



The Essence of Illness – Safety vs Threat

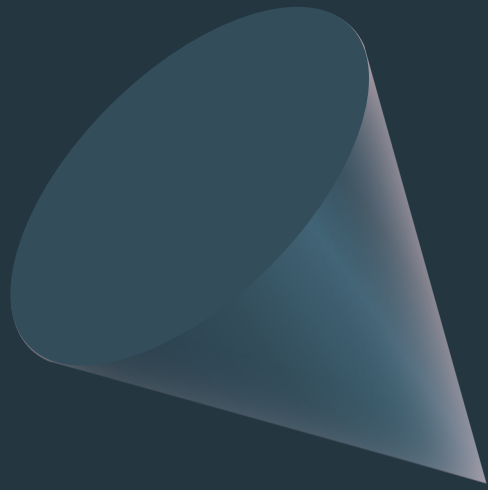
David A Hanscom, MD



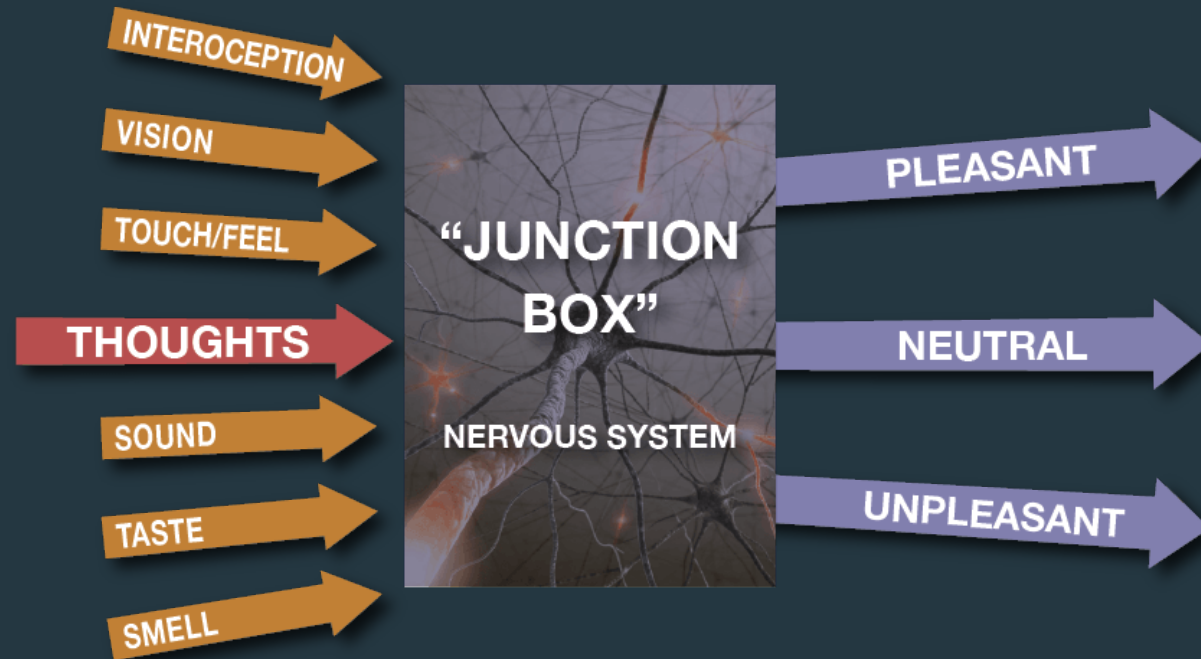


Purpose

Present a framework to clarify the
discussions around chronic
disease









Nueces
Cebolla Perla
Pepinillos
Aceituna Rellena



ACEITUNAS
TIL TIL
VERDE
NEGRA
NATURAL

Membrillos
Confitados
Nueces
Cebolla Perla
Pepinillos
Aceituna Rellena



Don CESAR
FERRER
OFERTAS

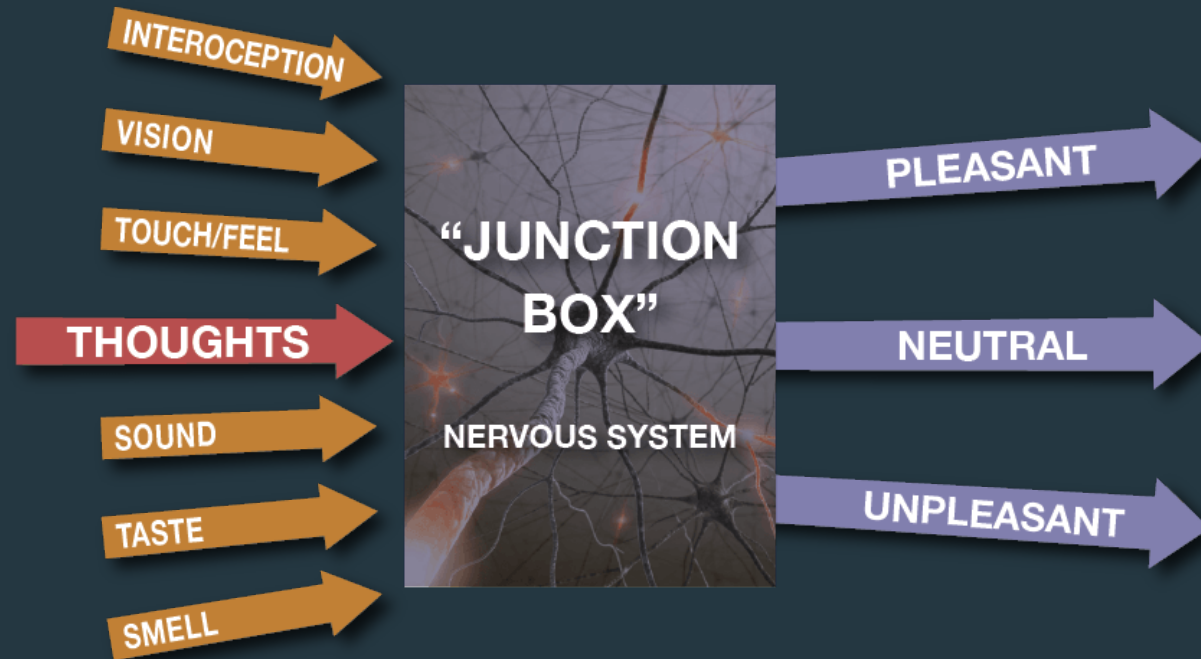
Huacra-Casco	13500
Procurador-Ulloa	15500
Huancaventa	6990
Calina-Huancaventa	5990
Calina-Mezclada	6500

OFERTA!
TRUTRO
DE POLLO
\$15.000
CADA X 15 KG.

OFERTA!
CHORIZO
SUPER CERDO
\$1990
ENVASADO 1KG

OFERTA!
COSTILLAS
CERDO
\$3990







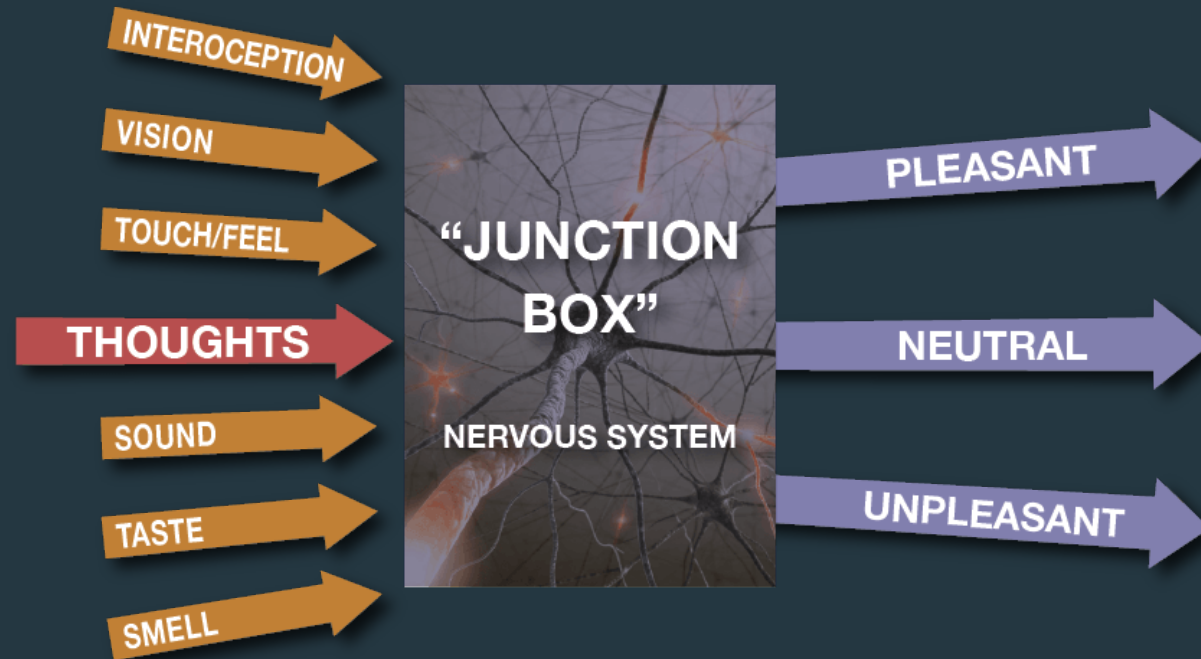
Threat



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MUS ?????





Role of the human organism

Ward off threat
Maintain homeostasis
Regenerate when needed and possible

Smell

Vision

Sound

Mental

- Thoughts
- Emotions
- Life outlook

Touch

Sharp/dull; pressure;
light touch; hot/cold

Taste

Interoception

"One Nervous system"

- CNS
- Midbrain
- ANS
- Spinal cord
- Peripheral

Treatment targets

Sensory input
The nervous system
Body's response/ Output

Sensory interventions

CBT
Not discussing pain
Mindfulness/ active meditation
Awareness
Getting organized
Forgiveness
Giving back
Family interventions
Music/ rhythm

Calming the Nervous System

Address ACE's/ trauma work
Education
ACT
Medications
Breath work
Vagal Stimulation
Sympathetic blocks
Expressive writing
Massage/ Martial arts/
acupuncture/ med hypnosis

Dampening Output

Meditation
Medications
Sleep
Play
Spiritual journey
Counseling/ Therapy
EAET; ISDTP
Exercise

Goal of treatments for chronic disease – including pain

Minimize threat
Promote Safety

Threat (anxiety)

Hormones: vasopressin, adrenaline, cortisol, endorphins, histamines, thyroid
Metab: catabolic
Immune: elevated Pro-I cytokines

Neutral/ Homeostasis

Safety (contentment)

Hormones: oxytocin, dopamine, serotonin, GABA, growth hormone
Metab: anabolic
Immune: elevated Anti-I cytokines,



Thank
You!!

