tension *(Headache, Body aches)*
- Low back pain
- Shoulder pain

Liver

- Increased inflammation
- Fibrosis
- Liver disease

Cardiovascular System

- Increased heart rate
- Hypertension
- Heart attack
- Stroke

**Greater risk of Heart disease in Postmenopausal women*

Reproductive System

Women

- Change in menstrual cycle
- Decreased sex drive
- Inability to conceive

Men

- Low libido
- Erectile dysfunction
- Impotence

Additional Conditions

- Insomnia
- Hair loss
- Eczema, Psoriasis
- Weight gain/loss
- Shingles

Stomach and Pancreas

- Magnify pain, bloating
- Vomiting
- Fluctuation in appetite
- Insulin resistance
- Type 2 diabetes

Bowel

- Leaky gut syndrome
- Constipation
- Diarrhea
- Intensify bowel disorders

Kidneys and Adrenal Glands

- Kidney disease
- Adrenal fatigue

LEARN HOW ACUPUNCTURE, AURICULAR THERAPY, AND WELLNESS COACHING CAN HELP

SCAN FOR INFORMATION

www.Connexions2WellnessSolutions.com

630.426.9561