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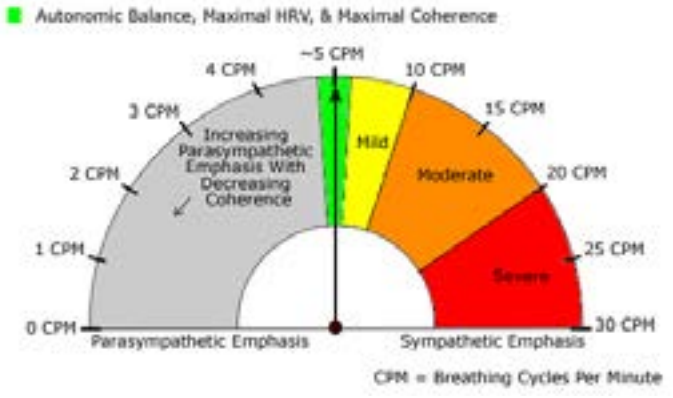
Chemical, physical and emotional stressors-every cardiac disease has a relation with one or many of them

Stress is defined as a process in which environmental demands strain an organism's adaptive capacity resulting in both psychological demands as well as biological changes that could place at risk for illness. Emotional stress is a major contributing factor to the six leading causes of death in the United States: cancer, coronary heart disease, accidental injuries, respiratory disorders, cirrhosis of the liver and suicide. According to statistics from Meridian Stress Management Consultancy in the U.K, almost 180,000 people in the U.K die each year from some form of stress-related illness. But our bodies are not only under emotional stress. Due to poor nutritional habits and environmental pollution we are constantly under the effect of a wide variety of chemical stressors which is defined as hazardous substances which, when released into an environment, damage the living organisms or ecosystems or reduces their ability to cope with environmental and biological changes (too many cups of coffee, too much alcohol, too much junk food, too many medications, inhaling substances at the factory or office, pollution on the road, smokers in your environment, etc.). We have also physical stress that is caused by, for example: pushing your body to the limits, working out at the gym, driving long distances continually, sitting in front of a computer for extended periods without breaks, gardening for long periods, any kind of labor intensive job, etc. There are additional definitions for mental, emotional and even spiritual stress. This workshop has the aim of providing the attendees with easy to learn tools to understand stress physiology, diagnosis and treatment using biologically effective methods like heart rate variability biofeedback that increase coherence between the parasympathetic and sympathetic nervous systems. Inputs on chemicals stressors like nutritional recommendations and knowledge on heavy metals will be discussed.



Recent Publications

1. J Pumpria, K Howorka, D Groves, M Chester and J Nolan (2002). Functional Assessment of Heart Rate Variability: Physiological Basis and Practical Applications. International Journal of Cardiology 84(1):1-14.
2. M Biagini, C Cammarota, M Prisco, F Di Liberato, V Fiori, P Greziosi, P Perelli, R Romano and M Lanza(2004) Autonomic Nervous System Function Assessed By Analysis of Heart Rate Variability At Rest and During Exercise In Hypertensive and Normotensive Subjects. American Journal of Hypertension 17:5.
3. Sonya Kim, Joseph F Rath, Rollin McCraty, Vance Zemon, Marie M Cavallo and Frederick W Foley (2015) Heart Rate Variability Biofeedback, Self-Regulation, and Severe Brain Injury Biofeedback Association for Applied Psychophysiology. Biofeedback Spring, 43(1):6–14.
4. Klaudia Jomovaa and Marian Valkob. (2011) Advances in metal-induced oxidative stress and human disease. Toxicology 283(2-3):65-87.

Biography

Sergio Mejía Viana has completed his Cardiology training and Doctorate at the University Clinic of Navarre. He was an interventional Cardiologist, Angiologist and Phlebologist for 20 years. He is a Fellow of the European Society of Cardiology, has written more than 100 scientific publications including abstracts, articles and book chapters. He returned to clinical practice with high interest in prevention. Currently, he is a Consultant at the Medical Investigation Unit in St. Bernard´s Hospital in Gibraltar.

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