

STAGES / LEVELS OF MIND-BODY CONDITIONS - A BREAKDOWN

ALLOWING FOR BETTER CUSTOMIZATION OF APPROACHES & TREATMENTS

PRIMARY SOURCE: Sam Miller / The Mindful Gardner—One Size Does Not Fit All (https://www.youtube.com/watch?v=HbmAD1v_Kgc&t=368s)

(NOTE: Stages two through four may include symptoms associated with any of the previous stages)

STAGE ONE—Mild Symptoms

Some examples may be, but are not limited to:

- Pain (neck, back, head, limbs, etc.)
- TMJ dysfunction (jaw pain / issues)
- Digestive issues
- Food sensitivities
- Dizziness—early stages
(PPPD—Persistent Postural-Perceptual Dizziness)
(POTS—Postural Orthostatic Tachycardia Syndrome)
- Balance issues from a feeling of movement
(MdDS—Mal de Débarquement Syndrome)
- Skin conditions such as eczema
- Brain fog / cognitive lapses
- Anxiety

Usually these conditions will develop after stress, life upheaval, and or bereavement, and are in the very early stages. In general, most safety-based brain-rewiring techniques will bring rapid recovery and resolution.

STAGE TWO—Moderate Symptoms

Some examples may be, but are not limited to:

- Migraines / pain that becomes chronic
- Fatigue
- Worsening digestive issues
- Histamine intolerance
- MCAS - Mast Cell Activation Syndrome
- Mold and chemical sensitivities
- Increased dizziness and / or balance issues
- Increased brain fog, cognitive issues
- Asthma / increased allergies / breathing difficulties
- Panic attacks
- New symptoms appearing suddenly
- Sudden changes in location of pain or symptoms

These symptoms often arise or increase when mild symptoms existed previously, but were not recognized or appropriately addressed. They will likely manifest in the early stages, and need to be treated with a more nuanced blend of safety-based brain retraining and somatic awareness.

STAGE THREE—Entrenched Symptoms

Some examples may be, but are not limited to:

- Worsening consistent chronic pain, tingling, numbness
- Fibromyalgia/CFS (Chronic Fatigue Syndrome)
- Chronic Lyme & Lyme co-infections (babesia, bartonella, anaplasma, ehrlichia, Powassan virus, rickettsia)
- Long covid, compromised immunity
- Autoimmune diseases (rheumatoid arthritis)
- Thyroid / endocrine issues
- POTS / dizziness (more intense, constant, advanced)
- MCAS (becoming more intense and advanced)
- Consistent brain fog & memory challenges
- Increased & constant gastrointestinal issues
- Widespread sensitivities of many kinds
- Increased & chronic skin issues / rashes
- Pelvic pain / interstitial cystitis
- More intense & frequent panic attacks

These conditions have gone from occasional to constant. Treatment must be deeper and trauma-informed. Titrated work (gradual and careful exposure to triggers), is vital in supporting recovery, along with internal and external safety.

STAGE FOUR—Severe Symptoms

Some examples may be, but are not limited to:

- Systemic collapse (possibly becoming bedridden)
- Hypersensitization to foods, meds, spices, chemicals, temperatures, environment, emotions, supplements, etc.
- Advanced immunological crisis, infections
- Severe Lyme & associated conditions
- Severe mold sensitivities & associated conditions
- Disabling vestibular dysfunction, loss of balance
- Significant cognitive impairment (nearly unable to read, communicate, concentrate, etc.)
- Disassociation or crippling anxiety / terror
- MCAS / POTS at crisis levels
- Intense chronic pain (any of the previous examples)
- Intense & chronic digestive / skin / respiratory issues
- Clusters (collections) of symptoms / co-morbidities

Such illnesses are the result of many years of accumulation and progression, including flare-ups, and partial remissions. Treatments must begin with establishing deep safety in relationships, include micro-titration and somatic integration, combined with continuing trauma-informed care.