



Page 16 is a link to www.49 is a training site.
 Starting at the top of this figure, note that anxiety (esp. brain-related) can trigger a cascade of physiological imbalances eventually leading to the symptoms of "mental disorders." The sequential model from brain-body-mind-gut (gut-brain-mind) dynamics (inorganic structural-functional) and possibly other environmental factors sets off a domino effect that eventually results in a explosion of neurochemicals and brain injury (usually not permanent). It occurs in a full panel of localized medicine (and is treated, due to insurance constraints or an inability to find a healthcare provider trained in complete body-mind-gut) or integrative-medicine, or therapy based / conventionalized group conversation therapy to obtain a better life for body-mind (usually about \$50) and a good life for gut-spirits (about \$100). Note that nutritional treatments & experimental-spiritual-intervention (usually in the lower 100's) have also proven the impact of gut and environmental health, and conversely, stress, gut and environmental health impact psychological and spiritual progress. [From a communication by Charles Clark, M.D., August 2008]