

# Psychophysiological Illness

Authored by  
**mohammad looti**

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There is a strong connection between mind and body. Most people are quick to recognize this when we speak about information traveling from the brain to body parts and other such events. However, when asked if the brain can create illnesses, many people say no. However, psychophysiological illnesses, which include any stress-related physical illnesses, are very real. Some examples of these include ulcers, headaches, high blood pressure, heart disease, etc. Remember, the mind controls hormones, chemicals in our bodies, etc., so if the mind tells glands to release certain chemicals that may be harmful to us, the body does it and we pay the price.

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