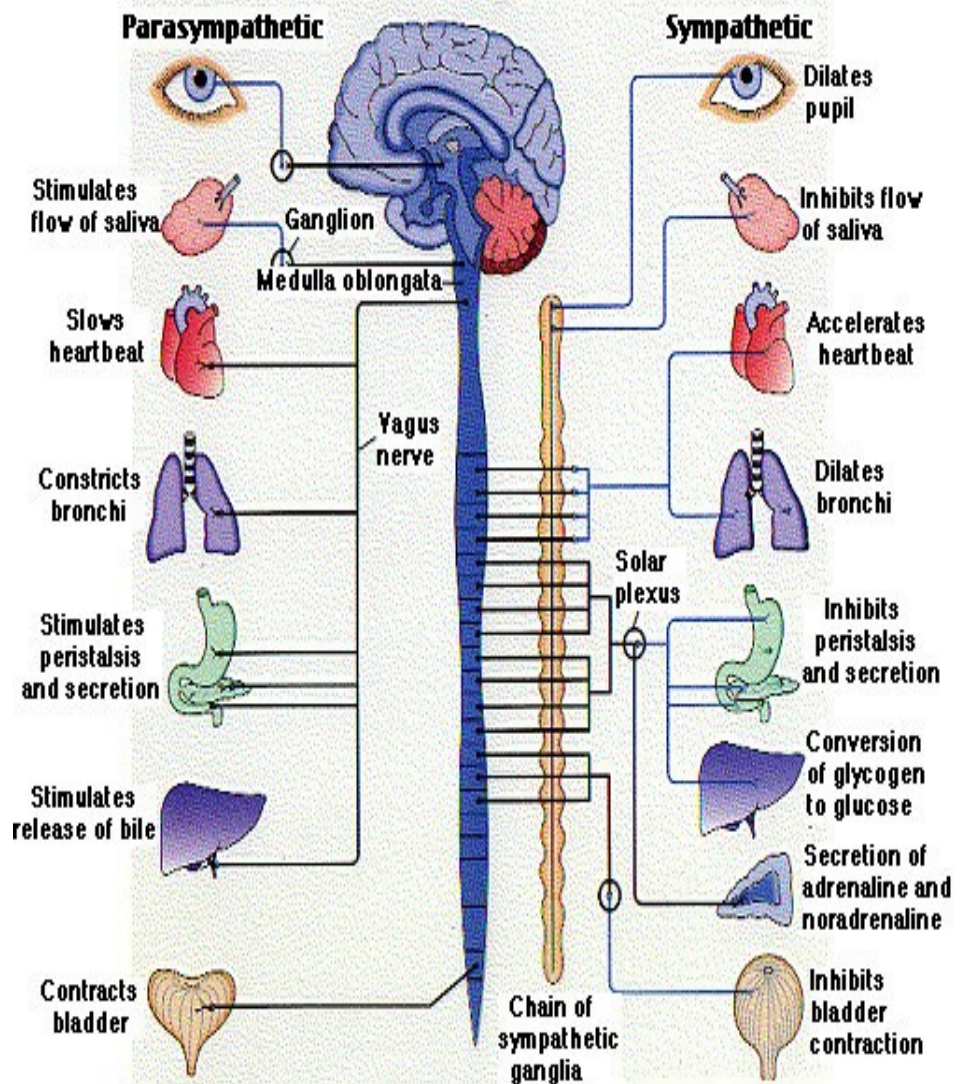
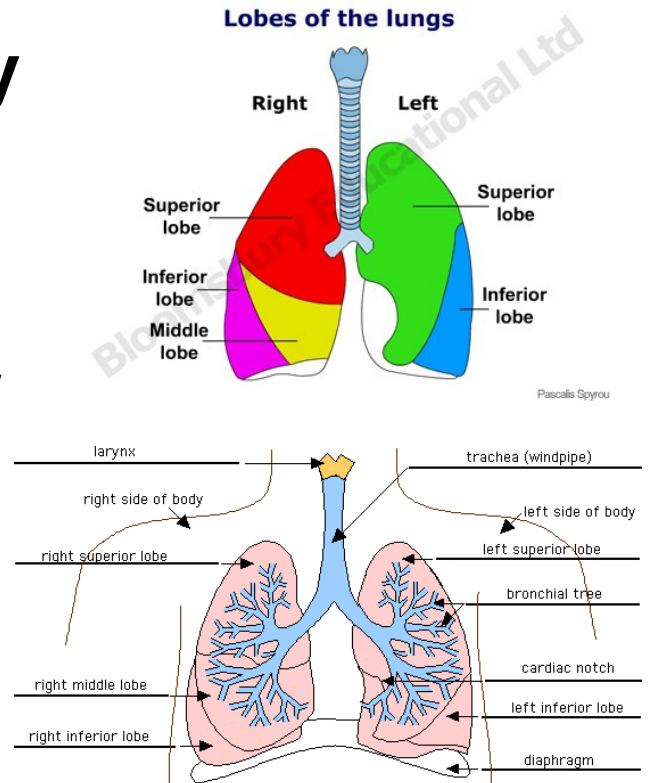


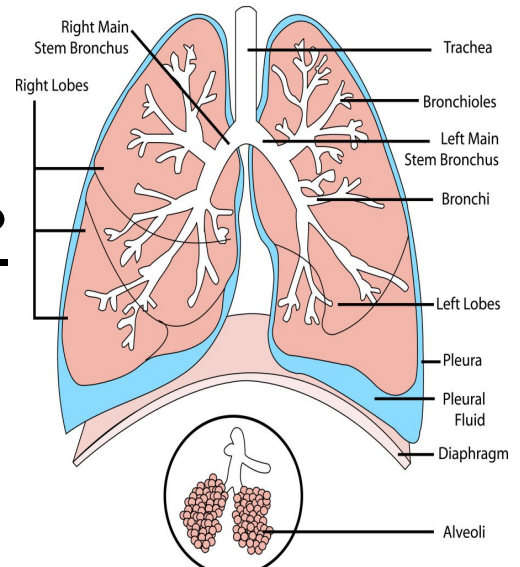
# Some Basic Anatomy

- The lungs consist of 3 right lobes and 2 on the left
- Within each lung lobe there are pathways for the passage of air called the “bronchiole tree”
- The nerves of the neck control relaxation of the lungs
- The nerves of the middle back speed up the function of the lungs
- The diaphragm and rib muscles allow the lungs to expand and contract also controlled by nerves
- All functions of the body are controlled by the nerves in this manner



# Problem: When there is a physical, chemical or emotional stress the lungs may mal-function. But why?

Diagram of the Human Lungs



## Your body's response to **STRESS**

### Initial Adaptive Stress Response

- ↑ Adrenalin (Epinephrine), Cortisol
- ↑ Glucose
- ↑ Energy Mobilization and Use
- ↑ Thinking & Performance
- ↑ Cardiovascular Tone (Heart)
- ↑ Cardiopulmonary Tone
- ↑ Stress Analgelsia / Pain Tolerance
- ↑ Immune System
- ↑ Blood Clotting Factor
- ↑ Blood Pressure
- ↑ Skin Conductance (Sweat Glands)
- ↑ Muscle Tone
- ↑ Brain Activity (Beta) \*

- ↓ Digestion
- ↓ Sexuality
- ↓ Reproductive Hormones
- ↓ Growth / Healing
- ↓ Extremity Temperature

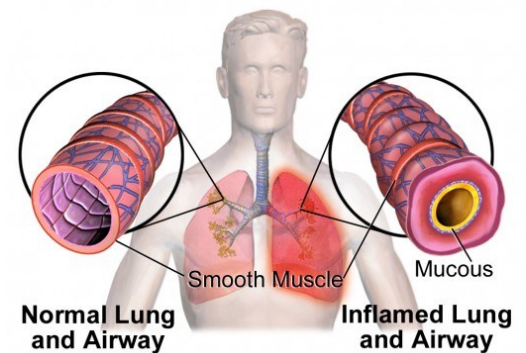
### Prolonged (Maladaptive) Stress Response

- ↓ Immune Response
- ↓ Memory and Learning
- ↓ Sexuality: Impotence and Anovulation
- ↓ Pain Tolerance
- ↓ Skin Conductance (Dry Skin)

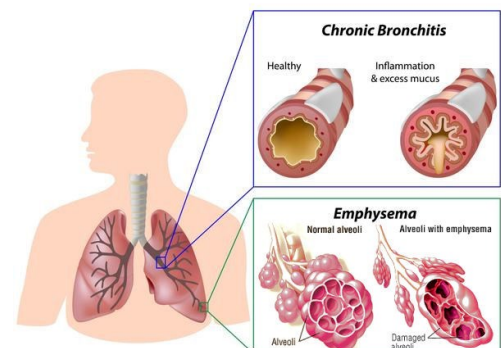
- ↑ Insulin Resistance and Weight
- ↑ Fatigue
- ↑ Stress Hypertension
- ↑ Respiratory Problems
- ↑ Opportunistic Infections
- ↑ Depression
- ↑ Bone Decalcification
- ↑ Addictions
- ↑ Somatic Syndromes
- ↑ Autoimmune disorders
- ↑ Digestive Illness
- ↑ Strokes
- ↑ Heart Failure
- ↑ Kidney Failure

YOUR BODY'S ABILITY TO DEAL WITH STRESS IS DIFFERENT OVER TIME.

Prolonged stress decreases health potential.



Chronic Obstructive Pulmonary Disease (COPD)



Our bodies do the best that they can with what we give them!

Decrease The Stress  
Better Energy & Control  
Get Stronger  
Naturally!

