



Stress and its Effects on Health and Disease

Hugo Tobar

Part 1, The Balance Triangle

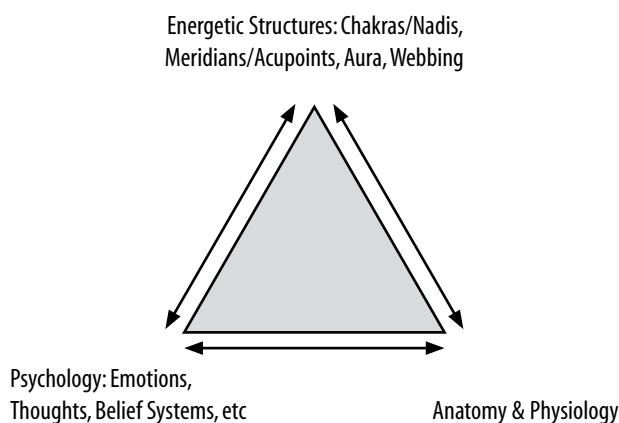


Fig 1 The Balance Triangle

Every psychological imbalance has a physical imbalance. The psychological imbalances can appear as temporary mental/emotional imbalances or as more chronic mental disorders.

An example of this is feeling sad or lonely to having a full blown panic disorder. These, in fact, have the same underlying neurology. They are just different degrees of innervation.

The physical imbalances associated with the psychological disorder are in both the anatomy and physiology. Every psychological disorder, whether it is a temporary feeling or a chronic condition has a neurological imbalance. This manifests in the neurotransmitters endocrine system etc. There is also an imbalance in the chakra system that accompanies this. The chakras, in fact, is where the imbalance is held.

For me, in Kinesiology what we do is remove stress. This allows the client to adjust and deal with the stressor and heal themselves. This raises the question how exactly do we remove the stress? Well the first step is to access the stress, and how is this done? There are many ways of doing this, and some of them require

the practitioner to have a high degree of expertise and personal development.

Part 2, The Holistic patterns of interaction

In the physical body chemical messengers send messages between 3 major body systems. These messages are called hormones or neurotransmitters. These messages are analogous to SMS messages. When we send an SMS message we need to send it to another phone, this phone has to be able to receive the message. If the phone is turned off it cannot receive the message. When the phone is turned on it can receive the message. In this way two people can communicate between each other through mobile phones. In a similar way 2 cells in a living organism can communicate with each other. The hormone or neurotransmitter transmits the message much like the SMS does. The receiving cell must have a functioning receptor for the hormone or neurotransmitter, much like the receiver of an SMS message must have a turned on mobile phone to receive the message. Different hormones and neurotransmitters transmit different messages; some can bring 'good' news, others can bring 'bad' news.

This is called the chemical messenger system and these messages are transmitted between different components of the 3 major body systems that can transmit and receive messages. These three systems are, the nervous system, the endocrine system and the immune system.

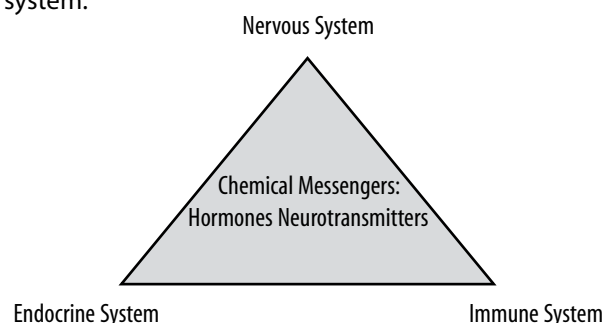


Figure 2. "The Chemical Messenger Triangle"

The holistic patterns of interaction exist between the physical world, the psychological world and the energetic world.

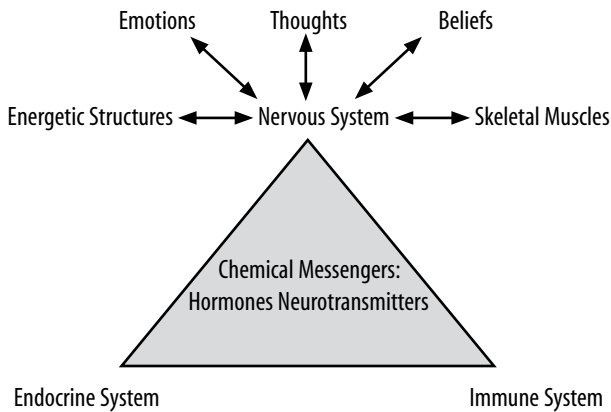


Figure 3

Part 3, The 3 Stages of Stress

Hans Selye developed a model of stress response called the 'General Adaptation Syndrome'. This syndrome divides stress into 3 stages, they are:

1. Alarm reaction (Flight – Fight)
2. Stage of Resistance
3. Stage of Exhaustion

Selye concluded that the stress response was non specific, automatic response to the stressor. These stressors could include any of the following:

- Psychological
- Physiological
- Pleasant
- Unpleasant
- Mild
- Severe
- Real
- Imagined
- Present
- Anticipated

These stress responses are mediated by the nervous system and the endocrine system. We can see from the previous diagrams that stress can effect how we interact on every level. In kinesiology we have a unique tool that helps us read the level of stress on any given level; this is called the muscle test. More specifically this is the use of an indicator muscle (IM).

When we test an IM there are 4 possible responses, they are as follows:

1. No Change
2. Indicator Change (IC)
3. Over facilitation (OF)
4. Under facilitation (UF)

An Indicator Muscle is used to test if there is stress on any given event, this can be by thinking of something, doing an activity or by circuit locating a reflex point. The response of the indicator muscle can then tell us about the levels of stress at any given point.

IM Response	Stress Stage
No Change	No stress
Indicator Change (IC)	1st stage of stress
Over facilitation (OF)	2nd stage of stress
Under facilitation (UF)	3rd stage of stress

The muscle test is a neurological event, when we push against a muscle and it tests strong, this event is controlled by nerve fibres that cause the muscle fibres to contract. This means that when someone tests a strong muscle they are assessing the state of contraction of the muscle. Even when we are walking or standing, neurological mechanisms control our muscle function that allow us to walk or stand.

A muscle tests weak when stress that is measured by our neurology affects the muscle tone. Again, this weakness of the muscle test is a neurological event. What happens is that the output of the stressor turns off the ability for the muscle to contract. Thus the weak muscle test indicates that there is stress surrounding the issue that is being tested.

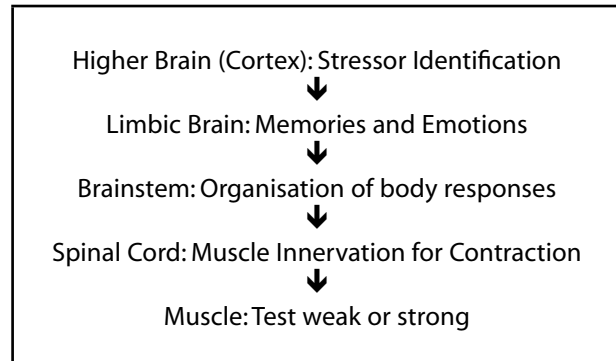


Figure 4; sequence of neurological events from a stressor to a muscle test through the neurology.

Neuro Reflexes

Any kind of reflex has certain characteristics, firstly there has to be some kind of sensory stimulus to trigger the reflex. Then secondly there is some kind of motor response within the body. This motor response can be visceromotor or cause skeletal muscle movement.

The simplest example of this is when a doctor hits a small hammer below the knee (sensory input) and the leg moves in response (motor response). Other example is that of reflexology where all of the bodies organs are accessed via reflex points on the hands and feet.

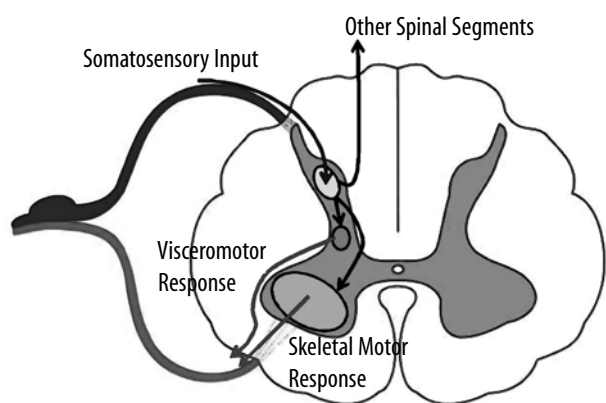


Figure 5; showing how visceromotor and skeletal motor reflexes work when triggered by a somatosensory stimulus.

Traditionally reflexes have been used in kinesiology as corrections for muscle tests, the two most important of these are the Neurovascular reflexes of Terrence Bennett D.C. and the Neurolymphatic reflexes of Frank Chapman D.O. The best review of these I have found is in the work by Leon Chaitow N.D., D.O., he describes the mechanisms of how they work.

The Chapman reflexes stimulate lymph flow via the visceromotor response (sympathetic nervous system) and by the skeletal motor response. Skeletal muscle acts like a pump to stimulate lymph flow along the lymphatic vessels. This is important as lymphatic vessels have a series of one way valves along them, and the only way lymph can flow is by the pumping action of the skeletal muscles.

The Bennett reflexes actually stimulate arterial dilation in certain parts of the body. This increases the blood flow and therefore the function.

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Hugo Tobar, Dip. HSci. Holistic Kinesiology, trained at the Kinesiology College for Energetic Sciences in Melbourne. has spent 5 years training with Dr Charles Krebs, Kerryn Franks & Chris Rowe. He has been involved in Kinesiology for 14 years. Before that he spent 3 years in India studying Eastern Philosophies and 4 years studying Civil Engineering in both Australia and Ecuador. He has also done two years of Denise Crundall's Reiki volunteers program, which gives an extra dimension to his Kinesiological development.

After graduating from the College in 1998, he started a practise specialising in Applied Physiology (AP) & LEAP, he immediately started developing techniques that extended those developed in AP & LEAP. The first techniques became the beginning of the Chakra Hologram series and the Brain Hologram series. These techniques were appreciated by Charles Krebs, and on his recommendation he was invited to present his work at the annual AP meeting in 1999. After this he was invited to teach his work in Europe and has been teaching all around the world ever since.

Today he is teaching in America, Europe and Australia, with a lot of appreciation. He has also authored over 20 courses expanding on AP & LEAP, and continues to innovate more courses today.

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