

# The Body Brain Connection

## Your Body's Response Mechanism to Pain & Stress

The mechanism of pain and stress is an extremely complex sequence of events involving the central nervous system, endocrine system and the immune system. Neurovascular Restructuring treats the cause of this destructive cycle.

In the **Normal feedback cycle** the body regulates the on/off switch in our brain pathways. In the **Destructive phase** of the cycle, chronic stress and pain leads to destructive behavior patterns and eventually fatal disease (Brooks, 2009).

