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Community Reviews. Zebras don't get ulcers because they (mostly) only

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release stress hormones 'in the event of an actual emergency'. Humans deliberately evoke stress on an everyday basis, and the reckless decisions the body makes under the influence of stress hormones, too often, results in the loss of limbs, supression of the immune system, etc.

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Page 11/32

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Preface xi 1 Why Don't Zebras Get
Ulcers? 1 2 Glands, Gooseflesh, and
Hormones 19 3 Stroke, Heart Attacks,
and Voodoo Death 37 4 Stress,
Metabolism, and Liquidating Your
Assets 57 5 Ulcers, the Runs, and Hot
Fudge Sundaes 71 6 Dwarfism and

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the Importance of Mothers 92 7 Sex
and Reproduction 120 8 Immunity,
Stress, and Disease 144 9 Stress and
Pain 186

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Summary - Robert Sapolsky

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“ Why Zebras Don ’ t Get Ulcers ” .
“ Over the course of days to weeks of sustained stress, we now know that these neuronal processes, these things neurons use to talk to each other, are beginning to atrophy and retract in the hippocampus. But it ’ s reversible at this point, so if you stop the stress

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you ' ll be okay.

Why Zebras Don't Get Ulcers Quotes
by Robert M. Sapolsky

As it turns out, it ' s more than just zebras that don ' t get ulcers: most of the animal kingdom doesn ' t get them. The reason why they don ' t is a

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combination of factors; the most critical, to the book ' s point of view, is stress. I started seeing pointers to Sapolsky ' s work across multiple books.

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stress causes or intensifies a range of physical and mental afflictions, including depression, ulcers, colitis, heart disease, and more. It also provides essential guidance to controlling our stress responses.

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either caused or made far worse by stress. Click To Tweet

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Summary by Robert M. Sapolsky

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simplistic level, you can think of depression as occurring when your cortex thinks an abstract thought and manages to convince the rest of the brain that this is as real as a physical stressor. ” Robert M. Sapolsky, Why Zebras Don't Get Ulcers

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Therefore, many wild animals are less susceptible than humans to chronic stress-related disorders such as ulcers, hypertension, decreased neurogenesis and increased hippocampal neuronal

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atrophy. However, chronic stress occurs in some social primates (Sapolsky studies baboons) for individuals on the lower side of the social dominance hierarchy.

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