

Your Brain is a Super Computer



**Your mental programming and
your health**

Protege Fitness

Your Brain is a Super Computer

Your mental programming and your health.

The connection of your past and how it effects your today.

Did you know?

Your childhood experiences are linked to chronic health conditions.

Being abused as a child. A violent assault. A sexual assault. A car accident. If you have experienced any of these, it can be affecting your present health.

These are all examples of traumatic events – which in psychological terms, are incidents that make you believe you are in danger of being seriously injured or losing your life. Research shows that these events can trigger emotional and even physical reactions that can make you more prone to a number of different health conditions, including heart attack, stroke, obesity, diabetes, autoimmune conditions, and cancer.

Child abuse is particularly likely to affect your adult life because it occurs at a time when your brain is vulnerable – and it often occurs at the hands of people who are supposed to be your protectors. This can be a sexual assault, but abuse can also mean things like being hit with a hard object like a whip, a belt, or a paddle. The behavior doesn't necessarily need to be illegal to induce a traumatic response.

A child's perception of events is as important as what actually occurred. While a child's life may not have actually been in danger, the child may have seen it as life-threatening.

Some people who have experienced traumatic events have developed post-traumatic stress disorder (PTSD), a psychiatric condition that affect 5% to 10% of the general population. It is more common in women, affecting twice as many women as men. Many who have served in our military to protect us experience PTSD. PTSD is not limited to those who have fought in war(s). PTSD can develop after a person experiences violence or the threat of violence, including sexual violence. It may affect people who have a close relative who experienced those things as well.

Trauma can lead to a condition known as "leaky gut", in which the cells lining the small intestine separate, and through those passageways, proteins leak into the bloodstream that don't belong there. When gluten and milk proteins can go into the bloodstream and cause inflammatory reactions everywhere in the body, including the brain. This damages and disrupts the microbiome and the trillions of bacteria in the intestines that are essential for gut health.

Your risk for mental and physical health problems from a past trauma goes up with the number of these events you've experienced. For example, your risk for problems is much higher if you've had three or more negative experiences, called adverse childhood experiences.

Your Brain is a Super Computer

These include:

- Physical abuse
- Sexual abuse
- Emotional abuse
- Car accident
- Physical neglect
- Emotional neglect
- Witnessing domestic violence
- Substance misuse within the household
- Mental illness within the household
- Parental separation or divorce
- Incarceration of a household member

Severely traumatic events are believed to have the greatest effect on long-term health, other stressful events that don't necessarily meet the psychological definition of trauma can still cause problems. This might include a sudden death in the family, a stressful divorce, or caring for someone with a chronic or debilitating illness. These milder events might lead to a mental health disorder such as anxiety or depression. Trauma pushes your ability to cope, so if you have a predisposition toward anxiety, for example, it may push you over the edge.

When people go through traumatic or complicated grief, they can experience pretty similar symptoms to those they might experience with trauma, such as intrusive thoughts.

Most of the research related to trauma and chronic disease risk has focused on childhood trauma. Early childhood trauma is a risk factor for almost everything, from adult depression to PTSD and most psychiatric disorders, as well as, a host of medical problems, including cardiovascular problems such as a heart attack and stroke, cancer, and obesity.

The problem goes beyond unhealthy habits. Experts believe that there is actually a direct biological effect that occurs when your body undergoes extreme stress. When you experience something anxiety-provoking, your stress response activates. Even though the experience may have happened decades ago, you can continually put yourself in the "fight or flight" response just by remembering it. Your body produces more adrenaline, your heart races, and your body primes itself to react. Someone who has experienced trauma may have stronger surges of adrenaline and experience them more often than someone who has not had the same history. This causes wear and tear on the body – just as it would in a car where the engine was constantly revving and racing. It ages your system faster.

One of the most common outcomes of trauma is avoidance, or maybe not remembering but knowing something is there stopping you from moving forward. It makes sense. If you experience something traumatic, you want to avoid thinking about it and going to places that remind you of it. This makes it hard for some people because they don't want to talk to a health care provider or a life coach because you think you don't have anything to work through, because you are "fine".

Your Brain is a Super Computer

Some people may be in denial about the role past trauma is playing in their life. People often use defense mechanisms to protect themselves from stress. Denial is one of those, as is trying to “normalize” past problems.

The mental health field has been slow to recognize the role that nutrition and supplementation can play in mental health. However, recent studies have begun to change commonly held beliefs. Just like we know healing from your autoimmune disease doesn't need to include taking medication, they are finally realizing that anti-depressants are not the only way (or the best way) to treat depression and anxiety.

The powerful effects of food on not only our physical health, but our mental and emotional well-being. If you have experienced trauma, or know anyone who has, you may have experienced either not wanting to eat anything (starving yourself) or going to comfort food: sugary, fatty, salty foods, Big Macs, mac & cheese, pop, ice cream, etc.

These comfort foods increase the levels of certain neurotransmitters in the brain that are tied to a sense of well-being, like serotonin, dopamine, and endorphins. And they actually suppress traumatic memories to some degree.

The problem is, this is a short-term gain, and is quickly changed into a long-term downside. Serotonin starts to go down, dopamine goes down, endorphins go down, and cortisol (one of the primary stress hormones) goes up, and memories start returning. Feeling poorly and being haunted by traumatic memories can lead to an even greater reliance on unhelpful food choices, and a vicious cycle ensues.

Often when working with clients we need to address our internally programming as well

1. All of us were ‘programmed’ from birth on and we end up living out the programs we received.
2. From the moment you were born, everything you heard, everything you thought, and everything you said out loud or to yourself was temporarily recorded in your brain.
3. The messages you received that were repeated frequently were physically and chemically wired into your brain. We refer to those repeated messages as ‘programs’ The more often those programs were repeated, the stronger they were wired into your brain.
4. It is estimated that during the first 18 years of your life- if you grew up in a reasonably positive home- as much as 77% of the programs you received were negative. Whatever those programs were, many of them are still with you today.
5. The part of the brain that stores the programs you received doesn't know the difference between something that is true and something that is false. The brain is designed to act on the strongest programs it receives as though they are true- whether they are true or not.
6. As much as 90% or more of your programs are unconscious and are completely hidden from you.
7. Along with your genes and your experiences, you are the results of the programs you received.
8. Everything you believe, everything you think, everything you say, and everything you do is the result of the programs you received- both from others and yourself.
9. Your internal thoughts, right now, are a replay of the programs you have that are the strongest.
10. Your negative internal thoughts is the combined results of the negative programs you received from others and those you gave to yourself. Most of them again are unconscious.
11. Your brain though is not hard wired. Because of neuroplasticity, your brain is designed to continually rewire itself throughout your lifetime!
12. If you have programs that are negative and working against you, you can change them. You can rewire them and replace them with different, more positive and more successful programs.

Your Brain is a Super Computer

Understanding the impact that your brains programming can play in your health is part of your Hero's journey to health that you have to go through to achieve your optimal health.

Another part of the healing process can be our programmed response and habits. When we dig deep into our brain's we find many thoughts, habits and patterns that are negative and can stop us achieving our ultimate goal of health.