



Pathogenesis -VS- Salutogenesis

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This talk is:

- 1) NOT medical advice. If you have concerns about symptoms you're experiencing including COVID-19 or other health issues, consult your trust healthcare provider. This presentation is not the diagnosis or treatment of any health condition.
- 2) NOT a presentation to teach you how to avoid contracting COVID-19. There are plenty of resources available through the CDC, Federal Government and local municipalities that talk about defensive (but important) measures you can take to mitigate the risk of coming in contact with COVID-19 including but not limited to social distancing, face coverings and hand washing.
- 3) NOT a talk about chiropractic. It is a talk about a multitude of offensive measures you can take to build health and keep your immune system strong!





STRESS + PATHOGEN

=

**THE
PERFECT STORM**



Pathogenesis Defined:

The pathogenesis of a disease is the biological mechanism (or mechanisms) that leads to a diseased state.

The term can also describe the origin and development of the disease, and whether it is acute, chronic, or recurrent. The word comes from the Greek πάθος pathos ("suffering", "disease") and γένεσις genesis ("creation").



Salutogenesis Defined:

Salutogenesis is an approach focusing on factors that support human health and well-being, rather than on factors that cause disease (pathogenesis).

More specifically, the "salutogenic model" is concerned with the relationship between health, stress, and coping. The term was coined by Aaron Antonovsky, a professor of medical sociology.



Pathogenesis is the resulting
process of not properly
adapting to
chemical, physical or
emotional stress!



Common Chemical Stressors

Caffeine

Nicotine and smoke

Alcohol

Toxic cleaning supplies (most)

Cosmetics

Air and water pollution

Drugs; pushed or prescribed

Poor nutrition

Electromagnetic frequencies

Dehydration

Colorings, additives and dyes in our food; poor quality cookware (Teflon, etc)





Common Physical Stressors

Poor posture

Sitting too much

Sports injuries

Car accidents

Overweight

Sleeping on poor mattress

Inappropriate footwear

Lifting improperly

Standing on one leg frequently

Lack of or unbalanced exercises

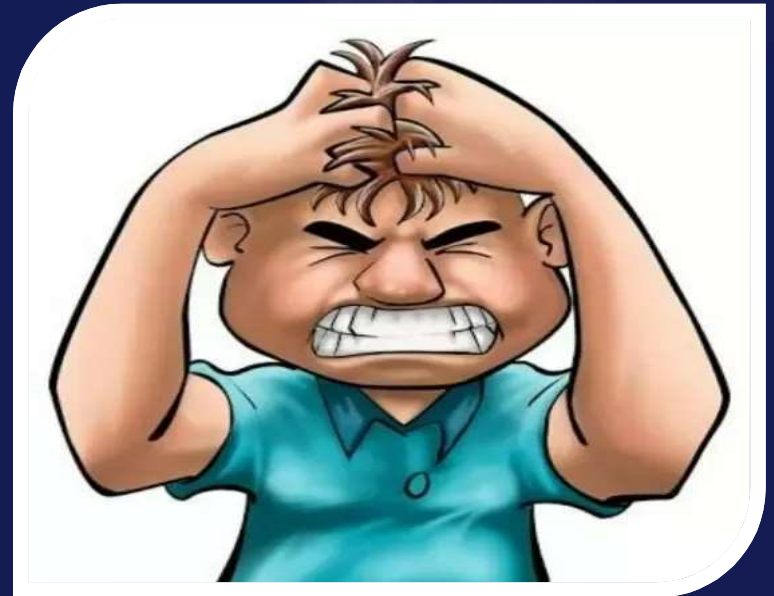
Text neck and computer strain





Common Emotional Stressors

Anxiety, fear and worry
Overwhelm
Loss of control
Loneliness
Peer pressure
Family stress
Addictions
Work stress
Frustration and disappointment
Exhaustion
Traffic





Common Stress Indicators

Sleep difficulties/insomnia
Fatigue and lack of energy
Anxiety/depression/ overwhelm
Memory fog and forgetfulness
High blood pressure
Low resistance/weakened immunity
Digestive issues/irritable bowel
Weight gain/belly fat
Chronic achiness
Food cravings/addictions
Headaches
Feeling judgmental/negative/picky
Cold hands or feet
Hormonal imbalances
Poor concentration
Racing mind
Mood swings
Accelerated aging





The Dis-ease process...

If you are constantly bombarded with chemical, physical and emotional stressors...

...And you encounter a PATHOGEN (any virus, bacteria or micro-organism that can cause disease)...

... Then that pathogen is more likely to wreak havoc on your immune system and cause serious health issues!



The wellness lifestyle... Salutogenesis

Wellness is the complete integration of mind, body and spirit, affecting not only your visible body parts, but also the trillions of cells that make up your entire body.



What is Wellness?

It is a proactive approach toward creating physical, mental, social and spiritual harmony.

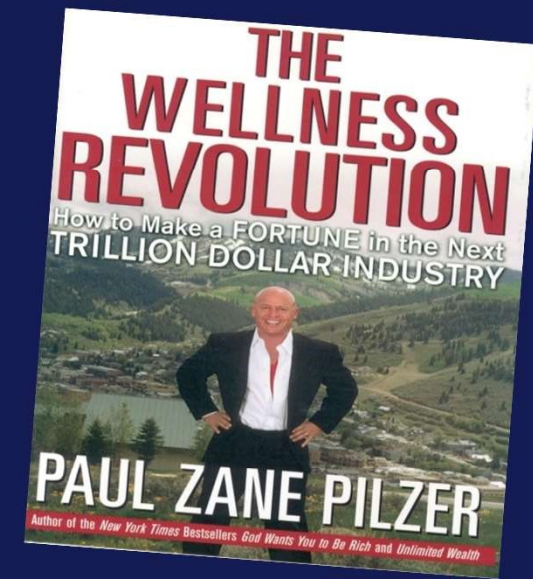
Wellness is more than just how you feel...
...it determines how you function!





Approximately one-seventh of the U.S. economy, about \$1.5 trillion, is devoted to what is erroneously called the “health care” business. It is really a sickness business which is reactive. People become patients only when they are stricken.

The wellness business is proactive because people voluntarily utilize these services ... to feel healthier, to reduce the effects of aging and avoid becoming patients of the sickness business.





The Wellness Lifestyle



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The purpose of the DREAM Lifestyle...

To help neutralize and avoid chemical, physical and emotional stress...



To Neutralize Physical Stress:

Cervical Pillows

Cranial Work

Exercise

Massage

Orthotics

Sleep Recommendations

Chiropractic Care

Ergonomic Furniture and Workstation

Taping

Stretching

Trigger points

Posture Training

New Mattress

Acupuncture





To Neutralize Chemical Stress:

Cleanse/Detoxification
Supplements/Nutrition/Diet
Anti-Inflammation Foods
Non-toxic cookware
Non-toxic cleaning products
More Pure Water
Decrease Toxic Load
Smoking Cessation
Hypo-Allergenic Products
Learn about food sensitivities
Reduce pharmaceutical use when appropriate





To Neutralize Emotional Stress:

Rhythmic Breathing

Yoga

Life / Relationship Coaching

Positive Psychology

Positive Emotions

Hope

Laughter

Essential Oils

Love

Biofeedback and/or Neuro feedback

Audio-Visual Entrainment (BrainTap/MindFit)

Meditation/Mindfulness





BUILD WISELY

An elderly carpenter was ready to retire. He told his employer of his plans to leave the house building business and live a more leisurely life with his wife enjoying his extended family. He would miss the paycheck, but he needed to retire. They could get by. The employer was sorry to see his good worker go, and asked if he could build one more house as a personal favor. The carpenter said yes, but in time it was easy to see that his heart was not in his work.

BUILD WISELY

He resorted to shoddy workmanship and used inferior materials. It was an unfortunate way to end a dedicated career. When the carpenter finished with his work, the employer came to inspect the house. He handed the front door key to the carpenter.



BUILD WISELY

“This is your house,” he said, “my gift to you.”

The carpenter was shocked! What a shame! If he had only known he was building his own house, he would have done it all so differently.

So it is with us. We build our lives, a day at a time, often putting less than our best into the building. Then, with a shock, we realize we have to live in the house we have built. If we could go back and do it over, we'd do it much differently. But we cannot go back.





BUILD WISELY

You are the carpenter. Each day you hammer a nail, place a board, or erect a wall. Life is a do-it-yourself project. Your attitudes and the choices you make today, build the “house” you live in tomorrow.

The choices that you make and the actions which you take build your future.

Build wisely!