

# The balance within

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# PROPOSITIONS

accompanying the dissertation

## **“THE BALANCE WITHIN - Factors influencing neurovisceral autonomic responsiveness to endocrine and pharmacological stress challenges”**

by Agorastos Agorastos

- 1.** The human stress system is the most central homeostatic system, fine-tuning all subordinate systems to preserve an ideal homeodynamic balance within.
- 2.** Individual autonomic stress system reactivity is a measure of the personal psychobiologic stress resistance and relies more on the vagal component.
- 3.** Serotonergic and glutamatergic signaling, as well as HPA axis interaction with the central autonomic network majorly affects autonomic reactivity to stress.
- 4.** Further identification of biological factors that influence stress-system reactivity is of major importance for understanding individual differences in stress resilience.
- 5.** Stress research should focus more on objective stress challenges, in order to avoid cognitive perception influence affecting stress reactivity.
- 6.** Assessment of autonomic reactivity through heart rate variability analyses may serve as a transdiagnostic biomarker for health status staging and monitoring.
- 7.** Routine integration of biological factors influencing stress reactivity into individual risk assessment will help alleviate the huge burden of stress-related diseases.
- 8.** Modern societies should enforce health policies incorporating prevention strategies of stress effects on individuals through early-life modification strategies.
- 9.** Οὐκ ἔνι ἰατρικὴν εἰδέναι, ὅστις μὴ οἶδεν ὃ τι ἐστὶν ἄνθρωπος [It is not possible to know medicine, without knowing what a human is]. (Hippocrates)
- 10.** “We have evolved to be smart enough to make ourselves sick”. (Robert Sapolsky)
- 11.** The essence of balance: A table under tree shadows, endless blue sea, salty cheeks, summer sweat, barefoot sand, an octopus bite, an ouzo sip and children voices playing in the background in a calm Aegean sunset.