



Post-Traumatic Stress Disorder Understood! The Broken Heart Connection!

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If you have gone through a traumatic experience, it is normal to feel lots of emotions, such as distress, fear, helplessness, guilt, shame or anger. You may start to feel better after days or weeks, but sometimes, these feelings don't go away. If the symptoms last for more than a month, you may have post-traumatic stress disorder or PTSD.

"Posttraumatic Stress Disorder (PTSD) is an anxiety disorder that can occur following the experience or witnessing of a traumatic event. A traumatic event is a life-threatening event such as military combat, natural disasters, terrorist incidents, serious accidents, or physical or sexual assault in adult or childhood."

PTSD is a real problem and can happen at any age. It affects about 70% of the population!

Who can get PTSD?

- Anyone who was a victim, witnessed or has been exposed to a life-threatening situation including the label of a chronic disease label. (Cancer, ALS etc.)
- Survivors of violent acts, such as domestic violence, rape, sexual, physical and/or verbal abuse or physical attacks.
- Survivors of unexpected dangerous events, such as a car accident, natural disaster, or terrorist attack.
- Combat veterans or civilians exposed to war.

- People who have learned of or experienced an unexpected and sudden death of a friend or relative.
- Emergency responders who help victims during traumatic events.
- Children who are neglected and/or abused (physically, sexually or verbally).

What are the symptoms of PTSD?

For many people, symptoms begin almost right away after the trauma happens. For others, the symptoms may not begin or may not become a problem until years later. Symptoms of PTSD may include:

- **Repeatedly thinking about the trauma.** You may find that thoughts about the trauma come to mind even when you don't want them to. You might also have nightmares or flashbacks about the trauma or may become upset when something reminds you of the event.
- **Being constantly alert or on guard.** You may be easily startled or angered, irritable or anxious and preoccupied with staying safe. You may also find it hard to concentrate or sleep or have physical problems, like constipation, diarrhea, rapid breathing, muscle tension or rapid heart rate.
- **Avoiding reminders of the trauma.** You may not want to talk about the event or be around people or places that remind you of the event. You also may feel emotionally numb, detached from friends and family, and lose interest in activities.

These are other symptoms of PTSD:

- **Panic attacks:** a feeling of intense fear, with shortness of breath, dizziness, sweating, nausea and racing heart.
- **Physical symptoms:** chronic pain, headaches, stomach pain, diarrhea, tightness or burning in the chest, muscle cramps or low back pain.
- **Feelings of mistrust:** losing trust in others and thinking the world is a dangerous place.
- **Problems in daily living:** having problems functioning in your job, at school, or in social situations.

- **Substance abuse:** using drugs or alcohol to cope with the emotional pain.
- **Relationship problems:** having problems with intimacy or feeling detached from your family and friends.
- **Depression:** persistent sad, anxious or empty mood; loss of interest in once-enjoyed activities; feelings of guilt and shame; or hopelessness about the future. Other symptoms of depression may also develop.
- **Suicidal thoughts:** thoughts about taking one's own life. If you or someone you know is thinking about suicide

Clinical overview of symptoms/signs PTSD

Anxiety

PTSD, Amnesia, Anxiety, Depression, Emotional Imbalance, Bipolar

Organ affected - Hippocampus

The hippocampus is part of the brain that has a fold in it and makes it look like a seahorse. The hippocampus encodes all of our memories. It is also part of the limbic system which handled balance, emotions, and memory.

Brain

Sub-Group - Blood-Brain Barrier

Migraine, Headaches, **Nausea**, Meningitis, Toxicity, Brain Abscess, Epilepsy, MS, **Sleeping Sickness**, Alzheimer's, Cerebral Edema, Rabies, HIV, Neuromyelitis

The blood-brain barrier is a permeable barrier that keeps toxins away from the brain and nervous system, but it also allows what is needed to enter. If the blood-brain barrier allows toxins in, it causes a host of neurodegenerative diseases.

Sub Group- Insulin Receptor Sites

Diabetes, Insulin Resistance, Obesity, **Brain Fog**, Syndrome X, Autoimmun

An insulin receptor is a molecule that takes in the insulin to regulate glucose for homeostasis. If the cells are unable to uptake glucose the result is hypoglycemia leading to diabetes.

Sub-group- Isles of Langerhans

Diabetes, Insulin Resistance, Obesity, Syndrome X, **Brain, Fog**, Autoimmune

Depression

Sub-Group - Emotions

Crying, Depression, PTSD, Allergies, Mutated Cells, Any Disease Process, Phobias

An emotion is an effective state of consciousness in which joy, sorrow, fear, hate, and anger, and many more, are stored in our energy patterns or organs. We all love happiness and kindness, but emotions of trauma, hate, anger, death, can create many health issues that are hard to figure out. That is why some diseases won't get better.

Sub-Group – HGH Hormone

Decreased Energy, Delayed Puberty, Depression, Genetic Disorders, Growth Disorders, Low Energy, No Muscle Mass, No Quality of Life, Dwarfism, Short Stature

HGH is a hormone made by the anterior pituitary for healthy growth of a human being, not only in height but also in muscle mass and cartilage growth

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PTSD, Amnesia, Anxiety, Depression, Emotional Imbalance, Bipolar

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RACING HEART

Organ affected - Heart.

Angina, Leaky Valves, Heart Murmurs, **Racing Heart**, Muscle Atrophy, Congestive Heart Failure, **Atrial Fibrillation, Fast Heart Rate**, Slow Heart Rate, Cardiomyopathy, **Hypertension, Hypotension**, Autoimmune, Heart Valve Problems, High Blood Pressure, Low Blood Pressure

The heart is a muscle with unique features only found in the heart. The heart is electrically charged, which gives it its erythematic contraction to move blood through our body.

SLEEP DISORDER

Organ affected - Hypothalamus.

Chronic Fatigue, Changed Emotional Behaviors, Emotional Imbalance, Fatigue, Fibromyalgia, Genetic Disorder, Growth Disorders, Hypothyroidism, **Infertility**, Loss of Appetite, Low Dopamine, Low Energy, Low Metabolism, Low Serotonin, Low Thyroid Stimulating Hormone, **Memory Loss, Sleep Disorders**,

The hypothalamus is a part of the brain that is about the size of an almond, and it's also part of the brain that governs the anterior pituitary, which regulates our endocrine glands and organs. This organ controls our circadian and seasonal rhythms, smell, sex hormones, steroid hormones, and even controls our food intake.