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Reversing Mental Health & Chronic Stress Related Diseases

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Abstract :

Most chronic diseases are psychosomatic, arising from persistent maladaptive stress caused by prolonged negative mental health conditions, frequently subconscious, that disrupt physiological functions. Emotions are biochemical manifestations of cognition and thought processes. We transform mental health and chronic illnesses by revising beliefs and cognition while supplying the body with essential cellular nourishment.

Keywords : stress, chronic illness, psychological well-being, cognition, integrative therapy, affect, awareness, biofeedback, nutrition, consciousness.

Introduction :

Epigenetics and psychoneuroimmunology (PNI) show that beliefs, cognition, and emotions affect mental and physical health, including perceived reality. Most modern diseases are caused by chronic stress from negative mental states disrupting biochemical homeostasis. Healthy goes beyond disease-free. Nutrition, social structure, exercise, mindset, and spirituality affect body-mind balance. Chronic stress changes subconscious thoughts, beliefs and neurochemistry. Labeling emotions activates behavior. Conventional medicine is fragmented and lacks root-cause analysis due to scientific disciplines working alone.

Mind-Body & Emotions :

Most stress comes from emotions, which affect behavior, decisions, and quality of life. Current data shows more afferent than efferent heart-brain pathways. Mood-congruity occurs when emotions dominate attention (4; 5). Because of emotion-state dependence, happy people remember more (6; 7; 8; 9). Individual responses to external stimuli vary greatly.

Our interpretation and significance of events stress us (10). Experience and knowledge shape meaning (11; 12). Because beliefs filter information, reality is often distorted. Our observations and questions challenge nature and reality. Cognitive and emotional neural systems interact dynamically, according to research (16; 17). Cognitive centers affect emotional processing, says neuroscience. The frontal cortex and amygdala naturally regulate processing and activity with bidirectional neural connections. Neuropeptide receptors are abundant in cortex neurochemical connections and subcortical regions linked to emotional processing, indicating that these connections are essential for many mental functions (21; 22). Cognitive and emotional processing regions are more neurally connected than vice versa (20).

Stress :

Chemical, psychological, and physical stress can affect health. Structures are damaged by stress. Multiple toxins and pollutants cause chemical stress.

Multiple toxins and pollutants cause chemical stress. Stress psychologically. Stress in any form causes emotional distress. Young people die from chronic stress (23). Over 90% of medical consultations involve chronic stress-related conditions like hypertension, headaches, GI disorders, persistent pain, sleep disturbances, cardiovascular issues, and metabolic syndrome. Cancer and autoimmune diseases are caused by chronic stress, making many illnesses seem psychosomatic. The sympathetic nervous system's fight, flight, or freeze response disrupts homeostasis during stress. In life-threatening situations, the SNS sends all energy and resources to the extremities to fight, flee, or freeze. Human imagination can trigger the SNS FFF response and make the body perceive threats without life-threatening threats. Large neocortex makes imagination as real as surroundings. Thus, cognition alone activates SNS (11; 12; 27). The stress response speeded up to avoid life-threatening situations. Every species has short-term acute response mechanisms to survive predators and other threats. Chronic stress biochemicals disrupt homeostasis. Repair, regeneration, rest, and gene function suffer because all energy goes to a protective mechanism instead of growth and repair. Chronic stress causes cardiovascular disease, cancer, asthma, diabetes, hypertension hyperlipidemia, cephalgia, Alzheimer's, Parkinson's, multiple sclerosis, autoimmune disorders, chronic conditions, inflammatory diseases, neurological disorders, cerebrovascular accidents, erectile dysfunction, and most other physiological

Genes & Epigenetics :

The 2003 Human Genome Project discovery of 23,688 genes disproves genetic predisposition as the main cause of disease. A gene's blueprint can produce over 3000 protein variants. Epigenetics states that "single gene disorders affect less than one percent of the population" (12 p. 20) and rarely cause disease. Genes are upregulated or downregulated by signals. Immediate Early Genes activated within seconds, Behavioural State-Related Genes linking mental and physical states, and Learning-Induced Experience Dependent Genes explain how the mind controls genes and physiology.

Nutrition & Lifestyle :

Western diets are notoriously unhealthy (34–36). Mental and physical health depend on nutrition. Through gut-brain axis, microbiome affects mental, emotional, and physiological health (37; 38). Orthomolecular medicine restores balance and health naturally using vitamins, minerals, enzymes, and probiotics, which are essential to cellular structures. Health, mental health, and stress improve with exercise. Sunlight, positive relationships, and sleep are also essential for health.

Methodology Philosophy :

Semi-structured psychological discussions use Grounded Theory to explain social interactions and processes that cause mental illness, chronic stress, and disease. Examining intangible beliefs helps people understand situations. By reflecting beliefs in answers, psychological interviews align emotions and thoughts.

Theory Development :

To find correlations and generalizations, deductive and descripto-explanatory studies compare participants' self-reported historical background assessments to existing research. Response bias, stigma, and socially desirable responses decrease with data anonymization. Numbers in case studies identify participants only to researchers (44)

Data Collection Strategy :

This cross-sectional analysis uses a concurrent mixed-method approach for qualitative and quantitative data collection and longitudinal studies from the Literature Review to examine the psychosomatic effects of negative mental states causing chronic stress and their correlation with various psychological and physiological disorders. Mental illness, chronic stress, and adverse conditions affect both genders, but with different diseases. Social scientists measure our environment quantitatively (46). Studying variable relationships with these results is broader. Qualitative methods are needed because statistical generalities limit respondent choices and may hide their true beliefs. Quantitative data analysis with breathwork and meditation uses Muse EEG and HearthMath HRV biofeedback.

Reliability & Validity :

Participants must affirm, articulate, and describe the process, results, successes, and failures in their own words for impartial feedback and integrity. Positive mental states improve chronic stress and disease, while negative ones cause them, according to case studies.

Ethics & Consent :

Alberta's stricter ethics laws and general and research ethics guidelines ensured ethical behavior. Study participants gave informed consent and understanding using a 'participant consent form' For anonymity, participants received case study numbers. Without incentives, ethical and social biases decreased, ensuring voluntary participation.

Case Studies (n-8) :

Eight participants had mental and chronic illness. For best results, participants had to follow several basic guidelines for 12 weeks or the entire study:

- Eat 70% raw fruits and vegetables and a potent probiotic (200 billion counts or more) with multiple species to detox and nourish the gut microbiome. Organic, non-GMO, pesticide-free produce is best.
- Mentally and physically ill participants need customised orthomolecular and herbal therapies.
- Avoid gluten and American dairy for GI and inflammation relief. Enjoy full-fat, sugar-free cottage cheese, Greek yogurt, European, and fermented cheeses in moderation.
- Eat red meat once a week, poultry twice, and seafood as much as possible to reduce saturated fats, purify the blood, and detoxify the gut. Fresh, wild, hormone-free, lean meats, poultry, and seafood are best.
- Legumes, nuts, seeds, and olive oil provide healthy fats and carbs.
- Daily 30-minute to 1-hour moderate-intensity exercise boosts nitric oxide (NO), which produces neuroplastic brain-derived neurotrophic factors. As with inactivity, extreme athletes' intense exercise causes mental and oxidative stress.
- Do the Daily Buddha Belly Box Breath for 10 minutes before bed and morning. Mantra meditation for 10 minutes after breathwork accelerated healing. Negative thoughts and stress may require 5-10 minutes more per day.
- Restructuring neural pathways with gratitude journaling.
- Avoid news, action, horror, thriller, and drama movies and TV shows that may subconsciously stress you. Daily comedy and laughter must last 20 minutes.
- Avoid heavy metal and negative lyrics. Regularly listening to positive music.
- Avoid toxic people and hang out with supportive ones.
- Be creative and passionate twice a week.
- Alcohol ban.
- Drink 3 liters water and herbal teas.
- Limit coffee to one cup per day and avoid caffeine before 1 PM.

- Restructuring brain and heart neural synaptic connections with goals, aspirations, and positive life experiences can turn negativity into positivity. Limit life complaints to sessions and avoid gossip.

- Since peak HGH and melatonin levels occur between 10 PM and 1 AM and 1 AM and 4 AM, sleeping eight hours a night with a bedtime of 10 PM is recommended. We regenerate cells and serotonin precursors naturally.

- Biofeedback, HRV, and EEG analysis.

Case Study 1:

40-year-old German-Canadian male

Married: no children

Height: 6'4"

Weight: 220 pounds

Education: Bachelor's Degree

Self-employed: CEO and President of a recruiting firm. He additionally coaches basketball for young adults.

Religion/Spirituality: Atheist

Total face-to-face sessions: 7 sessions

Total hours of face-to-face sessions: 27 hours

Emails time over roughly 3 months: 5 hours

Pharmaceutical medications, dosage and frequency :

Symbicort: as needed, usually once per day

Reactine: as needed, usually once a week

Sertraline: 150mg daily

Non-pharmaceutical medications, dosages and frequency :

Marijuana: eatables daily for sleep and relaxation

Supplements : None

Initial blood pressure : 150/93 @ 62 BPM baseline (Stage 2 hypertensive).

Perceived Stress Scale (PSS) : 3 by his account, 8 by the researcher

Smoking : No, never

Psychological :

- Severe GAD, PTSD, insomnia, mild depression, panic attacks, racing thoughts, fear, self-sabotage, procrastination, low self-esteem, confidence, anger, control issues, fear of change, guilt, memory impairments, sexual dysfunction, impulsivity, and risk

- Weekly Thursday-Sunday drinking and gambling.

Psychological :

- Acid reflux, diarrhea, GI pain, generalized pain, chronic fatigue, low energy, hypertension, asthma, seasonal and animal allergies.

Nutrition/Diet and Exercise :

- Fast food twice a week, red meat, simple carbs, and starches were his diet because he hated vegetables and fruit.
- Fatigue and lack of motivation kept him from weightlifting five times a week for months.

Employment :

- His negotiators lack empathy and are profit-driven, which goes against his ethics.

Relationships/Social Network :

- He says, "She is ideal, she has substantial financial resources, grants me autonomy, manages all responsibilities, and is attractive and intelligent."
- The social network comprises childhood friends.
- Avoids parental figures and maintains a poor relationship.

Results Post Session :

Pharmaceutical medications, dosage and frequency:

- **Symbicort:** administered as required, typically once daily = zero
- **Reactine:** administered as required, typically once weekly = zero
- **Sertraline:** 150 mg daily = none

Non-pharmaceutical medications, dosages and frequency:

- **Marijuana:** consumption of edibles once every three or more days results in a reduction from daily use of 2/7 per week, equating to a 71% decrease.

Initial versus current blood pressure :

- 117/77 mmHg at 65 BPM baseline. No further hypertension detected.

Perceived Stress Scale (PSS) :

- According to him, the researcher agrees.

Psychological :

- No severe PTSD/GAD.
- Eight weeks without daily panic attacks.

- He sleeps well and wakes up refreshed.

- No racing thoughts, fear, anger, control issues, procrastination, memory loss, impulsivity, self-sabotage, risk-taking, or mild depression.

- After eight weeks of gambling and alcoholism remission, he says, "I perceive things with much greater clarity and distinction now."

- No sexual dysfunction

- Self-doubt, change phobia, guilt, and more sessions.

Physiological :

- Stop acid reflux, diarrhea, and stomach pain.
- Forget aches, fatigue, energy loss, hypertension, and asthma.
- Seasonal and animal allergies are now every 2–3 weeks.

Nutrition/Diet and Exercise :

- He quit fast food, ate more vegetables and fruits, including a smoothie every morning, and ate red meat twice a week.
- He lifted five times weekly again.

Employment :

Given his dislike of work, he has a positive outlook on daily tasks and more patience and compassion for coworkers, making negotiations less stressful. He may retire as a recruiter to coach basketball full-time, his passion.

Relationships/Social Network :

- He's unhappy in marriage.
- Sober sexual relations bring him closer to his wife.
- He informed his childhood friends of his alcoholism recovery for support.
- Multiple times a week, he and his mother talk for hours and arrange visits.
- He cried three times, releasing childhood emotions, despite thinking he hadn't since age seven.

CS1 realized that his father's violence and infidelity caused his aversion to change, inability to find healthy relationships and love, insecurity, panic attacks, low self-esteem, and psychological issues. He also realized that alcohol, gambling, and sexual encounters helped him avoid his subconscious childhood emotional pain and provided a dopamine rush. He feels euphoric during meditation and has

overcome anger from repressed sorrow and fear to find joy, control, and tranquility. He understands how childhood traumas and challenges caused his psychological issues before therapy.

Case Study 2 :

19-year-old Anglo-Saxon female.

Boyfriend : no children.

Height : 5'6"

Weight : 109 pounds (underweight)

Education : High School

Employment : Hairstylist and Waitress

Religion/Spirituality : Atheist

Total face-to-face sessions : 12 sessions

Total hours of face-to-face sessions : 32 hours

Total texts time over roughly 3 months: 9 hours

Pharmaceutical medications, dosage and frequency:

Ritalin: 100mg daily

Non-pharmaceutical medications, dosages and frequency :

Marijuana: eatables daily for sleep, pain and relaxation and smoking every hour.

Supplements : o None

Initial blood pressure : 122/81 @ 75 BPM baseline.

Perceived Stress Scale (PSS) : 9, by her account, and the researcher concurs.

Smoking : No, never, but vaping nicotine three to four times per hour.

Psychological :

- Severe GAD, PTSD, ADHD, insomnia, depression, racing thoughts, fear, self-sabotage, procrastination, anger, control issues, memory deficits, chronic fatigue, stress, impulsivity, and risk-

- Cannabis, nicotine, disordered eating.

- Self-lacing arms.

Physiological :

- Thai boxing and gymnastics caused chronic back pain.

- Wheezing, coughing, dyspnea.

Nutrition/Diet and Exercise :

- Fast food four times a week and little fruit and vegetables were her diet. She ate junk food and related products.

- Financial issues and spinal pain ended her Thai boxing and gymnastics career.

Employment :

- Her job is part-time hairstyling and waiting. She enjoys it but has back pain standing.

Relationships/Social Network :

- Unrelated to her biological mother

- Good stepmotherhood.

- Struggle between father and daughter.

- Has two distant half-brothers.

- When dating her boyfriend, she feels insecure and unhappy.

- A close, supportive lifelong best friend.

- Her sexuality is bi.

Post-session results :

- Weight: 123.5(14.5+).

- Prescriptions, doses, frequency

- Ritalin 100 mg daily = none

- Non-pharmaceutical dosages, frequency, and treatments

- Limiting marijuana edibles to weekly cut consumption 86%.

- Reduced nightly smoking to twice

- Baseline BP: 102/79 mmHg, 60 bpm.

- PSS is perceived stress.

- The researcher confirms her story.

Smoking :

- Never, but every two to three hours by vaping nicotine three to four times an hour.

Psychological :

- Stress, depression, insomnia, severe GAD, PTSD, and ADHD decreased.

- No racing thoughts, fear, self-sabotage, procrastination, anger, control issues, memory deficits, chronic fatigue, impulsivity, or risk-taking.

- Eating disorders, nicotine, and marijuana use have dropped.
- No arm-cutting self-harm.

Physiological:

- Daily spinal pain has decreased to a few times per week.
- Cannabis and vaping can cause coughing and wheezing, requiring extra time and support.

Nutrition/Diet and Exercise:

- Fast food four times a week and little fruit and vegetables were her diet. She now eats vegetables and fruits for every meal and snack instead of junk. She steams cheap frozen produce to save money.
- She stopped Thai boxing and gymnastics due to spinal pain and finances but now weight trains at home and walks daily. Thai boxes at home.

Employment :

- Her job is part-time hairstyling and waiting. Standing for long periods has hurt her back, but it's getting better.

Relationships/Social Network :

- Her biological mother is absent, which is best.
- She gets along with her stepmother better with boundaries.
- The father-daughter relationship is improving, but boundaries are set.
- Understands her two half-brothers' estrangement.
- Left her boyfriend due to insecurity and dissatisfaction to improve her health alone.
- Best friend forever; close, supportive.
- Being bisexual acknowledges her lesbian potential. She wants more women.

CS2 realized that her drug-abused, strange-man, and neglected childhood had left her unable to control her emotions or understand basic human concepts. CS2 also realized that her anger hid deep sadness and pain and that her upbringing caused her mental illness. Nicotine and marijuana helped CS2 manage self-harm an emotional pain. CS2 also learned about the mind-body connection and how negative thoughts cause biochemical responses that cause many diseases. Cool CS2 thinks and acts. She says breathing helps her focus.

Back pain has decreased from daily to weekly, and relaxation has increased. Stress and negativity hurt her more. Driving, working, and being frustrated, especially when angry, make her enjoy breathwork. She sleeps well and wakes up refreshed. Her response weakens.

Case Study 3 :

40-year-old Anglo-Saxon female.

Married: no children.

Height: 5'5"

Weight: 125 pounds

Education: Nutrition Certificate

Sel-Employed: Owns a construction business with her husband

Religion/Spirituality: Atheist

Total face-to-face sessions: 12 sessions

Total hours of face-to-face sessions: 39 hours

Total texts/emails time over roughly 3 months: 2 hours

Pharmaceutical medications, dosage and frequency:

Alve: used every second day for back pain.

Non-pharmaceutical medications, dosages and frequency : None.

Supplements : Glutamine, creatine, multivitamin, lysine, ashwagandha, curcumin, and probiotics.

Initial blood pressure : 136/85 @ 52 BPM baseline (Stage 1 hypertension).

Perceived Stress Scale (PSS) : 9 by her account, and the researcher agrees.

Smoking: No, Never.

Psychological:

- Negative self-image, procrastination, stress, sleep disturbances, guilt, regret, self-sabotage, racing thoughts, chronic fatigue, and memory loss.

Physiological:

- Biking-related chronic lower spinal and pelvic pain requiring surgery.
- PMS, IBS, gastritis, asthma

Nutrition, Diet, Exercise:

- Weightlifted and did high-intensity intervals with chronic back pain.

- Thus, nutritionists eat well and drink little.

Employment :

- Not my calling, but don't mind managing financial records and projects in a construction company. Her husband's business literacy worries her despite his sales success.

Relationships/Social Network :

- CS3, who wants divorce, considers her husband her best friend but not romantic.
- CS3 can talk to one female confidant.
- She has female friends, but her husband is jealous and asks if she is becoming lesbian, insisting they share friends.
- He prohibits her from joining social groups or networking groups to keep her.

JW Cs3.

Post-session results :

- Prescriptions, doses, frequency
- By biweekly.
- Baseline BP
- 113/79 at 52 (no mild hypertension).
- PSS is perceived stress.
- She says three, researcher concurs.

Psychological:

- Anxiety, low self-esteem, procrastination, stress, sleep disturbances, guilt, regret, self-sabotage, racing thoughts, chronic fatigue, and memory impairments = absent

Physiological:

- After chronic lower spinal and pelvic injury surgery, she has less pain.
- Painless PMS, emotional balance restored.
- Gastritis and IBS gone.
- She breathes better after asthma treatment.

Nutrition, Diet, Exercise:

- Weightlifters and HIITers perform previously impossible movements without pain.

Employment :

- Her husband's business illiteracy stresses her, despite his sales success. She manages his construction budget and projects.
- The nutrition and personal training business is growing.
- She'd leave the business if he didn't control costs with her husband.

Interpersonal/Social Network :

- Even though CS3 calls her husband her best friend, their relationship is platonic.
- She requested a two-week trial separation and demanded he seek professional help or leave due to the toxicity affecting her health.
- CS3 will aid divorce.
- Because her husband is jealous and questions her sexuality, CS3 has few friends despite having female friends. She has set boundaries, asserted her social freedom, rights, and self-worth.

- She joins social and sporting groups and travels weekly to meet like-minded people, but she avoids networking and social classes to avoid abandoning him.

- After long discussions about her past and behavior, she forgave and said she could not stay in her life unless her mother sought professional help and admitted her mistakes. Her mother agreed, and they now have constructive weekly conversations about their feelings.

- The spouse of CS3 accepted help and will start sessions.

- She breathes and meditates to center when negative thoughts or emotions arise.

- She leaves peacefully to avoid conflict.

- Late in sessions, she mentioned a trigger.

- During business and financial litigation, my anger turned into a desire to breathe. I practiced breathwork in the courthouse, aware of my surroundings but detached from the anger and frustrations. I trusted that everything would work out and accepted our situation. I could feel my heartbeat and blood flow and tried to control it.

CS3 said her childhood trauma—drug exposure, abusive encounters with unfamiliar men, and total neglect from her mother and absent father—led to her distrustfulness, compulsion to control situations, and tendency to overplan and anticipate negative outcomes. She also learned about the mind-body connection and that nutrition and physical activity alone are not enough for

Case Study 4 :

44-year-old Hungarian-Canadian male.

Divorced: two children: a boy, 16 and a girl, 12

Height: 6'2"

Weight: 245 pounds (overweight)

Education: Power Engineering Diploma

Employment: Mechanical Manager at the airport

Religion/Spirituality: Atheist

Total face-to-face sessions: 7 sessions

Total hours of face-to-face sessions: 25 hours

Total texts time over roughly 3 months: 4 hours

Pharmaceutical medications, dosage and frequency:

Advil: two to three times per week for pain.

Non-pharmaceutical medications, dosages and frequency :

Marijuana: edibles two to three times per week for sleep and pain.

Supplements : None

Initial blood pressure : 113/78 @ 67 BPM baseline.

Perceived Stress Scale (PSS) : 5 by his account, the researcher concurs.

Smoking: No, never.

Psychological:

- Being lonely and unworthy of abundance due to finances.

Physiological:

- Chronic left shoulder and lumbar pain from surgery.

Gas and bloating.

Nutrition, Diet, Exercise:

- He plays winter hockey 2–3 times a week.

- He ate fast food biweekly, red meat, simple carbohydrates and starches, and few vegetables and fruits. HATED veggies.

Employment :

- He likes his job but wants to become self-employed by investing in stocks, woodworking, and horticulture. He has good coworkers and friends.

Relationships/Social Network :

- He wants a new partner and marriage. One lover is unattainable. He's lonely and needs a partner full-time. He suggests co-aging to avoid loneliness.

- He can be himself with two or three close friends. To avoid gender discrimination, he disguises himself as a man. He hangs out with women.

Post-session results :

Prescriptions, doses, frequency

- **Advil:** two to three times weekly for pain = none

Non-pharmaceutical dosages, frequency, and treatments

- **Marijuana:** edibles and vaping twice or three times a week for sleep and pain.

- Daily to 2/7/week drops 71%.

- Baseline BP

Initial BP: 101/70 mmHg, HR: 61 bpm.

- PSS is perceived stress.

- He says the researcher concurs.

Psychological:

- Free from financial worries

- CS4 trades stocks for profit.

- Glad he's no longer lonely.

- Self-confidence and happiness allow him long periods of joy.

Physiological:

- Previous surgeries cause daily lower back and left shoulder pain.

- Daily pain dropped 86% to 1/7/week.

- Avoid bloating and flatulence.

Nutrition/Diet and Exercise:

- Eating fast food monthly. The 196-pound man eats beans, nuts, seeds, and produce. 23.4 pounds lost.
- He plays winter hockey 2–3 times a week. His weekly routine includes five weightlifting sessions and two to three 30-minute walks.

Employment :

- He was happy with his salary increase, knowing he would leave for his passion.

Relationships/Social Network :

- He wants a new partner and marriage. Loved an inaccessible person. He's single and needs love. He suggests co-aging to avoid loneliness.
- Meeting a nice woman brightens his future.
- He can be himself with two or three close friends. To avoid gender discrimination, he disguises himself as a man. He hangs out with women.
- Being himself comforts him. He knows Western male social conditioning causes heart disease and wants to be different from his father.
- He rules his parents. He no longer hates them. Dining with them biweekly.
- CS4 found that his father's demeanor and money beliefs shaped his childhood feelings of inadequacy and unworthiness about abundance and subconscious self-sabotage. CS4 also learned about the mind-body connection and how negative thoughts cause illness through biochemical responses.

Case Study 5 :**18-year-old German-Egyptian-Canadian female.****Boy Friend:** No Children.**Height:** 5'4"**Weight:** 108 pounds**Education:** Psychology Student**Self-employed:** Part-Time Retail Associate**Religion/Spirituality:** Spiritual**Total face-to-face sessions:** 8 sessions**Total hours of face-to-face sessions:** 8 hours**Total texts/emails time over roughly 3 months:** 7 hours**Pharmaceutical medications, dosage and frequency:****Tylenol:** twice per month for period cramps and pain.**Ibuprofen:** twice per month for period cramps and pain.**Non-pharmaceutical medications, dosages and frequency :****Marijuana:** eatables and smoking three to five times daily for sleep and relaxation.**Supplements :** None**Initial blood pressure :** 85/56 @ 88 BPM baseline (Hypotensive). She gets dizzy and lightheaded when moving. She sometimes faints.**Perceived Stress Scale (PSS) :** 7 by her account, the researcher concurs.**Smoking:** No, never.**Psychological:**

- TV and phone addiction, eating disorders, chronic fatigue, sleep disturbances, insomnia, low self-esteem, procrastination, depression, fear, memory impairments, and anxiety.

Physiological:

- IBS, acne, eczema, Raynaud's.
- She recently developed strawberry allergies.
- Her colds and illnesses are frequent.

Nutrition/Diet and Exercise:

- Poor appetite and infrequent eating characterize CS5. Low-grade dysmorphia and anorexia.
- Exhaustion prevents CS5 from exercising.

Employment :

- CS5 enjoys her part-time retail job for fashion and socializing. She loves psychology to help others heal and thrive.

Relationships/Social Network :

- CS5 likes mom. As best friends, she confides in her.
- Bloodfather CS5 never sees.
- CS5 loves her stepfather and biological father.
- For five years, CS5 has loved her boyfriend, but they fight weekly.

- CS5 likes maternal grandparents.
- The CS5 lifelong best friend is disorganized and struggles. She cut most toxic friends.

Post-session results :

Prescriptions, doses, frequency :

- No bi-monthly Tylenol for menstrual cramps.
- No bi-monthly menstrual cramp ibuprofen.

Non-pharmaceutical dosages, frequency, and treatments :

Marijuana: reduced from nightly edibles and three to five daily smoking to twice daily smoking and edibles every two to three weeks for sleep and relaxation.

Baseline BP : Hypotension is not present with 100/70 BP and 84 BPM. Moves no longer dizzy or faint her.

PSS is perceived stress.

Psychological:

- Despite her phone and TV addiction, she meditates five to six times a day for ten minutes.
- Managing eating disorders and body dysmorphia adds 10 pounds to 108.
- Shakes and small snacks are her favorites.
- End chronic fatigue, cognitive impairments, insomnia, and sleep disturbances.
- She has less procrastination and more self-esteem. Calm breathing and meditation reduce stress and improve my health.
- Depression, anxiety, and fear are absent.

Physiological :

- Raynaud's, IBS, acne, and eczema are gone. Negative thoughts led to stress in all three activities.
- After an allergy, strawberries disappeared.
- She gets colds and illnesses often, so she needs patience and mental and nutritional management to boost her immune system.

Nutrition/Diet and Exercise:

- Mild dysmorphia and anorexia = Eats small snacks, shakes, and smoothies, gains 10 pounds, feels better.
- Due to fatigue, CS5 walks, weightlifts, and does yoga several times a week instead of exercising.

Relationships/Social Network :

- Without speaking to her biological father, CS5 forgives him despite the hurt.
- She gets along with her maternal grandparents and limits guilt.
- For five years, CS5 has loved her boyfriend, but they fight weekly. Limit conflict, get him therapy, and set boundaries.
- CS5 realized her father's abandonment and mother's rationalized absence made her control situations and focus on negative outcomes. CS5 discovered the mind-body connection and that negative thoughts can cause illness on biochemical levels.

Case Study 6 :

18-year-old Asian male.

Girl Friend: No Children.

Height: 5'6"

Weight: 125 pounds

Education: Nursing Student

Self-employed: Part-Time Server

Religion/Spirituality: Christian (very religious)

Total face-to-face sessions: 8 sessions

Total hours of face-to-face sessions: 25 hours

Total texts/emails time over roughly 3 months: 4 hours

Pharmaceutical medications, dosage and frequency : None

Non-pharmaceutical medications, dosages and frequency : None

Supplements : None

Initial blood pressure : 100/79 @ 94 BPM baseline.

Perceived Stress Scale (PSS) 7 by his account, the researcher concurs.

Smoking: No, never.

Psychological:

- Stress, anxiety, depression, guilt, racing thoughts, panic attacks, control issues, procrastination, chronic fatigue, low self-esteem, and self-sabotage.
- Pornography, TV, and mobile addiction.

Physiological:

- Weak immune system causes frequent illness.
- Remission AML.
- cHigh ferritin.
- Possible acute kidney disease.

Nutrition, Diet, Exercise:

- CS6 eats few fruits and vegetables and mostly fermented, red, and starchy foods.
- CS6 skips exercise due to fatigue.

Employment :

- CS6 works part-time at his parents' Chinese restaurant and wants to be a nurse to protect hospital patients.

Relationships/Social Network :

- Little CS6 is far from his parents.
- CS6 loves his five-year girlfriend but fights weekly.
- CS6 has church and Bible camp friends.

Post-session results :

- Baseline BP

Initial BP: 123/77 mmHg, HR: 63 bpm.

- PSS is perceived stress.
- His claim is confirmed by the researcher.

Psychological:

- Meditation and breathwork improve his thinking and reduce relationship paranoia.
- Removing self-sabotage and procrastination helps him achieve nursing goals and healthy relationships.
- CS6 exercises again and is more energetic.
- He sets healthy boundaries, reduces guilt about his parents and siblings, and realizes that care and assistance should not compromise his well-being and goals. Instead of divine punishment, he feels love and security. He realizes that his response to his girlfriend was a result of childhood insecurity and distrust and his mother's treatment. His confidence
- After childhood neglect, CS6 no longer watches pornography to feel good.
- Limits TV and mobile device use to 1–2 hours per day. Prefers studying.

Physiological :

- Frequent illness from weak immune system = premature change evaluation.
- Remission from AML.
- Upper serum ferritin normal.
- Possible acute kidney disease = testing/uncertainty.

Nutrition/Diet and Exercise :

- CS6 eats more vegetables, fruits, legumes, and complex carbohydrates than red meat and processed foods.
- CS6 walks and WuShu daily.

Relationships/Social Network :

- Discussing his health and setting boundaries brings CS6 and his parents closer.
- CS6 loves his girlfriend and fights less "She tells me to breathe when upset. Additionally, she uses this method. We can now talk calmly."
- CS6 acknowledged that his romantic behavior resembled his mother's and that his anger was veiled sadness. He also acknowledged that God's love is unconditional and that conditions are human inventions.

Case Study 7 :**54-year-old Anglo-Saxon female.**

Height: 5'4"

Weight: 187 pounds (overweight)

Education: High School Diploma

Self-employed: Tarot Reader, Reiki practitioner and Light Worker

Religion/Spirituality: Believes in God

Total face-to-face sessions: 12 sessions

Total hours of face-to-face sessions: 38 hours

Total texts/emails time over roughly 3 months: 12 hours

Pharmaceutical medications, dosage and frequency :

Cymbalta: 30mg/day

Salbutamol: 100mcg @ 2x/day

Tylenol 3 (Codeine): 2x/week

Cyclobenzaprine: 10mg 2x/week

Non-pharmaceutical medications, dosages and frequency :

- Vaping and marijuana edibles three times a week.

Supplements :

- Evening primrose oil, multivitamin, murein

Initial blood pressure : Stage 2 hypertension, 169/108 mmHg, 91 bpm.

- Perceived Stress Scale (PSS)
- The researcher supports seven claims.

Smoking: Indeed, 1982–1994, 2010–present.

Psychological:

- Stress, anxiety, depression, PTSD, procrastination, chronic fatigue, low self-esteem, self-sabotage, memory loss.
- Addiction to phones, TV, shopping, and cigarettes (one pack per day).

Physiological:

- Menopause, asthma, chronic pain.
- Anemia, IBS, arthritis, Ehlers-Danlos syndrome, allergies.

Nutrition/Diet and Exercise:

- CS7 smokes and drinks coffee instead of eating.
- Tiredness, lack of motivation, and pain prevent CS7 from exercising.

Employment :

- CS7 likes Reiki and Tarot.
- Crystal shop uses CS7 part-time.

Relationships/Social Network :

- CS7 rarely sees parents.
- CS7 has many friends but one close.
- Far from sister, CS7.

Post-session results :

Weight: 172 pounds = 15 pound drop

Pharmaceutical medications, dosage and frequency :

Cymbalta: 30mg/day = zero

Salbutamol: 100mcg @ 2x/day = zero

Tylenol 3 (Codeine): 2x/week = zero

Cyclobenzaprine: 10mg 2x/week = zero

Tylenol and Advil Extra Strength: 3x/week = zero

Non-pharmaceutical medications, dosages and frequency :

Marijuana: eatables and vaping 3x/week = zero

Initial blood pressure : 105/79 @ 72 BPM (no hypertension)

- PSS is perceived stress.
- She says three, researcher concurs.

Smoking: Positive: 1982-1994, then 2010–present at one pack per day = smoking cessation.

Psychological:

- No more stress, anxiety, depression, PTSD, procrastination, chronic fatigue, low self-esteem, self-sabotage, or memory loss
- Shopping, TV, mobile devices, and one pack of cigarettes per day = eliminated.

Physiological:

- Menopause and chronic pain are gone.
- Anemia, asthma, IBS, arthritis, Ehlers-Danlos, and allergies are gone.
- Osteoarthritis and collagenous colitis require testing.

Nutrition, Diet, Exercise:

- Eat every two hours, drink one cup of coffee in the morning, and quit smoking, while CS7 skips meals and smokes.
- Exhaustion, lack of motivation, and pain prevent CS7 from exercising, but she walks and does yoga daily.

Relationships/Social Network

- CS7 forgives her parents' mistakes despite not knowing them intimately.
- CS7 knows and wants her distant sister's acceptance.
- A large social network and one close friend don't hurt CS7.

• CS7 learned that her mother's conditional love and eating habits made her feel unworthy of abundance, unconditional love, and acceptance and made her expect bad things. She started smoking to emulate her mother for acceptance, but it became a way to avoid emotional pain

Case Study 8 :**38-year-old Romanian Female****Married:** 2 girls aged 9 and 14**Height:** 5'5"**Weight:** 116.8 pounds**Education:** Bachelor's Degree**Employment:** Leader Development Manager, and she provides fundraising for the less fortunate.**Religion/Spirituality:** Christianity**Total face-to-face sessions:** 6 sessions**Total hours of face-to-face sessions:** 15 hours**Total texts/emails time over roughly 3 months :** 2 hours**Pharmaceutical medications, dosage and frequency:** None**Non-pharmaceutical medications, dosages and frequency :** None**Supplements :** ·Essential Oils: Lime, Lemon, plus Multigreens in shakes and smoothies**Initial blood pressure :** 109/79 @ 84 BPM baseline.**Perceived Stress Scale (PSS) ;** · 4 by her account, the researcher concurs.**Smoking ;** Smoked a pack per week for seven years but quit in 2019.**Psychological :**

- Self-confidence, delay, idealism.

Physiological :

- Dermatographia, Raynaud's, fatigue, chronic migraines.

Nutrition/Diet and Exercise :

- Pesticide-free, non-GMO vegetables and fruits, wild seafood, poultry, and lean meats make up her diet.
- She rarely eats fast or processed food.
- She enjoyed walking but hasn't in years.

Employment :

- Likes her job. She likes essential oils and coworkers for holistic healing.

Relationships/Social Network :

- Happy marriage.
- Mom loves spending time with kids.
- Friendly, like-minded social media users boost happiness.
- Close to parents and brother.

Post-session results :**Initial versus current blood pressure :** 104/79 @ 84 BPM and still within a normal healthy range.**Perceived Stress Scale (PSS) :** 0 by her account, the researcher concurs.**Psychological :**

- Insecurity, perfectionism, and procrastination.

Physiological :

- Raynaud's, migraines, dermatographia, and chronic fatigue are gone.

Exercise : She hikes with family on weekends and walks 45 minutes daily.

- CS8 claims perfectionism causes mental and physical stress. CS8 realized she used these traits to impress her mother as a child. CS8 also learned about the mind-body connection, how negative mental states can cause biochemical responses that cause diseases, and how nutrition and exercise alone are not enough for optimal health.

- Meditation left CS8 "hearing wolves" and detached. Believe "God is with me." and get your dream job and a scary retreat. "I believed what you conveyed regarding the energy we emit and its influence on our lives, and that I could achieve my desires through mental control, but witnessing it materialize within a few weeks is astonishing. It is somewhat unsettling that everything I wished for has manifested, yet I am also grateful."

Comparative Discussion :

- Knowing participants' thoughts, feelings, and beliefs boosts positivity. Understanding and change begin with learning. Participants' subjective reflections matter because "reported improvement is one of the most reliable indicators of the effectiveness of any assessment technique" (51).

Several themes exist among the participants :

1.100% of subjects: Unknown subconscious beliefs, thoughts, emotions, and behaviors dysregulate emotions.

2. All subjects (100%): Immediate parental influences may cause mild to severe childhood adversity and multiple psychological and physiological disorders.

3. Adversity is measured by negative mental states, persistent stress, and various physiological ailments in all subjects.

4. All participants had mild to severe stress and mental turmoil.

5. 75% of the eight subjects had nutritional deficiencies, mostly due to insufficient fruit and vegetable intake, causing mental, emotional, and physiological system cellular imbalances and dysfunctions exacerbated by negative mental states and chronic stress.

6. Cognitive reframing and lifestyle changes solved a cycle of sleep disturbances or fatigue caused by negative mental states and chronic stress in all subjects, regardless of sleep duration.

7. Cognitive reframing and lifestyle changes eliminated chronic pain exacerbated by stress and negative mental states in six of eight (75%).

8. Five of eight (62.5%) with gastrointestinal issues related to negative mental states and chronic stress improved with cognitive reframing and lifestyle changes.

9. 87.5% of subjects had chronic fatigue from negative mental states and stress, which cognitive reframing and lifestyle changes eliminated.

10. Three of eight (37.5%) with negative mental states and chronic stress normalized hypertension with lifestyle changes and cognitive reframing.

11. Smoking and vaping may have caused 50% of respiratory issues. Lifestyle and cognitive changes may help.

12. 87.5% had anxiety from negative mental states and chronic stress, which cognitive reframing and lifestyle changes reduced.

13. Five of eight (13.62.5%) negative mental state and chronic stress subjects improved memory with cognitive reframe and lifestyle changes.

14. Seven of eight subjects (87.5%) had the 'healing crisis' (51), in which EEG and HRV exacerbated mental, emotional, and physiological issues due to suppressed and repressed subconscious content, followed by detoxification and body realignment. Healing crises led to health and stability.

15. 100% of eight subjects had authenticity-related loneliness, not social isolation.

16. All eight subjects (100% blocked energetic flow) had distorted thoughts, feelings, and beliefs.

- Not being able to express one's values and having beliefs others disagree with causes loneliness (52). Many struggle to achieve authenticity, which aligns beliefs, thoughts, emotions, and behaviors, due to fears of others' perceptions and untrue sociocultural and traditional ideologies.

- Given the small sample size, adverse mental states are linked to chronic stress and disease, demonstrating how mental and physical health are linked and how negative mental states worsen chronic stress and disrupt bodily functions.

- Positive neural synaptic connections from psychoanalytical introspection, meditation, and biofeedback alter the brain's hedonistic adaptation baseline and default mode network.

- Dissociating from self-identification and the subject-object dichotomy's false beliefs lets us observe thoughts and emotions without ruminating. Objective dissociation allows access to the subconscious mind, which contains our programs, and the examination of foundational beliefs that affect thought patterns, emotional biochemistry, behaviors, and actions to change the cycle and improve health and healing. Mind influences body and brain changes in such practices.

General Information :

- The average allopathic consultation lasts seven to eight minutes (53), not long enough to assess a patient's personality and lifestyle. Canadian psychiatrist-therapist sessions average 50 minutes.

- Due to multiple definitions in recent decades, normal blood pressure is hard to define (53). Arbitrary thresholds exist. Blood pressure should be 120/80 or lower for healthy, 120-80 for elevated, 130/89 for stage 1 hypertension, 140/90 for stage 2, and 180/120 for hypertensive crisis. Hypotension below 90/60 (57; 56).

Further Research & Conclusion :

- More participants would illuminate chronic stress-related mental states. Similar methods are needed to link chronic stress to disease.

- Salivary epigenetic expression testing before and after trials would show changes and connections.

- Pre-trial microbiome testing and microbiota changes benefit gut/brain research.

- Pre- and post-session fMRI/SPECT scans may reveal brain changes.

- sIgA swabs detect immune system changes in saliva.
- Blood tests for cortisol and adrenaline can detect changes.
- Diversity in race and culture is needed globally.
- Follow-up at six months and one year is recommended to track long-term changes.

This paper hypothesized that toxic mental states cause chronic stress and physical symptoms, causing most chronic diseases. Stress often causes chronic illness. Modern issues require a paradigm shift. Modern problems are systemic, interconnected, and interdependent, requiring a new perspective. Knowing subconscious beliefs can reveal historical patterns and change how we react to stressful stimuli, calming us (53). Good or bad identity depends on beliefs.

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