

TOXIC STRESS AND THE IMMUNE SYSTEM

- In chronic states of stress the constantly triggered glucocorticoid receptors stop functioning properly due to methylation and down regulation.
- This leads to impaired inhibition of the anti-inflammatory response.
- Children and adults who were exposed to early maltreatment have elevated inflammatory markers, including C-reactive protein.
- Chronic activation of the inflammatory response contributes to atherosclerosis, insulin resistance, and neurodegeneration → CVD, DMII, dementia

