



The Bi-Directional Effects of Stress on Our Immune System: Possible Explanations for Healthful and Harmful Outcomes (Hardback)

By Inna B Mertsalova

Friesenpress, 2017. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. In recent years, we have gained increasing knowledge of the roles stress and stress hormones play in our health. It is amazing how the presentation of a stressor-whether in one event or a series of events-might involve us in appraising the environmental challenge and lead us to the fight-or-flight response on a physiological level. The idea that stress has only harmful effects does not draw a full picture of its role in our health and well-being. It is scientifically proven that stress and stress hormones not only have a negative impact on our bodies, but they also have potentially beneficial properties, aimed at mobilizing our immune system for fighting immunologic confrontations. How does this work? In The Bidirectional Effects of Stress on Our Immune System, Dr. Inna B. Mertsalova illustrates how our immune system functions under exposure to stress. Understanding these processes can help us cope with stress and stay healthy.



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Reviews

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