<table>
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<th>Allostatic Load Patterns</th>
<th>Neurophysiological Activation &amp; Inhibition Patterns</th>
<th>Potential Associated Health Issues</th>
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| 1. Too frequent stress responses to real or perceived stressors (e.g., poverty, child abuse, caregiver for someone with a chronic illness) | Full activation (SNS) and inhibition (via the HPA) cycle that occurs too frequently | Overproduction of adrenaline:  
  - Increase in heart attack and stroke  
  [Too much adrenaline = surge in blood pressure = damage to vessels of the heart and brain, or lesions where plaque builds and restricts blood flow (“hardening of the arteries”)]  
  - Hypertension  
  Overproduction of cortisol:  
  - Melancholic depression  
  - Obsessive compulsive disorder  
  - Panic disorder  
  - Alcoholism  
  - Lowered immune systems  
  - Decrease in memory functions  
  - Increase in anxiety  
  - Diabetes  
  - Malnutrition  
  - Hyperthyroidism  
  - Functional gastrointestinal disease |
| 2. Inability to adjust (habituate) to initial challenges that over time, should no longer be threatening (e.g., public speaking, daily commute) | Full activation (SNS) and inhibition (HPA) cycle when it is not necessary |                                                                                        |
| 3. Prolonged stress response after stressor is removed (e.g., remaining activated after an argument, elevated blood pressure hours following a test) | Both activation (SNS) and inhibition (HPA) return to baseline more slowly or do not shut off when stressor is no longer present |                                                                                        |
| 4. Inadequate stress recovery back to baseline | Decreased inhibition (HPA) to restore balance and promote stress recovery; other systems then compensate and stay activated | Underproduction of cortisol:  
  - Allergies  
  - Asthma  
  - Autoimmune diseases  
  - Chronic fatigue syndrome  
  - Rashes  
  - Rheumatoid arthritis  
  - PTSD |

*All the above load conditions involve long-term overexposure to adrenaline and cortisol*

*In the above load condition there is long-term overexposure to inflammatory cytokines*

Note: This information is compiled from McEwen’s (2002) book and adapted with permission from The End of Stress As We Know It, Washington, D. C.: Joseph Henry Press.