

HPA-D Pathology Action Steps

1. Most of our patients are in a nearly continual fight-or-flight response. The body was never designed for that, and all of these things that happen in the fight-or-flight response will directly contribute to chronic inflammatory disease and all the symptoms that our patients experience. Practice discussing this with a patient this week.
2. One important takeaway from this week is that only one system, either the parasympathetic or sympathetic system, can be activated at any given time. Practice explaining this key concept to a patient, a colleague, a friend, or a family member.
3. Since the focus of this week was HPA axis pathology, make an extra effort to discuss or consider stress with your patients/clients this week. Did you find that a majority of your patients have an area of the HPA axis that they could improve? Discuss in the ADAPT Discussion Forum.
4. Two key concepts that were discussed this week were resilience and metabolic reserve. Start using this terminology with patients this week. For example, practice discussing that metabolic reserve that has been depleted can be replenished with a patient, a friend, or a family member.