


**Robert sapolsky stress the silent killer**

☐

I'm not robot

  
reCAPTCHA

Next

## Robert sapolsky stress the silent killer

📌/fico-stress-portrait-killer/dp/b001d7t460 Instantly available for Netflix. While stress is a natural response, humans cannot turn it off. This keeps us rolling in a corrosive bath of hormones. After a while, the stress response is more harmful than the actual stressor. Hierarchy, a social construct, is a key factor in how much stress a human being experiences. Your position in the hierarchy is intimately related to your risk of disease and length of life. So, what happens on the cellular level? When stressed, the body starts shutting down all unnecessary systems, including the immune system. It cleanses your body's ability to repair itself. Stress, and increased flow of hormones, damages blood vessels and increases plaque in the arteries, which in turn increases blood pressure and restricted blood flow. Stress can also damage brain cells. Most interestingly, it's happening in the hippocampus, the part of the brain responsible for memory and learning. In other words, "sustress makes you stupid." Not only is it a factor of hierarchy, but the feeling of low rank can induce the same results. And society is really good at making you feel that way. There is also a link between stress and the way you put on weight. The distribution of that weight, around the center of the torso, is an indicator of rank in the hierarchy and stress that is experienced. Could your effort be a significant factor in the global obesity epidemic? And, this is a dangerous fat. We do not value stress reduction. We value the opposite. We need to change our values and become people who value a more balanced and serene life. Through a study done in the Netherlands, we see the stress that affects a person in the uterus that greatly affects the fetus and the rest. that person's life. Stress, by means of stress hormones, can speed up shortened telomeres, the things that keep our genes from unraveling. In other words, someone who A lot of chronic stress in 1 year, ages 6. The length of the telmers is directly related to the amount of stress that someone is under, and the number of years who have been under that Strike This is the true medical aging. However ... there is hope telomerase is an enzyme that repairs the telmers that protect our DNA. A meeting of minds, people who share the same striped, can have a healing effect. It seems that the compassion and care of others can be one of the most important ingredients that reduce stress and increase telomerase. Those can be the factors that keep us rejuvenating and regenerating. Therefore, maybe connecting and helping others, can help us repair us, and maybe even live longer and healthy lives. This reduction of stress could also have a dramatic impact on society. In other words, it is not just its rank, it is what its rank means for your society. Therefore, an antidoto to stress can be finding a place where we have control. The conditions in which people live and work is absolutely vital for their health, as this affects what kind of control has on their lives. When people have more control, things at work improve, and low illness. Give him greater participation of people, more they say, more reward, and it could be possible that he does not have a healthy workplace, but also a more productive workplace. People want to be empowered. So, what have we learned? I did not bite someone just because he is having a bad day. We do not move to someone in any way. Social affiliation is a remarkably powerful thing. And, one of the greatest forms of sociality is to give instead of receiving. And, if baboons can change their social systems in a generation, there is no excuse for us. "To get more information about Estr   s and Robert Sapolsky, documentary clips, a Q+A video, links to podcasts, books and more stress experts, visit the movie's website on HTTP: //killerstress.stanford.edu/. Find out how much you about stress. Take the National Geographic Essentials Quiz. The killer stress was co-produced by Stanford University and National Geographic Television. The association is the first of its kind in the country and presents an important union of the Research University with a distinguished production and educational institution to create an original and convincing program in the areas of science and technology for television audiences. It's "Go!" Brilliant. Once again, a convergence of faith, values, ethics and science. Love each other and embrace this harmony. Update: The requested page does not exist. We will try to automatically redirect you to our home page in 10 seconds. Please go to the Netflix DVD home page by clicking the button below. Netflix DVD Home Sign in to add to watch list The response to stress: At first, it saved our lives, making us run away from predators and allowing us to take prey. Today, humans are becoming the same physical reaction that save life to cope with the mortgages of 30 years, \$ 4 a gallon gasoline, final exams, tricky bosses and even traffic jams, we can not appear. Therefore, we are constantly marinizing on the corrosive hormones caused by the stress response. Now, scientists show how measurable, and dangerous, prolonged exposure to stress can be. Stanford University neuroscientist, MacArthur "GENIUS, grant recipient and renowned author, Robert Sapolsky, unveils new answers to Why and how chronic stress is threatening our lives in killer stress, a national geographic special. The one-hour-long co-production of national geographic television and Stanford University was produced exclusively for the public. In this revealing film, the discoveries occur in an extraordinary range of places, from Babroon's troops on the plains of East Africa to the cubes of the government bureaucrats' office in London to the neuroscience laboratories in theResearch universities Liedres. Innovative research reveals amazing facts about the impact of stress in our bodies: how it can shrink our brains, add fat to our bells and even unsettled our chromosomes. Understanding how it works, it can help us find ways to combat it and mitigate negative impacts on our health. Published in 2008. 56 min. Director: John Hemingay. documentary film. documentary film.