



Neurofisiología del Estrés

¿El villano?

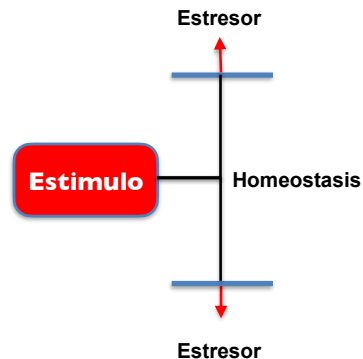
Prof. Luis Gonzaga de Moura Junior



Estrés Cualquier amenaza potencial o real a la homeostasis

El villano

- La modernidad
- La historia



Estrés

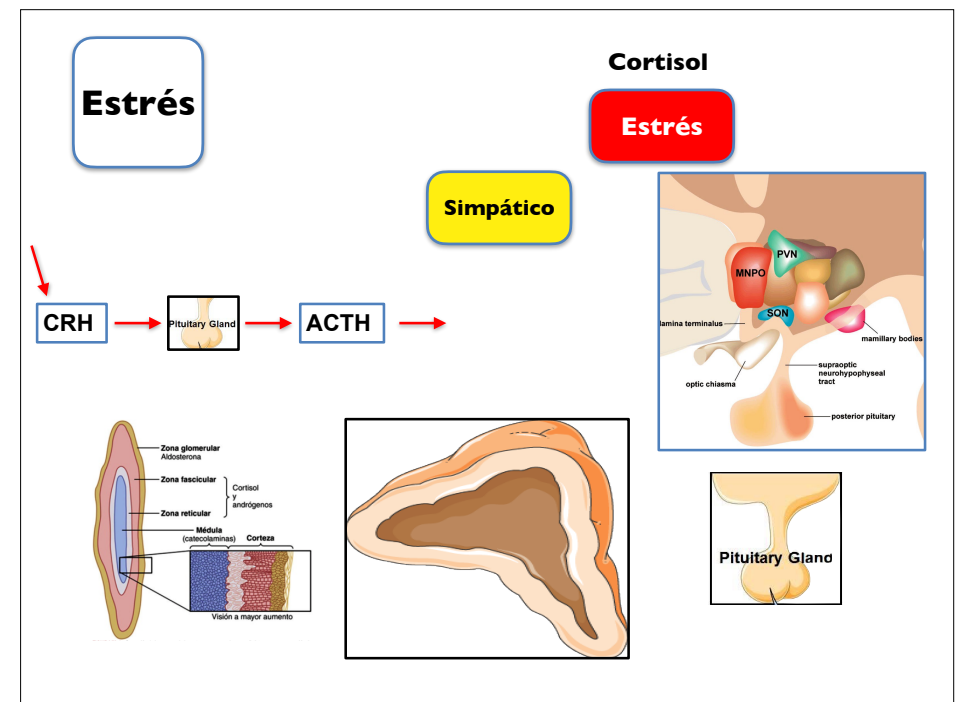
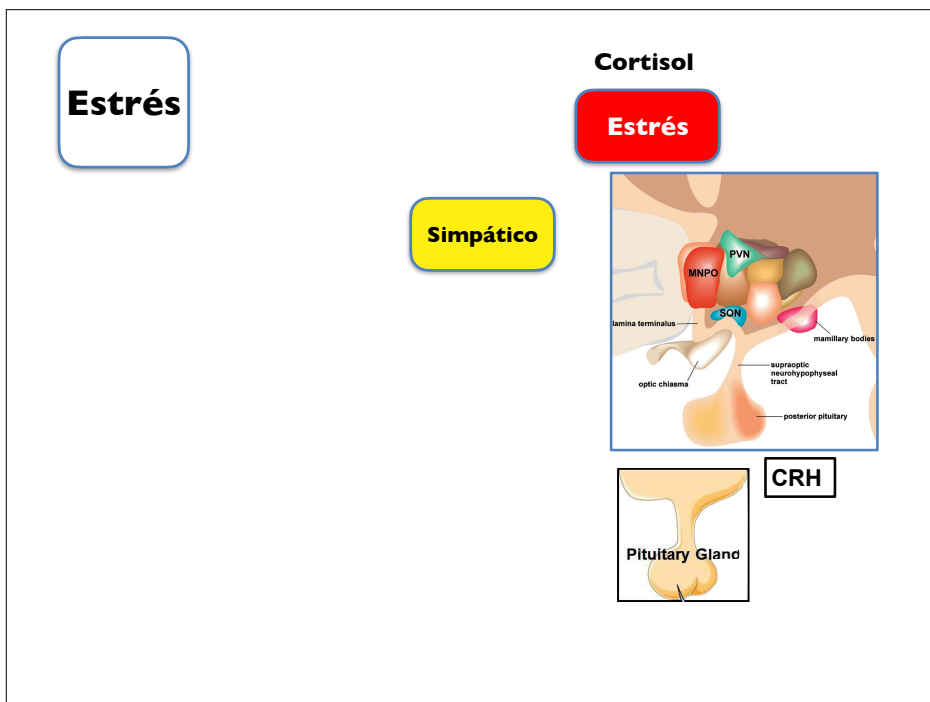
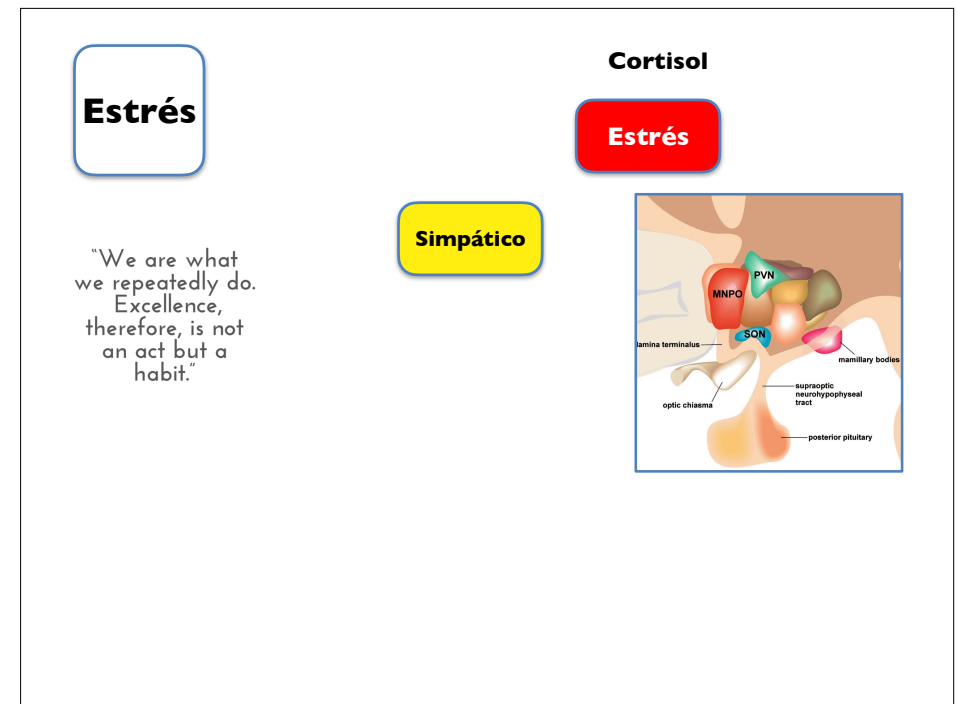
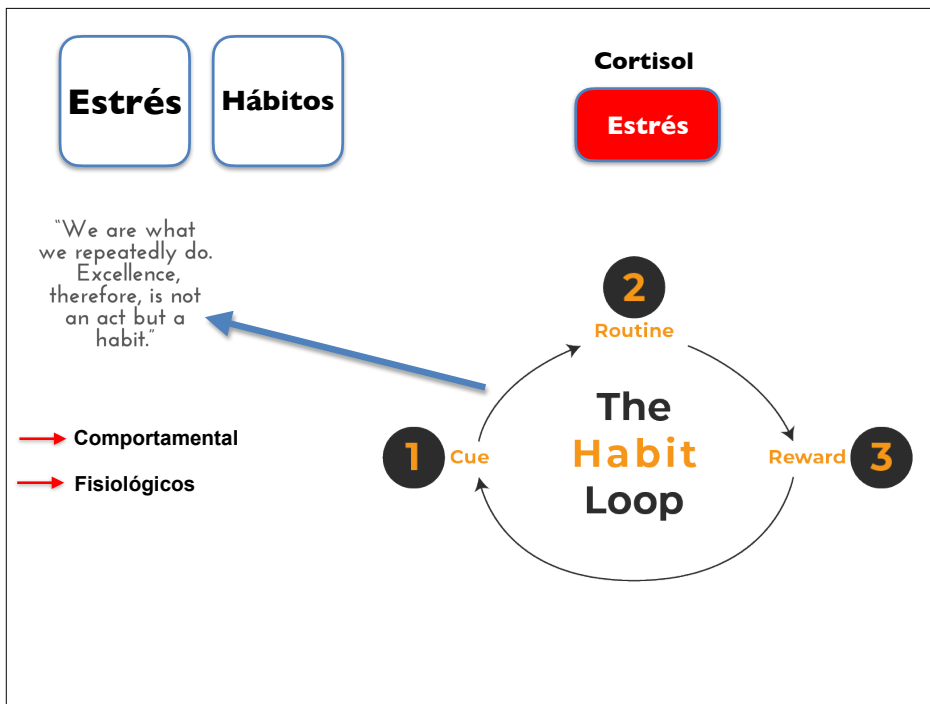
Cortisol

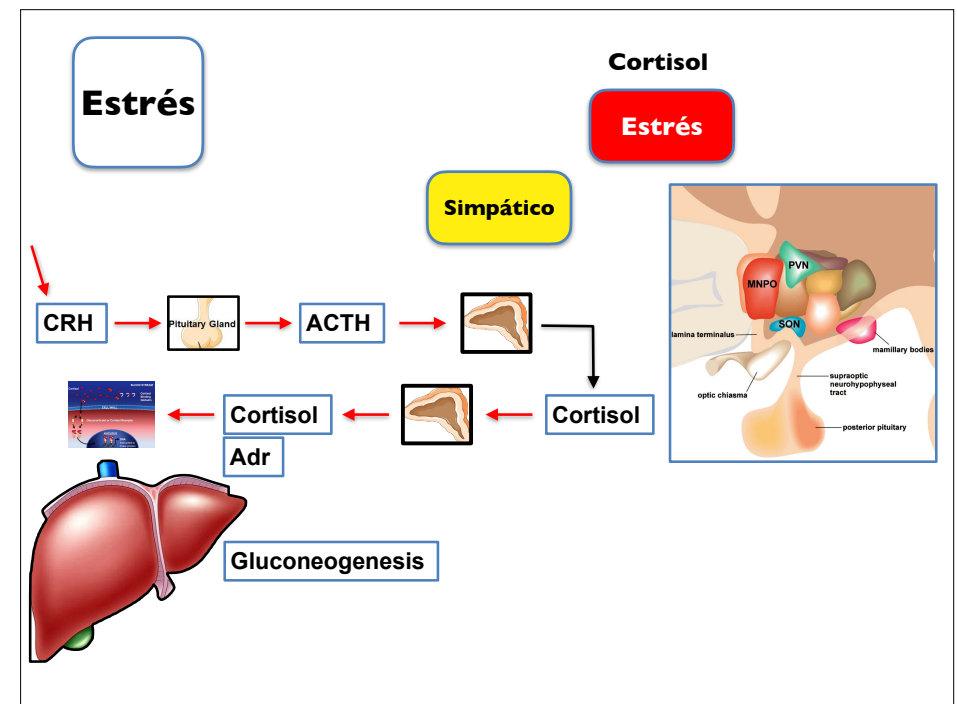
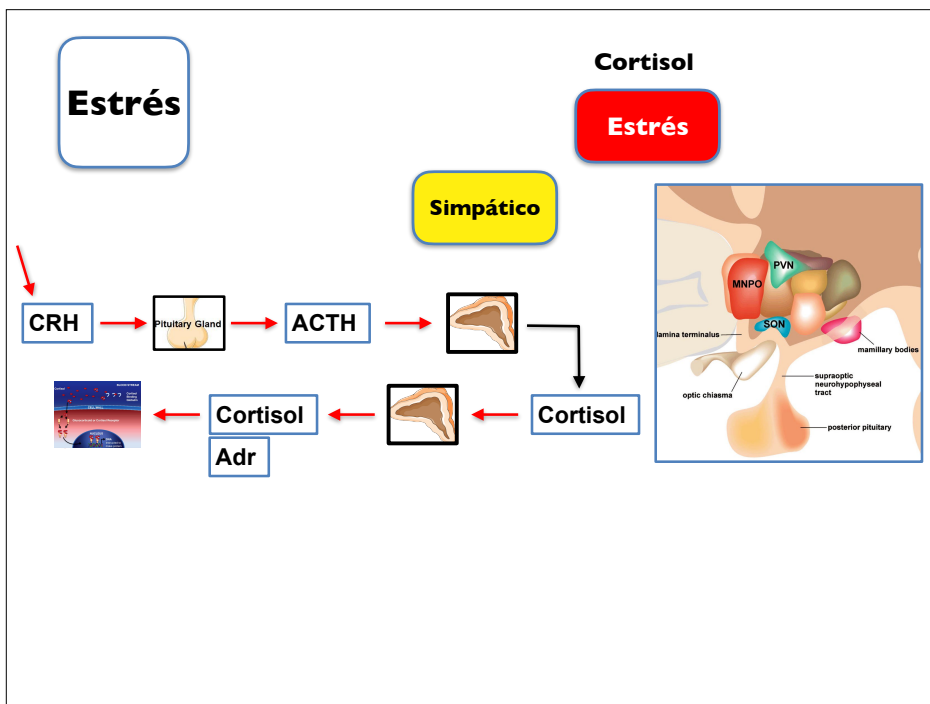
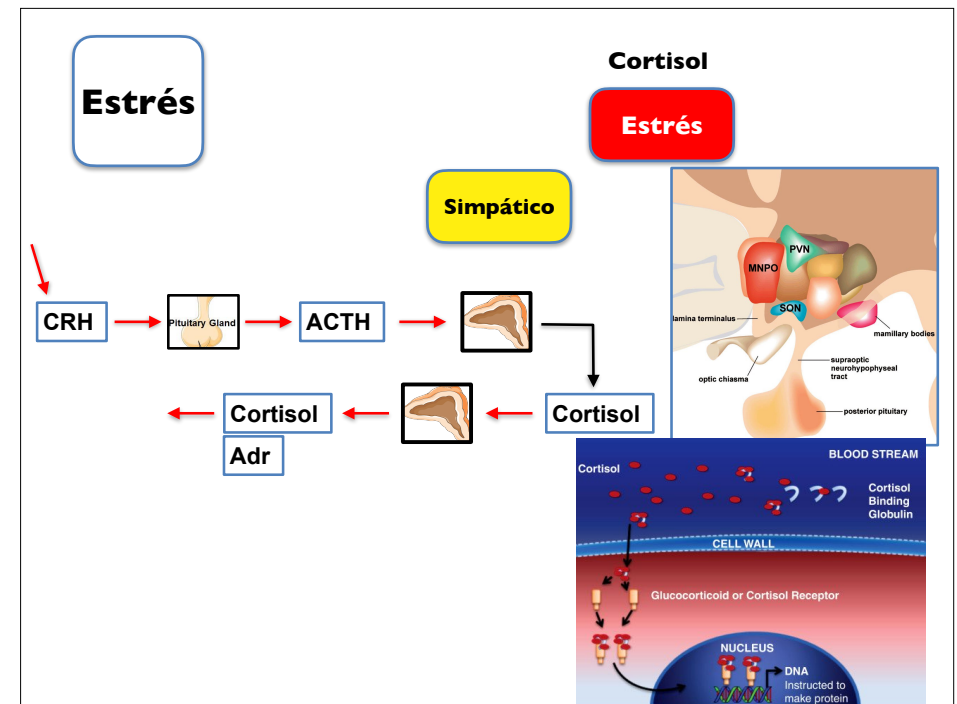
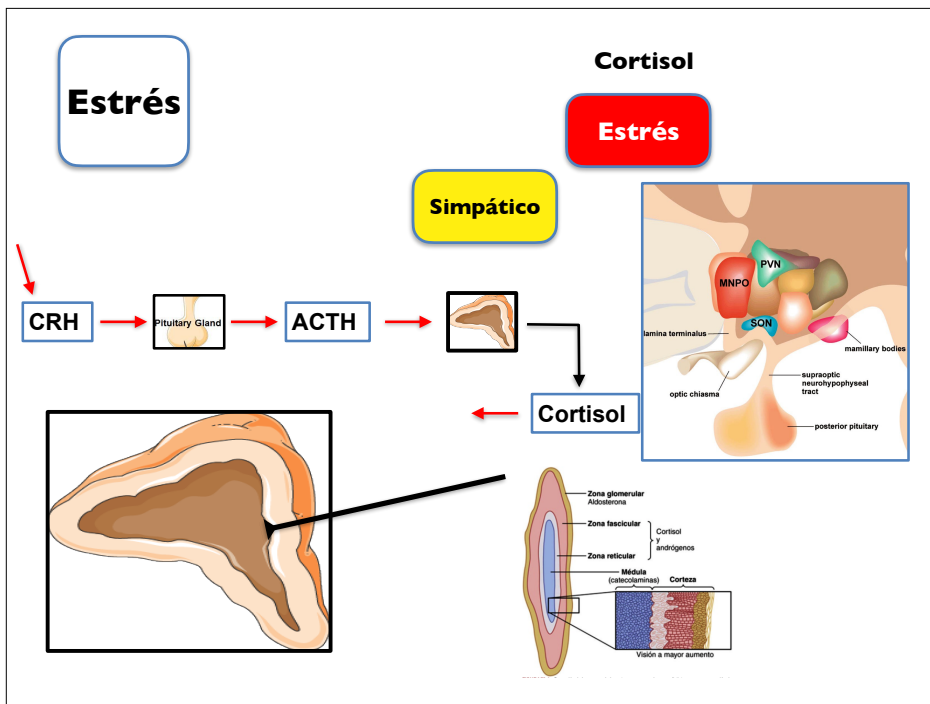
Estrés

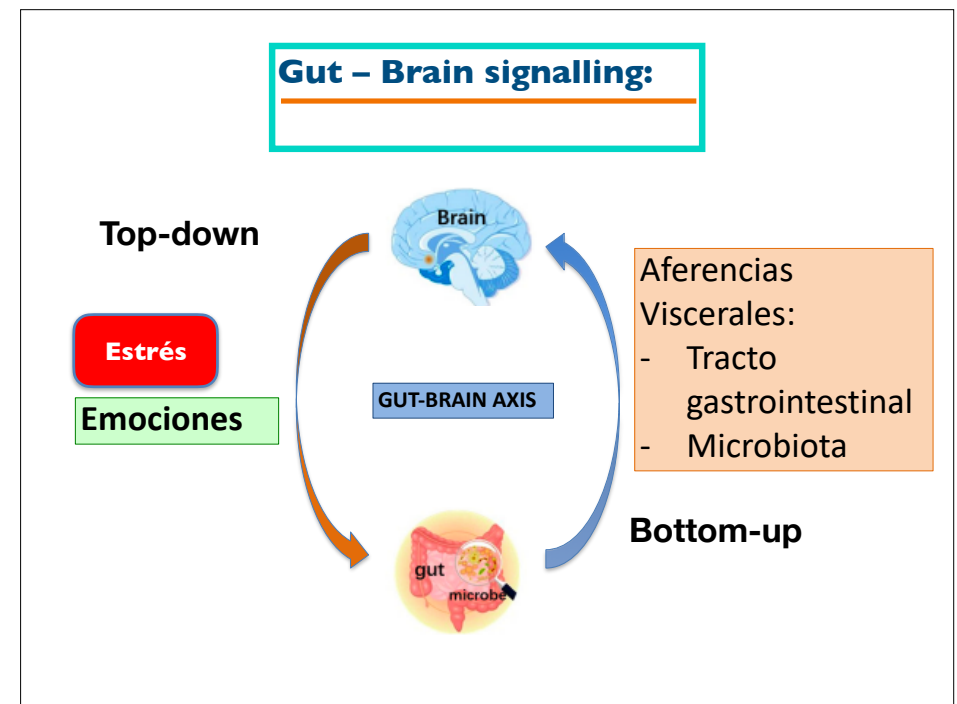
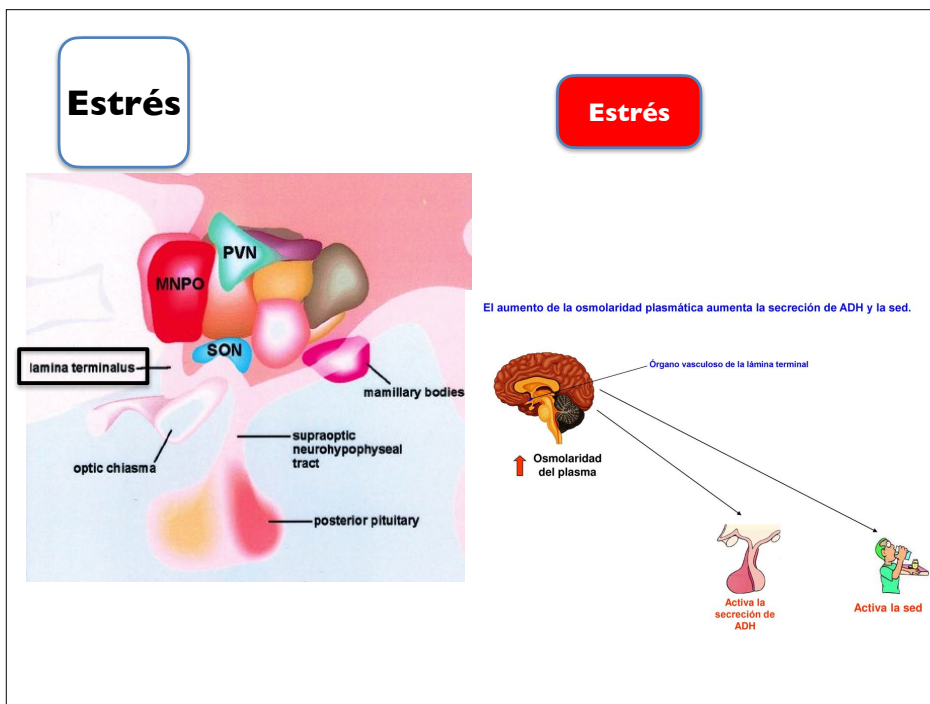
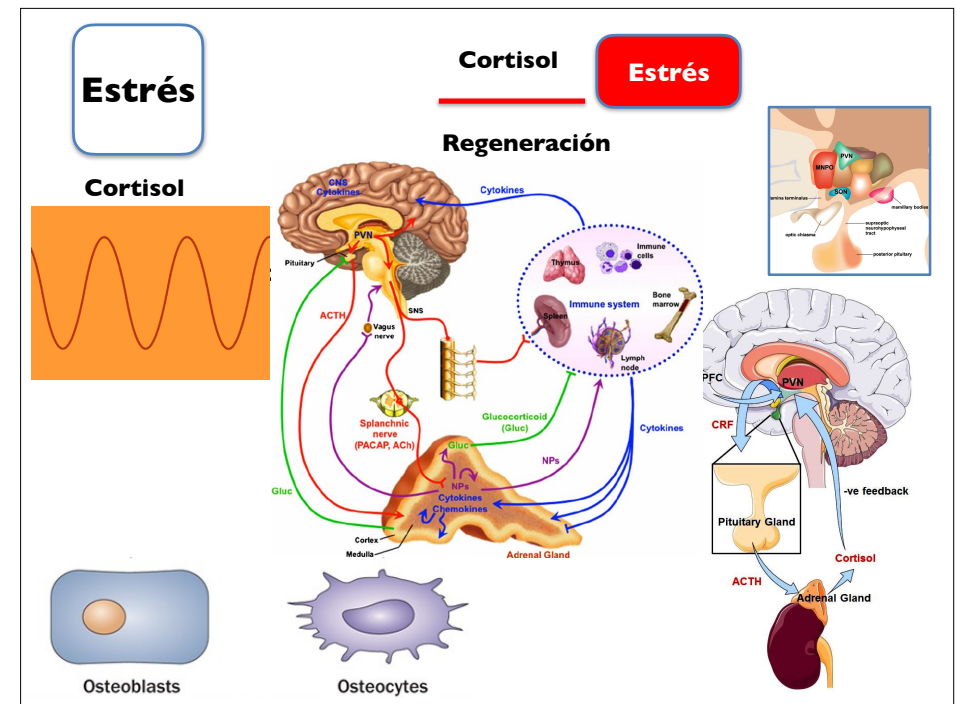
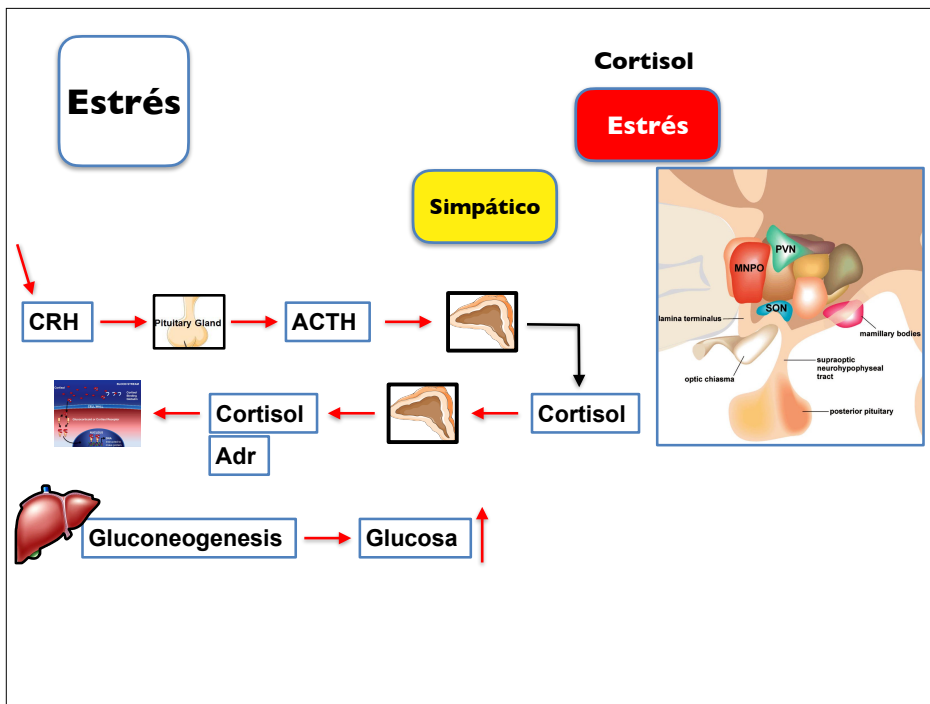
Simpático

→ Comportamental

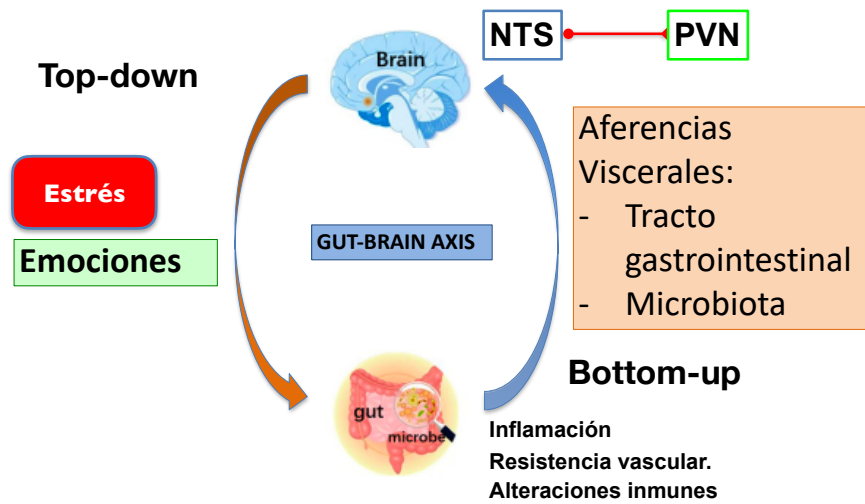
→ Fisiológicos



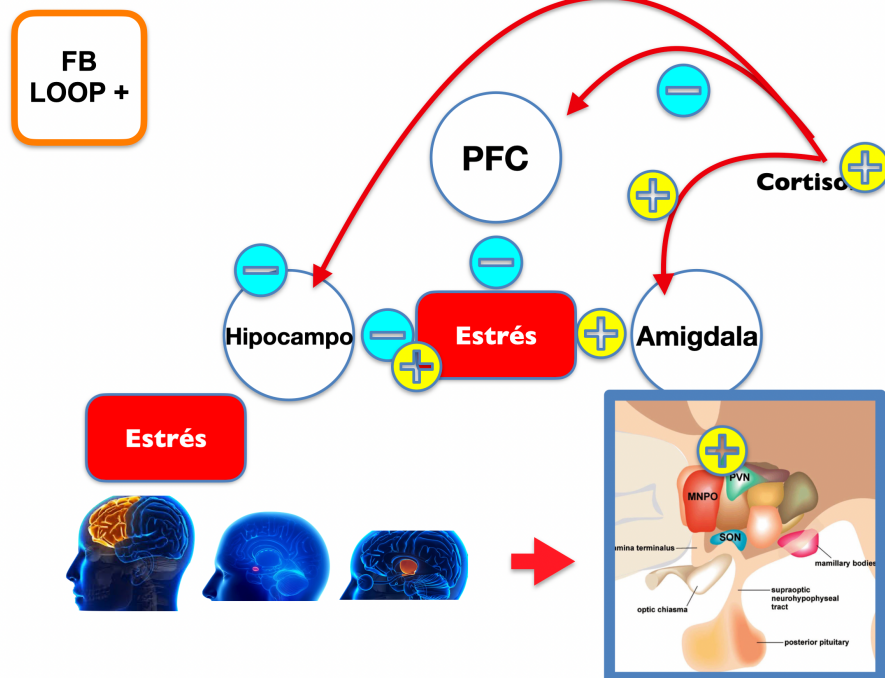




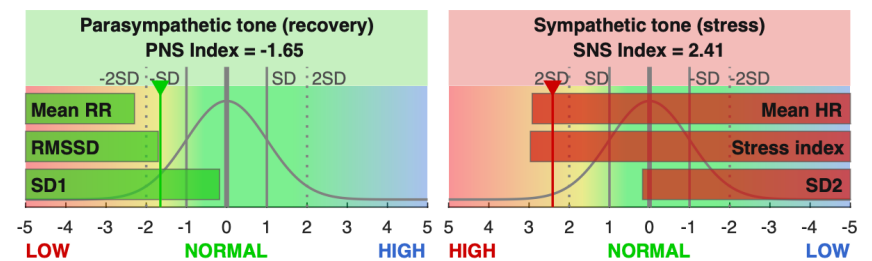
Gut – Brain signalling:



PFC
Hipocampo
Amígdala



Kubios HRV - Results compared to normal (resting) values



**“Encontraremos un camino,
y si no, lo crearemos.”**

