The Effects of

STRESS on the Human Body

Stress affects various parts of the human body in different ways. Here's a look at how stress affects some of our major organs:

THROAT

Stress can lead to hyperventilation or asthma attacks. It can also lead to acid reflux after eating.

STOMACH

Stomach oche
Stress can lead to
stomach aches, nausea
or pain, and some may
vomit if the stress is
overwhelming.

INTESTINES

Stress can lead to diarrhea or constipation as it affects how your intestines absorb nutrients.

BLOOD VESSELS

Adrenatine
Stress causes the release of
adrenatine and other stress
hormones, which during a
prolonged period of time can
lead to issues.

BRAIN

Headache, migraine Stress can trigger headaches or migraines.

HEART

Heart problems
Long-term stress
can cause heart
issues that can lead
to a heart attack,
hypertension or
stroke.

LIVER

Diabetes/Glucose
When stress hormones
cortisol and epinephrine
are released, the liver
produces additional
glucose – blood sugar –
to give the body energy
for a "flight or fight"
scenario. But for some
people, additional sugar
production can lead to
Type 2 diabetes.

NERVOUS SYSTEM

Fight or flight
Stress leads to the nervous
system generating energy for the
"fight or flight: response. During a
short period of time, this response
isn't dangerous, but chronic stress
can damage to the nervous
system and body.



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Stress And Human Health

M Woodhall

Stress And Human Health:

Unveiling the Energy of Verbal Artistry: An Mental Sojourn through Stress And Human Health

In some sort of inundated with screens and the cacophony of instantaneous transmission, the profound power and emotional resonance of verbal artistry often disappear into obscurity, eclipsed by the continuous onslaught of sound and distractions. Yet, located within the lyrical pages of **Stress And Human Health**, a captivating work of fictional beauty that pulses with fresh thoughts, lies an memorable trip waiting to be embarked upon. Written with a virtuoso wordsmith, this mesmerizing opus guides readers on an emotional odyssey, softly revealing the latent potential and profound affect embedded within the complicated web of language. Within the heart-wrenching expanse of the evocative evaluation, we will embark upon an introspective exploration of the book is main subjects, dissect its fascinating writing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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