



150+ SIGNS,
SYMPTOMS &
DIAGNOSES LINKED TO
STRESS

www.releaseology.com

By Sara Becker, PT, DPT
Founder of Releaseology

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**Thank you for
respecting the
hard work for the
author**

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Consult with a clinician in your care

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Using neurology to ease unexplained symptoms for medically dismissed adults

About the Author

Hi! I'm Sara Becker, DPT (doctorate of physical therapy), Certified Health Coach, Nutritional Therapist, Vagus Nerve Guru and Movement Specialist.

I apply neurology and brain-based movements to pain, vagus nerve work and more. I work with adults who are navigating complex diagnoses, chronic symptoms, and those overwhelmed by their health reconnect with their body's ability to heal.

My work focuses on physically improving the signals between your brain and body through hands-on vagus nerve techniques and stimulating senses. By lowering the nervous system's "threat bucket," I create the conditions where your body can finally shift out of protection mode. My goal is that in just one session, you feel something most people haven't felt in a long time: **hope that healing is actually possible.**



Let's Release Your Body's Own Healing Potential
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The 5-Minute Stress Reset

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Guided demonstration video so that you can watch and complete in 5-minutes PLUS the audio version that you can listen to without needing a screen

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To assure you're doing each movement correctly, you'll get a demo video of me doing the exercise and talking through what I'm doing.

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Tailor it To Your Brain & Body - Step-by-Step Instructions

Everyone's body is different. So, I walk you through how to tailor EACH exercise to yourself and reconstruct your individualized 5-minute stress reset

Why The Stress Reset Works

This protocol is clinically designed for:

- An immediate sense of calm and relief
- Feeling less overwhelmed, reactive, or emotionally triggered
- Reduced tension and tightness throughout the body
- Easier, deeper breathing
- Improved focus, clarity, and mental energy
- Better ability to handle life's daily stressors
- Feeling more grounded, present, and in control

Think of it as a health reset for your brain + body and your symptoms

Shortcut Tip!

Looking for a specific symptom?

Type

CTRL + F

Then type in the symptom, disorder, or diagnosis you are looking for and you can easily find them on the list!

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01

The Lists

*Signs, Symptoms & Diagnoses
linked to chronic stress*

01

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Atherosclerotic & Coronary Conditions

- Accelerated atherosclerosis
- Acute cardiac events
- Acute coronary events
- Atherothrombosis
- Atherosclerotic plaque disruption
- Coronary artery disease
- Coronary atherosclerosis
- Coronary heart disease
- Coronary microvascular disease
- Coronary microvascular dysfunction
- Coronary vasoconstriction
- Diffuse myocardial ischemia
- Endothelial dysfunction
- Hypercoagulability
- Impaired vascular repair physiology
- Impaired vasomotor function
- Increased arterial stiffness
- Ischemia with no obstructive coronary arteries (INOCA)
- Mental stress-induced myocardial ischemia (MSIMI)
- Microvascular angina
- Myocardial ischemia
- Plaque rupture
- Plaque vulnerability
- Reduced coronary blood flow
- Silent ischemia
- Subclinical myocardial dysfunction
- Transient endothelial dysfunction

Cardiovascular Diseases

- Cardiovascular disease (CVD)
 - including early-onset
- Heart Attack (MI)
- Heart failure
- Hypertension
- Stroke
- Stress-induced cardiomyopathy (Takotsubo syndrome)

Cardiac Rhythm & Function Disorders

- Cardiac arrhythmias
- Diminished tissue perfusion
- Exercise intolerance

Vascular & Inflammatory Conditions

- Arterial & vascular inflammation
- Peripheral vasoconstriction

Cardiovascular Symptoms

- Angina
- Chest pain
- Fatigue despite adequate sleep

Cardiovascular Outcomes

- Adverse CV outcomes
- Cardiovascular mortality
- Death after heart attack
- Delayed recovery after cardiac events
- Hospitalization
- Poor recovery after myocardial infarction
- Recurrent cardiovascular events

Metabolic Disorders

- Cardiometabolic disease
- Cardiometabolic risk
- Diabetes
 - Diabetes mellitus
 - Type 2 Diabetes
- Dysregulated glucose homeostasis
- Dysregulated lipid homeostasis
- Hyperlipidemia
- Insulin resistance
- Metabolic syndrome
- Obesity

Hormonal Dysregulation

- Blood sugar dysregulation
- Chronic cortisol elevation
- Increased cortisol levels
- Weight gain (especially abdominal)

Cardiovascular Stress Responses

- Abnormal cardiovascular reactivity
- Elevated blood pressure
- Hemodynamic dysregulation
- Hypertension-like responses
- Increased cardiac afterload
- Increased cardiac output
- Increased heart rate
- Increased myocardial oxygen demand
- Increased systemic vascular resistance
- Palpitations

Cognitive Symptoms

- Brain Fog
- Declarative Memory
- Difficulty Concentrating
- Memory Problems
- Poor Decision-Making

Neurological Disorders

- Chronic Fatigue Syndrome (ME/CFS)
- Functional Neurological Disorder (FND)
- Persistent Post-Concussion Symptoms
- Persistent Postural-Perceptual Dizziness (PPPD)
- Vestibular Migraine

Immune-Related Symptoms

- Frequent colds
- Increased allergies
- Slower healing

Brain & Neurobiological Changes

- Altered emotion regulation
- Altered stress-response circuitry
- Fear-response dysregulation
- Increased amygdala (fear-center) activity
- Reduced hippocampal volume

Autoimmune Conditions

- Hashimoto's thyroiditis
- Lupus
- Multiple sclerosis (MS)
- Psoriasis
- Rheumatoid arthritis (RA)

Neurological Symptoms

- Balance issues
- Dizziness
- Headaches
- Pain Sensitivity
- Migraines

Immune Dysregulation

- Autoimmune flares
- Bone marrow activation
- Immune dysregulation
- Increased immune activation
- Increased leukopoiesis
- Increased progenitor cell mobilization
- Monocyte activation

Inflammation

- Chronic inflammation
- Elevated inflammatory markers
- Elevated systemic inflammation
- Increased CCL2
- Increased IL-6
- Increased inflammatory cytokines

Anxiety Disorders

- *Anxiety Disorders*
- *Generalized Anxiety Disorder (GAD)*
- *Panic Disorder*
- *Post-Traumatic Stress Disorder (PTSD)*
- *Severe Anxiety*

Depressive Disorders

- *Depression*
- *Depressive Symptoms*
- *Major Depressive Disorder*
- *Major Depression*
- *Mood Disorders*

Stress-Related Disorders

- *Burnout syndrome*
- *Insomnia*

Emotional Symptoms

- *Anger*
- *Anxiety*
- *Chronic distress*
- *Depression*
- *Distress*
- *Emotional overwhelm*
- *Emotional strain*
- *Fear*
- *Helplessness*
- *Increased reactivity*
- *Irritability*
- *Mood swings*
- *Negative affect*
- *Panic attacks*
- *Psychological arousal*
- *Psychological distress*
- *Sadness*
- *Tension*
- *Vital exhaustion*
- *Worry*

Psychological Experiences

- *Feeling stuck in fight-or-flight*
- *Increased stress perception*
- *Lack of control*
- *Perceived stress*
- *Social-evaluative threat sensitivity*

Musculoskeletal Disorders & Symptoms

- *Back pain*
 - *chronic back pain*
- *Chronic pelvic pain*
- *Chest tightness*
- *Fibromyalgia*
 - *including Fibromyalgia-like symptoms*
- *Headaches*
- *Chronic Headaches*
- *Tension Headaches*
- *Increased injury risk*
- *Migraine*
- *Muscle spasms*
- *Neck pain*
 - *Chronic Neck Pain*
- *Shoulder tension*
- *TMJ*
- *Jaw Tension*
- *TMJ Symptoms*
 - *Temporomandibular disorders (TMD)*
 - *TMJ dysfunction*

Gastrointestinal Disorders & Symptoms

- Abdominal pain
- Acid reflux
- Bloating
- Constipation
- Diarrhea
- Dyspepsia
- Gastroesophageal reflux disease (GERD)
- Inflammatory Bowel Disease (IBS)
 - IBS
 - IBS Flares
- Nausea

Functional & Medically Unexplained Syndromes

- Medically unexplained symptoms (MUS)
- Persistent dizziness
- Chronic fatigue syndrome (ME/CFS)
- Functional neurological disorder (FND)
- Fibromyalgia
- Persistent post-concussion symptoms
- Vestibular migraine

Female Reproductive Health

- Fertility challenges
- Irregular menstrual cycles
- Worsened menopausal symptoms

Autonomic Dysfunction

- Autonomic dysregulation
- Autonomic nervous system dysfunction
- Blunted cardiovascular reactivity
- Blunted stress reactivity
- Excessive sympathetic reactivity
- Impaired autonomic modulation
- Impaired baroreflex function
- Impaired vagal tone
- Reduced autonomic flexibility
- Reduced heart rate variability (HRV)
- Sympathetic overactivation
- Vagal withdrawal

Sexual Function

- Erectile dysfunction
- Low libido

Childhood Adversity Outcomes

- Accelerated atherosclerosis
- Cardiovascular disease later in life
- Diabetes
- Early-onset cardiovascular disease
- Increased systemic inflammation
- Obesity
- Smoking
- Substance Abuse

Mortality

- Premature mortality

02

The Research

Credit for the above list goes to the top 2 articles.



Research Articles

1. Shchaslyvyi AY, Antonenko SV, Telegeev GD. *Comprehensive Review of Chronic Stress Pathways and the Efficacy of Behavioral Stress Reduction Programs (BSRPs) in Managing Diseases. International Journal of Environmental Research and Public Health.* 2024; 21(8):1077. <https://doi.org/10.3390/ijerph21081077>
2. Vaccarino, V., & Bremner, J. D. (2024). *Stress and cardiovascular disease: an update. Nature reviews. Cardiology,* 21(9), 603–616. <https://doi.org/10.1038/s41569-024-01024-y>
3. Pereira-Figueiredo, I., & Umeoka, E. H. L. (2024). *Stress: Influences and Determinants of Psychopathology. Encyclopedia,* 4(2), 1026–1043. <https://doi.org/10.3390/encyclopedia4020066>
4. George, M. Y., Abdel Mageed, S. S., Mansour, D. E., & Fawzi, S. F. (2025). *The cortisol axis and psychiatric disorders: an updated review. Pharmacological reports : PR,* 77(6), 1573–1599. <https://doi.org/10.1007/s43440-025-00782-x>

03

My Work

My results, how I can help and more about me!

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Symptoms and Conditions I've Helped

That you wouldn't necessarily think a PT could help

Blood Glucose

My patient's blood glucose monitor measured a decrease in blood sugar post session. I focused on decreasing inflammation, cortisol, stress and improving the signal of the pancreas

Stress & Anxiety

By bringing the body out of fight, flight, fawn or freeze it doesn't sense everything as an attack and can respond to every day stressors as stress and not an attack.

Senses

Our cranial nerves are responsible for how we sense smell, sound, vision, touch and taste and how it is interpreted. I can work to help heighten these senses to decrease the threat bucket and other profound health effects.

Depression

By improving the movement of your ribs and diaphragm it has a PROFOUND effect on behavioral and emotional triggers along with your energy level.

Inflammation

By improving the signal of the vagus nerve, this will improve its ability to sense inflammation

Respiratory Dysfunction

Long COVID and other respiratory diseases, even a chronic cough has tight diaphragm and ribs, which makes it harder to get over the symptoms if your body cannot produce the full force cough required to expel the mucus

Constipation

By improving the fascial adhesions in the gut, diaphragm and improving sensory input to the gut so that your body knows when it's time to get things moving along.

Pelvic Floor & E.D.

I have mostly helped with this in person. But virtually, I can guide you through scar tissue releases that can be contributing to these along with other parts of the body that can help provide improved input to this area.

Migraine & Headaches

So many things come into play with headaches and migraines. I would look at your neck, jaw, eyes, face and so much more

Dizziness & Vertigo

Improving the vagus nerve and the visual and vestibular systems so they can accurately relay to your brain what your body is experiencing, no longer resulting in a mismatch that causes dizziness.

Uncontrollable Vomiting

Improving gut function including the valves in the gut that helps food move through by releasing fascial restrictions and more has profound gut effects

Insomnia

By improving the signal of the vagus nerve, this improves the calming signals your body is trying to send the brain.

About the Author

Hi! I'm Sara Becker, DPT (doctorate of physical therapy), Certified Health Coach, Nutritional Therapist, Vagus Nerve Guru and Movement Specialist. I pride myself on the nontraditional approach to healthcare as **I believe the body and brain are capable of so much more healing than traditional medicine has given it credit for.**

My journey into the world of physical therapy began with a deep fascination for the brain and nervous system—the way these intricate networks quietly orchestrate everything we do without our conscious awareness. It was always second nature to me, this understanding of how our bodies move, heal, and adapt. The nervous system just made sense.

Throughout my career, I dedicated myself to neurorehabilitation. I spent countless hours helping patients recover from life-altering events like strokes, traumatic brain injuries (concussions), and spinal cord injuries. These experiences were as challenging as they were rewarding, and they fueled my determination to help people regain not just their movement, but their independence, confidence, and quality of life.



Over time, I began to see a critical connection: true healing wasn't just about addressing muscles and joints—it was about working with the nervous system itself. Pain, stress, and dysfunction often have deeper roots in how the brain and body communicate. I realized that by targeting pain at its neurological source, I could help people experience deeper, lasting relief.

This revelation led me to immerse myself in perfecting hands-on techniques like neurokinetic therapy (NKT), vagus nerve regulation, dry needling, and myofascial release. I crafted a practice centered on holistic, root-cause healing that not only reduces pain and dysfunction but helps my clients feel more at ease in their bodies.

Let's Release Your Body's Own Healing Potential



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About Releaseology

At Releaseology, my mission is simple: to help you uncover the root cause of your pain, stress, or dysfunction—and give you the tools to finally release it. Unlike many traditional clinicians who focus only on the obvious symptoms, I take a deeper, more investigative approach. I look for the overlooked patterns, the hidden dysfunctions, and the subtle compensations that others might miss. This is where true, lasting change begins.

Why Releaseology Is Different

- **Root-Cause Focused:** I don't just treat where it hurts. I explore the nervous system, movement patterns, and compensations that are often ignored.
- **Hands-On Techniques:** From neurokinetic therapy and dry needling to cupping and fascial release, every session is tailored to you.
- **Rapid Results, Real Change:** My goal isn't to keep you coming back forever—it's to help you improve as quickly as possible while still making sustainable, long-term progress.

In-Person or Virtual Options

I offer in-person services in Tempe, Arizona, as well as highly curated virtual services. And here's something you should know about me: ***I don't do anything halfway.***



During COVID, insurance companies required that telehealth sessions be certified as “just as effective” as in-person care. At that time, I refused to offer virtual sessions because the tools I used then were most effective in person. I couldn't, in good conscience, promise the same results virtually. But today? That's different. The virtual services I now provide have been carefully designed and tested to be just as effective and valuable as my in-person care. When you book a virtual session, rest assured—it's because I know it will work.

Why This Matters? Whether you're here in Arizona or connecting with me virtually, you'll get the same level of detail, dedication, and results-driven care. I only offer what I know can help you feel and move better.

Ready to see the difference? Book with me [here](#)

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