

20 surprising physical symptoms of bipolar disorder

20 surprising physical symptoms of bipolar disorder often go unnoticed amidst the more widely recognized emotional and psychological signs. While bipolar disorder is primarily characterized by mood swings ranging from manic highs to depressive lows, it also manifests through a variety of physical symptoms that can affect daily functioning and overall health. Understanding these physical indicators is crucial for comprehensive diagnosis and effective management. This article explores these lesser-known bodily symptoms, shedding light on how bipolar disorder impacts the body beyond the mind. From changes in sleep patterns and energy levels to unexplained aches and digestive issues, the physical dimension of bipolar disorder is diverse and significant. The following sections delve into the most surprising physical symptoms, organized to provide clarity and insight into this complex condition.

- Sleep Disturbances and Fatigue
- Neurological and Sensory Symptoms
- Cardiovascular and Metabolic Changes
- Musculoskeletal and Pain-Related Symptoms
- Gastrointestinal and Appetite Variations

Sleep Disturbances and Fatigue

Sleep irregularities are among the most common physical symptoms associated with bipolar disorder. These disturbances often fluctuate with mood episodes, significantly impacting overall health and well-being.

Insomnia and Reduced Sleep Need

During manic or hypomanic episodes, individuals with bipolar disorder frequently experience a decreased need for sleep without feeling tired. This insomnia or reduced sleep requirement can persist for days, contributing to heightened energy and activity levels but also posing risks for physical exhaustion.

Hypersomnia and Excessive Fatigue

Conversely, depressive phases often lead to hypersomnia, where individuals sleep excessively but still feel fatigued. This paradoxical tiredness is a physical symptom that can

impair concentration, motivation, and daily functioning.

Disrupted Sleep Architecture

Bipolar disorder can alter the normal sleep cycle, including changes in REM sleep patterns and sleep fragmentation, which may exacerbate mood symptoms and contribute to physical health problems.

Neurological and Sensory Symptoms

Bipolar disorder affects the nervous system, resulting in various neurological and sensory physical symptoms that can be surprising and distressing.

Headaches and Migraines

Frequent headaches and migraines are reported more commonly in individuals with bipolar disorder. These head pains can vary in intensity and duration, often linked to mood fluctuations and stress.

Dizziness and Lightheadedness

Dizziness or episodes of lightheadedness can occur, sometimes related to medication side effects or autonomic nervous system dysregulation associated with bipolar disorder.

Tingling and Numbness

Some individuals may experience paresthesia, including tingling or numbness in the extremities, which can be linked to neurological changes or side effects of treatment.

Cardiovascular and Metabolic Changes

Physical symptoms involving the cardiovascular system and metabolism are often overlooked but are critical components of bipolar disorder's physical health impact.

Increased Heart Rate and Palpitations

During manic episodes, an elevated heart rate or palpitations can occur due to heightened anxiety, agitation, or autonomic nervous system activation.

Blood Pressure Fluctuations

Bipolar disorder can contribute to irregular blood pressure readings, sometimes influenced by mood states, stress levels, and medication effects.

Weight Gain and Metabolic Syndrome

Weight changes, especially weight gain, are common and can stem from altered appetite, sedentary behavior during depressive episodes, and side effects of psychotropic medications. This weight gain can lead to metabolic syndrome, increasing the risk of diabetes and cardiovascular disease.

Musculoskeletal and Pain-Related Symptoms

Pain and musculoskeletal complaints are physical symptoms that can complicate the clinical picture of bipolar disorder, often exacerbating emotional distress.

Muscle Tension and Stiffness

Many individuals report chronic muscle tension and stiffness, particularly during periods of heightened stress or mood instability, which can limit mobility and comfort.

Joint Pain and Inflammation

Joint pain and sensations of inflammation may be present, possibly related to systemic inflammation linked to bipolar disorder or secondary to reduced physical activity.

Generalized Body Aches

Unexplained body aches and pains are frequently reported and can be challenging to attribute solely to bipolar disorder, yet they significantly affect quality of life.

Gastrointestinal and Appetite Variations

The digestive system is often affected by bipolar disorder, with various physical symptoms impacting appetite, digestion, and overall gastrointestinal function.

Appetite Changes

Fluctuations in appetite are common, with increased hunger during manic phases and reduced appetite during depressive episodes, both of which can cause nutritional

imbalances.

Nausea and Digestive Discomfort

Nausea, bloating, and abdominal discomfort may occur, sometimes as side effects of medication or as a physical manifestation of mood-related stress.

Constipation and Diarrhea

Changes in bowel habits, including constipation and diarrhea, can be linked to bipolar disorder through stress-related gastrointestinal dysregulation or medication effects.

Summary of the 20 Surprising Physical Symptoms

- Insomnia
- Hypersomnia
- Disrupted sleep architecture
- Headaches and migraines
- Dizziness
- Tingling and numbness
- Increased heart rate
- Palpitations
- Blood pressure fluctuations
- Weight gain
- Metabolic syndrome
- Muscle tension
- Muscle stiffness
- Joint pain
- Inflammation
- Generalized body aches

- Appetite increase
- Appetite decrease
- Nausea
- Digestive irregularities (constipation/diarrhea)

Frequently Asked Questions

What are some surprising physical symptoms of bipolar disorder?

Surprising physical symptoms of bipolar disorder can include changes in sleep patterns, unexplained aches and pains, weight fluctuations, fatigue, changes in appetite, psychomotor agitation or retardation, and headaches.

Can bipolar disorder cause physical pain?

Yes, individuals with bipolar disorder may experience physical pain such as muscle aches, joint pain, and headaches, which can be related to mood episodes or medication side effects.

How does bipolar disorder affect sleep physically?

Bipolar disorder often disrupts sleep, causing insomnia during manic phases and excessive sleepiness during depressive phases, impacting overall physical health and energy levels.

Is weight change a symptom of bipolar disorder?

Yes, weight gain or loss can occur due to changes in appetite and activity levels during manic or depressive episodes, as well as side effects from medications used to treat bipolar disorder.

Are headaches common in people with bipolar disorder?

Headaches are frequently reported among individuals with bipolar disorder and may be linked to stress, medication side effects, or neurological changes associated with mood episodes.

Can bipolar disorder cause fatigue and low energy physically?

Fatigue and low energy are common physical symptoms during depressive episodes of bipolar disorder, often making it difficult for individuals to perform daily activities.

What physical signs might indicate a manic episode in bipolar disorder?

Physical signs of a manic episode can include increased restlessness, rapid speech, decreased need for sleep, heightened energy levels, and sometimes psychomotor agitation.

Additional Resources

1. *Unveiling Bipolar: 20 Unexpected Physical Symptoms and Their Impact*

This book explores the lesser-known physical manifestations of bipolar disorder that often go unnoticed. It provides detailed descriptions of symptoms such as chronic pain, digestive issues, and unusual fatigue. Readers will gain insight into how these physical signs interplay with mood episodes, helping both patients and caregivers recognize and manage them effectively.

2. *The Body Speaks: Physical Signals of Bipolar Disorder You Didn't Know*

Delving into the surprising ways bipolar disorder affects the body, this book highlights twenty physical symptoms that accompany mood swings. It emphasizes the importance of holistic treatment approaches that address both mental and physical health. Case studies and expert commentary make this a valuable resource for understanding the full scope of bipolar disorder.

3. *Bipolar Beyond Mood: 20 Physical Symptoms That Surprise Clinicians*

Clinicians and patients alike will benefit from this comprehensive guide that sheds light on physical symptoms often overlooked in bipolar disorder diagnosis. From muscle tension to sleep disturbances, the book explains how these symptoms relate to mood episodes and treatment options. It encourages a more integrated approach to care, combining psychiatric and physical health strategies.

4. *The Hidden Body: Recognizing Physical Signs of Bipolar Disorder*

This book brings attention to the physical symptoms that can precede or accompany bipolar episodes, such as headaches and hormonal imbalances. It stresses the importance of early detection and how recognizing these signs can improve overall management of the disorder. Practical advice and symptom checklists empower readers to monitor their health more effectively.

5. *Mind and Matter: Connecting Bipolar Disorder to Physical Health*

Exploring the intricate connection between bipolar disorder and physical well-being, this book outlines twenty surprising symptoms that manifest in the body. It discusses the biological underpinnings that contribute to these symptoms and offers strategies for coping with them. The book serves as a bridge between psychiatric research and physical health care.

6. *Somatic Signs of Bipolar Disorder: 20 Physical Symptoms You Should Know*

This informative guide identifies and explains twenty physical symptoms commonly associated with bipolar disorder, from skin changes to cardiovascular irregularities. It provides practical tips for managing these symptoms alongside mood stabilization. The book is designed for patients, families, and healthcare providers seeking a deeper understanding of bipolar disorder's physical aspects.

7. *Beyond the Mood Swings: Physical Symptoms That Accompany Bipolar Disorder*

Highlighting the often-overlooked physical symptoms that accompany bipolar disorder, this book covers everything from digestive disturbances to unexplained aches. It discusses how these symptoms can affect daily functioning and treatment outcomes. The author offers insights into integrating physical symptom management into comprehensive bipolar care.

8. *Body and Bipolar: A Guide to Surprising Physical Symptoms and Self-Care*

This practical guide empowers readers with knowledge about the physical symptoms linked to bipolar disorder and how to care for their bodies during mood fluctuations. It includes self-care techniques, lifestyle recommendations, and symptom tracking tools. The book aims to improve quality of life by addressing the body's role in bipolar disorder.

9. *The Physical Face of Bipolar Disorder: 20 Symptoms You Might Not Expect*

Focusing on the physical dimension of bipolar disorder, this book reveals twenty symptoms that often escape attention in clinical settings. It explains the physiological mechanisms behind these symptoms and their impact on mental health. With a blend of scientific research and personal stories, the book offers a comprehensive view of bipolar disorder's physical effects.

20 Surprising Physical Symptoms Of Bipolar Disorder

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20 surprising physical symptoms of bipolar disorder: Healthy Living with Bipolar Disorder Liza Long Ed.D , Rob Friedman MD, DeeAnn Wong MD, Benjamin Goldstein MD PhD FRCPC, Brandy Brandy Higgins RN BSN, Alice Lam MD, The third edition of Healthy Living with Bipolar Disorder is here! Healthy Living with Bipolar Disorder is here! In this book, you'll find clinical information from psychiatrists, nurse practitioners, psychologists, therapists, social workers, and others. But you'll also find stories from real people who share how they survive and thrive with bipolar disorder. We hope that you will share your story with us someday. Together, we can build a world of hope.

20 surprising physical symptoms of bipolar disorder: The Trinity of Trauma: Ignorance, Fragility, and Control Ellert Nijenhuis, 2015-04-22 The Trinity of Trauma: Ignorance, Fragility, and Control is structured as a trilogy. This book includes the first two parts: Volume I, The Evolving Concept of Trauma, and Volume II, The Concept and Facts of Dissociation in Trauma, which are predominantly conceptual, theoretical, and empirical in nature. Volume I aims to overcome conceptual flaws that have plagued the trauma field to date. It proposes new definitions of trauma and derivative concepts as well as a dimension of trauma-related disorders. It suggests that individuals and their environment constitute, depend on, and are relative to each other. Volume I

unites two groups of trauma-related disorders that were previously contrasted in psychiatric history under various names such as melancholia versus hysteria, traumatic neurosis versus traumatic hysteria, and posttraumatic stress disorder versus dissociative disorders. It also mends the dissociation of dissociative and conversion disorders. Volume II analyzes and defines the concepts of personality, self, dissociation in trauma, and dissociative parts. It explores and documents the biopsychosocial features of different prototypical dissociative parts in traumatized individuals. Important features of these parts also characterize other players in traumatization, stretching from perpetrators to society at large.

20 surprising physical symptoms of bipolar disorder: Comorbidity between Mental and Physical Disorders Andrea Fiorillo, Afzal Javed, Norman Sartorius, 2025-03-05 This book provides a comprehensive approach to the relationship between severe mental disorders and physical comorbidities. Patients with severe mental disorders face a significantly reduced life expectancy, compared to the general population, of up to 10-25 years. Factors associated with the high mortality rates in patients with severe mental disorders can be grouped into four categories: those related to the patients, to psychiatrists, to other non-psychiatrist medical doctors, and to the healthcare system. Each of these factors should become the target of specific and dedicated interventions in order to reduce the morbidity and mortality rate in patients with severe mental disorders. The book is divided into four sections: The first one delves into the public health importance of comorbidity. The second section is dedicated to the pathogenesis of comorbidity. The third section addresses comorbidities of disorders of major public health importance. The closing section provides practical guidance on managing mental and physical comorbidities. This book will be essential reading for psychiatrists, general practitioners, medical specialists, public health professionals, and anyone involved in the care and treatment of patients with severe mental disorders. It will also be a key resource for researchers and policymakers looking to develop effective strategies to reduce the morbidity and mortality associated with these conditions.

20 surprising physical symptoms of bipolar disorder: Mechanisms Underpinning the Link between Emotion, Physical Health and Longevity Andrew H. Kemp, 2017-09-13 The 1990's was designated as 'the decade of the brain' and now, common mental disorders are described as 'brain disorders'. Yet intense research interest on the brain has largely side-lined the body as a passive observer, disconnecting mental from physical health and contributing to further societal stigma on the nature of psychiatric illness and mental distress. The biopsychosocial pathway to premature mortality or longevity is a complex one, involving a host of closely intertwined mechanisms and moderating factors, some of which are investigated in this special issue. All the articles published here provide new insights into the pathways linking emotion, physical health and longevity, highlighting the tight linkage between mind, brain and body.

20 surprising physical symptoms of bipolar disorder: *Living with Bipolar Disorder* Karen R. Brock, M.D., 2014-07-14 Bipolar means more than mood swings and chemical imbalances. It is a genetic brain regulation malfunction causing not only mood but behavioral symptoms. Severity and symptoms vary along a spectrum of disease presentations, from a happy, positive personality, to a moody temperament, to chronic and recurrent depressions, to classic manic-depressive illness. It is a chronic disease with periods of illness as well as remission. Keeping the disease under control requires daily maintenance and vigilance for emerging symptoms. The goal of this book is to help the bipolar person successfully manage his or her illness and live a full and meaningful life. First, the reader will learn all about bipolar disorder: how it presents, how it is diagnosed, how it is passed down in families, and how it affects women as compared to men. Next, the various types of treatment and the logistics of daily maintenance are discussed in detail. Finally, the advantages and disadvantages of bipolar disorder are explored and the lives of interesting and outstanding historical and current bipolar individuals are examined.

20 surprising physical symptoms of bipolar disorder: Massachusetts General Hospital Comprehensive Clinical Psychiatry Theodore A. Stern, Maurizio Fava, Timothy E. Wilens, Jerrold F. Rosenbaum, 2015-04-09 The Massachusetts General Hospital is widely respected as one of the

world's premier psychiatric institutions. Now, preeminent authorities from MGH present the newly updated edition of Massachusetts General Hospital Comprehensive Clinical Psychiatry, a unique medical reference book that continues to simplify your access to the current clinical knowledge you need - both in print and online! It provides practical approaches to a wide variety of clinical syndromes and settings, aided by stunning graphics and hundreds of questions and answers geared to each chapter. You'll have convenient access to all the authoritative answers necessary to overcome any clinical challenge. User-friendly, highly templated organization with abundant boxed summaries, bulleted points, case histories, algorithms, references, and suggested readings. Peerless, hands-on advice from members of the esteemed MGH Department of Psychiatry helps you put today's best approaches to work for your patients. Interactive and downloadable Q&As for each chapter allow you to test your retention of the material covered. In-depth coverage of many unique areas, including Psychiatric and Substance Use Disorders in Transitioning Adolescents and Young Adults; Neuroanatomical Systems Relevant to Neuropsychiatric Disorders; Legal and Ethical Issues in Psychiatry; Military Psychiatry; and Approaches to Collaborative Care and Primary Care Psychiatry. Features full, new DSM-5 criteria; new art, tables, and key points; and new Alzheimer's Disease guidelines. Highlights recent developments in the field, such as neurotherapeutics, new psychotropics, military psychiatry, collaborative care, ensuring your knowledge is thoroughly up to date. Expert Consult eBook version included with purchase. This enhanced eBook experience allows you to search all of the text, figures, and references from the book on a variety of devices.

20 surprising physical symptoms of bipolar disorder: The Treatment of Bipolar Disorder

André F. Carvalho, Eduard Vieta, 2017 Bipolar disorder is a chronic and debilitating mental illness affecting a significant proportion of the world's population. It is associated with significant impairments in health-related quality of life and psychosocial functioning, and has significant illness-related morbidity and heightened mortality rates due to medical comorbidities and suicide. The management of this disorder requires a complex combination of pharmacological and psychosocial interventions which can be challenging for clinicians. Written by world experts in the field of bipolar disorder, *The Treatment of Bipolar Disorder: Integrative Clinical Strategies and Future Directions* provides readers with a concise and comprehensive guide to the integrative management of bipolar disorder. This resource contains 31 chapters on the various management choices available, from both established and novel treatment areas, such as psychoeducation, psychotherapeutic interventions, neuromodulatory approaches and novel therapeutic targets. The complexity and diversity of the management choices available makes this a continually evolving field and necessitates forward thinking. By both discussing the current management of bipolar disorder, and the future developments available, this resource provides all clinicians working with patients with bipolar disorder an up-to-date and reflective guide to its management and what the future holds.

20 surprising physical symptoms of bipolar disorder: Neurobiology of Mental Illness

Dennis S. Charney, Joseph D. Buxbaum, Pamela Sklar, Eric J. Nestler, 2013-07-04 Our understanding of the neurobiological basis of psychiatric disease has accelerated in the past five years. The fourth edition of *Neurobiology of Mental Illness* has been completely revamped given these advances and discoveries on the neurobiologic foundations of psychiatry. Like its predecessors the book begins with an overview of the basic science. The emerging technologies in Section 2 have been extensively redone to match the progress in the field including new chapters on the applications of stem cells, optogenetics, and image guided stimulation to our understanding and treatment of psychiatric disorders. Sections' 3 through 8 pertain to the major psychiatric syndromes-the psychoses, mood disorders, anxiety disorders, substance use disorders, dementias, and disorders of childhood-onset. Each of these sections includes our knowledge of their etiology, pathophysiology, and treatment. The final section discusses special topic areas including the neurobiology of sleep, resilience, social attachment, aggression, personality disorders and eating disorders. In all, there are 32 new chapters in this volume including unique insights on DSM-5, the Research Domain Criteria (RDoC) from NIMH, and a perspective on the continuing challenges of diagnosis given what we know of the brain

and the mechanisms pertaining to mental illness. This book provides information from numerous levels of analysis including molecular biology and genetics, cellular physiology, neuroanatomy, neuropharmacology, epidemiology, and behavior. In doing so it translates information from the basic laboratory to the clinical laboratory and finally to clinical treatment. No other book distills the basic science and underpinnings of mental disorders and explains the clinical significance to the scope and breadth of this classic text. The result is an excellent and cutting-edge resource for psychiatric residents, psychiatric researchers and doctoral students in neurochemistry and the neurosciences.

20 surprising physical symptoms of bipolar disorder: *The Movement and Technology Balance* Traci Lengel, Jenna Evans, 2019-05-22 Educate students in mind and body—and optimize their success. There is no issue today that gets more attention and incites more debate than children's use of technology. Technology offers exciting new opportunities and challenges to you and your students. Meanwhile, movement is essential to learning—it increases mental energy and helps brain cells develop. But screen time often comes at the expense of physical activity. How do you choose? You don't! This blended instructional approach combines kinesthetic teaching methodologies with technological resources to meet content standards, increase achievement and test scores, and enrich the learning process. Here you'll find A neuroscientific overview of the powerful brain-body connection Step-by-step instructions for balancing movement and the use of technology in the classroom Practical tools, templates, and vignettes to ensure successful implementation Classroom management tactics and useful remedies for common problems Educating the whole child means promoting social, physical, mental, emotional, and cognitive growth. By joining two powerful teaching tools, you'll prepare students for a bright future—in school and in life—while growing your instructional expertise as well.

20 surprising physical symptoms of bipolar disorder: *Calming the Bipolar Storm* Robert Fawcett, 2021-04-28 *Calming the Bipolar Storm: A Guide for Patients and Their Families* is for people with bipolar disorder, and anyone who loves or cares for them. This work captures the rapidly advancing research and treatment strategies in the field of bipolar disorders. Discussing causes, presentation, onset, course, and treatments, the book encourages bipolar persons to set a healthy baseline, outlining five areas that promote good overall health in support of their particular circumstances: diet, exercise, sleep, avoiding substance misuse, and finding social support. In this context, Robert G. Fawcett discusses specific medications and their side effects, offering comparisons among them where possible. He describes other biological treatments such as herbs and supplements, transcranial magnetic stimulation (TMS), electroconvulsive therapy (ECT), bright light treatment, and sleep deprivation. A discussion of psychotherapies for bipolar includes not only some of the evidence-based treatments such as cognitive-behavioral, interpersonal and social rhythm, and family-focused therapies, but also supportive therapy, which is what patients most commonly encounter. Drawing from the author's experience treating patients with bipolar disorder for more than forty years *Calming the Bipolar Storm* presents an in-depth, engaging overview of bipolar disorder and its treatment, punctuated with case vignettes and interesting glimpses into the history behind today's concept of bipolar disorder and its treatments. Readers, both sufferers and their families, will come away with a better understanding of bipolar disorder and a clearer path to better treatment.

20 surprising physical symptoms of bipolar disorder: *Beyond Schizophrenia* Marjorie L. Baldwin, 2016-03-25 The experience of living and working with schizophrenia is often fraught with challenges and setbacks. This book is a comprehensive attempt to explain why, in spite of near-miraculous advances in medication and treatment, persons with mental illness fare worse than almost any other disadvantaged group in the labor market. As a researcher of economics and disability and the mother of a son with schizophrenia, the author speaks from both professional and personal experience. First, she looks at societal factors that affect employment outcomes for persons with schizophrenia (or other serious mental illness), including stigma and discrimination, investments in human capital, the quality of mental health services, and the support of family and friends. Then she examines workplace factors that affect employment outcomes, including employer

mandates in the Americans with Disabilities Act, the decision to disclose a diagnosis of mental illness at work, the interaction between job demands and functional limitations, and job accommodations for persons with a serious mental illness. Giving weight to both perspectives, the final chapter outlines a set of policy recommendations designed to improve employment outcomes for this population.

20 surprising physical symptoms of bipolar disorder: Public Mental Health William W. Eaton, M. Daniele Fallin, 2019-04-03 [A] masterful volume that will do much to advance understanding of mental health as an essential public health challenge. -Journal of Sociology & Social Welfare THE GROUNDBREAKING TEXTBOOK IN POPULATION-LEVEL MENTAL HEALTH, NOW FULLY REVISED AND UPDATED Public Mental Health equips a new generation of public health students, researchers and practitioners with the most innovative social, biological, and behavioral science approaches to mental health challenges at the population level. Incorporating insights from multiple health and science disciplines, this new edition introduces novel concepts and methodologies for understanding the occurrence of mental disorders in populations worldwide. Reflecting the disciplinary diversity and expertise of an internationally-recognized roster of contributors, its nineteen chapters include coverage of such essential topics as: · estimates of global prevalence based on new data from the Global Burden of Disease Study · the complex way in which genes, other biological factors, and life stresses increase risk · mental health disparities among population subgroups · population-level mental health consequences of violence and natural disasters · the logic and practice of prevention of mental and behavioral disorders With a perspective that will resonate from the lab to the legislature floor, Public Mental Health offers a much-needed core text for students, researchers, and practitioners.

20 surprising physical symptoms of bipolar disorder: Environmental Health Perspectives, 1993

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20 surprising physical symptoms of bipolar disorder: Nature Wants Us to Be Fat Richard Johnson, 2022-02-08 2022 NATIONAL INDIE EXCELLENCE AWARDS FINALIST — HEALTH: GENERAL “It is exceptionally well organized and presented, making it an ideal and highly recommended addition to personal, community, college, and university library Health/Medicine collections.” —Midwest Book Review Nature puts a “survival switch” in our bodies to protect us from starvation. Stuck in the “on” position, it’s the hidden source of weight gain, heart disease, and many other common health struggles. But you can turn it off. Dr. Richard Johnson has been on the cutting edge of research into the cause of obesity for more than a decade. His team’s discovery of the fructose-powered survival switch—a metabolic pathway that animals in nature turn on and off as needed, but that our modern diet has permanently fixed in the “on” position, where it becomes a fat switch—revolutionized the way we think about why we gain weight. In *Nature Wants Us to Be Fat*, he details the mounting evidence on how this switch is responsible both for excess fat storage and for many of the major diseases endemic to the Western world, including heart disease, cancer, and dementia. Dr. Johnson also reveals the surprising link between the survival switch and health conditions such as gout, kidney disease, liver disease, stroke—and even behavioral issues like addiction and ADHD. And, most important, he shares a science-based plan to help readers fight back against nature. Guided by ongoing clinical research—plus fascinating observations from the animal kingdom, evolution, and history—Dr. Johnson takes you along on an eye-opening investigation into: What you can do to turn off your survival switch What we have in common with hibernating bears, sperm whales, and the world’s fattest bird Why it’s fructose (not glucose) that drives insulin resistance and metabolic disease The foods we eat that trigger the body to make its own fructose The surprising role salt and dehydration play in fat accumulation The surprising link between the survival switch and health conditions such as gout and liver and kidney diseases, and even behavioral issues like addiction and ADHD Dr. Johnson not only provides new recommendations for

how we can prevent or treat obesity, but also how we can use this information to reduce our risk of developing disease. Nature wants us to be fat, and when we understand why, we gain the tools we need to lose weight and optimize our health.

20 surprising physical symptoms of bipolar disorder: *Breaking the Silence* Stephen P. Hinshaw, 2008-01-08 People with mental illness are far too often subjected to discrimination and unfair treatment. It is particularly unfortunate that much of this stigmatization comes from the very people they depend upon for help--those in the mental health professions. Too many practitioners and scientists maintain us-versus-them attitudes and are extremely reluctant to admit any personal or family experiences of mental illness. This culture of concealment must change, and this book will change it. A groundbreaking collection of moving and inspiring stories of serious mental disorder from trainees, clinicians, and scientists in the mental-health professions, *Breaking the Silence* is the first book to reveal the deep commonalities between patients and professionals. With an unprecedented level of honesty and disclosure, the contributors tell their own and their families' stories of mental disorder. Renowned psychologist Steve Hinshaw--who previously disclosed his own family's struggles with misdiagnosed bipolar disorder and who has synthesized the world literature on the stigma of mental illness--integrates, synthesizes, and provides perspective on these revealing stories. As they relate their personal and family histories, the contributors also describe the serious impairments that can accrue, the strength and courage that can be derived, and the influence these experiences have had on their own decisions to enter the mental health field. Moving in its honesty, frank in its disclosures, and sensitive in its portrayals, *Breaking the Silence* will be a beacon for those in the mental health professions, trainees across the many related fields, family members, and anyone who is dealing with mental illness. Its stark stories of pain, denial, and impairment, along with its clear messages of hope, courage, and resilience, will inspire for years to come.

20 surprising physical symptoms of bipolar disorder: *Human Sexuality* Ami Rokach, Karishma Patel, 2021-01-22 Human sexuality touches us all, pun intended. We all either enjoy it, struggle with it, or may have been victims of it. Sexuality is not just about sex, but about human sexual function, the physiology of sex, the hormones involved and how they affect us, and the cultural norms related to it. Sexual function and dysfunction are closely tied to one's self-esteem, self-respect, and to relationships with intimate partners. *Human Sexuality: Function, Dysfunction, Paraphilias, and Relationships*, explores the interplay of intimacy and sexuality; how it can enhance relationships, and how it can negatively affect them, or be affected by them. When individuals or partners encounter sexual problems or dysfunctions it can have a long-lasting affect both biologically and psychologically. Dr. Rokach explores the causes and the reasons that these dysfunctions are maintained, and successful treatment methods. Chapters on sexual offenses and paraphilias and what treatment options are available to sexual offenders are also included. This book is the first book to place sexuality where it belongs, within the context of relationships demonstrating how sexuality relates to intimacy by both enhancing and negatively affecting it. - Explains psychological, biological and sociological theories of sexuality - Addresses sexual dysfunctions according to various models of sex therapy - Discusses the biological, developmental and sociological theories of sexual orientation - Explores the specific hormones in male and female sexual behavior

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