

Anxiety: Possible Disease of the Endocrine System

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Abstract

In this paper, we consider the linkage between mental illnesses and disorders and the endocrine system. The key is the thalamus and the pituitary gland -the gland that controls all the other glands. We consider three cases in light of this hypothesis.

Keywords: endocrine system; pituitary gland. mental illnesses; anxiety

Introduction

In this paper, I will consider the possible arrangement in the endocrine system controlled in the brain in several diseases. The area of the brain is the Thalamus and the Hypothalamus. This includes the Mammillary bodies, the Anterior Hypothalamus, and the Lateral Hypothalamus.

In previous papers, I considered the Chemistry of Parkinson's. I presume that Parkinson's may be a disease of the endocrine system, particularly low Vitamin D leading to low dopamine levels in the Subthalamus (STN).

In a paper on Anxiety, I hypothesize that Anxiety is the root cause of several different mental disorders including: Depression; Post Traumatic Stress Disorder; Bipolar; Phobias; Panic Attacks; Obsessive-Compulsive Disorder, and Chronic Fatigue Syndrome. Refer to figure 1.

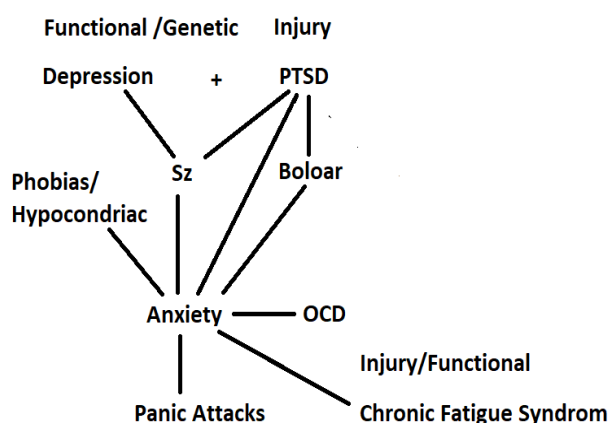


Figure 1: Anxiety

Anxiety is the result of stress which causes a secretion of cortisol -the stress hormone. The stress response has a feedback loop with cortisol reporting back to the Hypothalamus and Pituitary gland located in the hypothalamus. Anxiety also causes adrenaline to be secreted from the

adrenal gland located on top of the kidneys. Chronic Stress, I hypothesize leads to Depression and PTSD. These two leads to schizophrenia; bipolar and phobias. These lead to anxiety which in turn lead to panic attacks; OCD; CFS which loop back to anxiety. Thus, the worsening circles begins.

It is known that the Habenula located near the Pineal Gland the rear of the Thalamus is involved in Parkinson's, Depression, and Stress or Anxiety. There is an imbalance of the neurotransmitters of serotonin (Depression) and dopamine (Parkinson's) and melatonin (Sleep Cycles). Melatonin is produced from Serotonin and Tryptophan which leads to Serotonin formation.

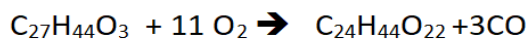
The three patients I consider now are an 87-year-old woman: a 91-year-old man, and a 53-year-old man, the son of the two parents. The woman has Hypothyroidism; Body Temperature problems (cold hands), and Alzheimer's disease. She also has had lifelong digestion problems and is anorexic. She also has Grave's disease. Her father had gonorrhea before she was born. She was an underweight baby. Her mother smoked.

The 91-year-old man is a schizoid and has anger problems (or rage). Otherwise, he was healthy. He has never received any treatment for his schizoid personality. He also has a brother who was a schizoid. Their mother had cholera before they were both born. Two children out of 10 were schizoid.

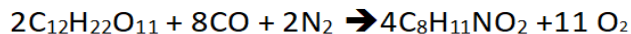
The 53-year-old man is a schizophrenic since age 30. Besides being genetically predisposed to schizophrenia, he had stressful life events that lead to the psychosis. Just before the onset of schizophrenia, he consumed lots of sunflower seeds (tryptophan leads to melatonin imbalance).

The stress response secreting cortisol affects the pituitary gland and thus the entire endocrine system including testosterone. Both men have extra-large testicles.

If we walk through the following chemical balanced equations, we see that vitamin D and dopamine produce sugar and carbon monoxide. Carbon Monoxide is known to be a neurotoxin. It kills nerve cells. We also see the antioxidant nitrogen. Antioxidants are prescribed in the diet for patients with Parkinson's.



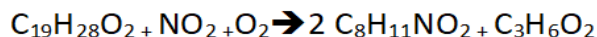
VITAMIND COLDCLIMATE 2 SUGARS NERVE TOXIN



SUGAR ANTIOXIDANT DOPAMINE RECYCLED ABOVE
KIDNEYS

Figure 2: Mole Balance Equations proposed for Parkinson's

Parkinson's disease is known to have a 50% higher incidence in men than women. Although both have testosterone, men have more. The chemistry could look like this below. Note that the product is a carboxy group propionic acid. We've shown in another paper on Alzheimer's that carbon monoxide is produced which destroys nerve cells.



TESTOSERONE DOPAMINE PROPRIONIC ACID

Figure 3: Mole Balanced Equations for testosterone

The key to the whole problems is in understanding that stress, which leads to anxiety, affects the Hypothalamus, Pituitary gland, and the Adrenal gland. In affecting the pituitary gland, the thyroid is affected adversely and so is testosterone production. Chronic stress causes an imbalance in the endocrine system leading to Parkinson's, Depression, and Anxiety. Anxiety is also preceded by schizophrenia, Bipolar, and phobias. Anxiety leads to Panic Attacks, OCD, and CFS.

Conclusion

Several mental illnesses are caused by imbalance in the endocrine system from stress and anxiety.

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