

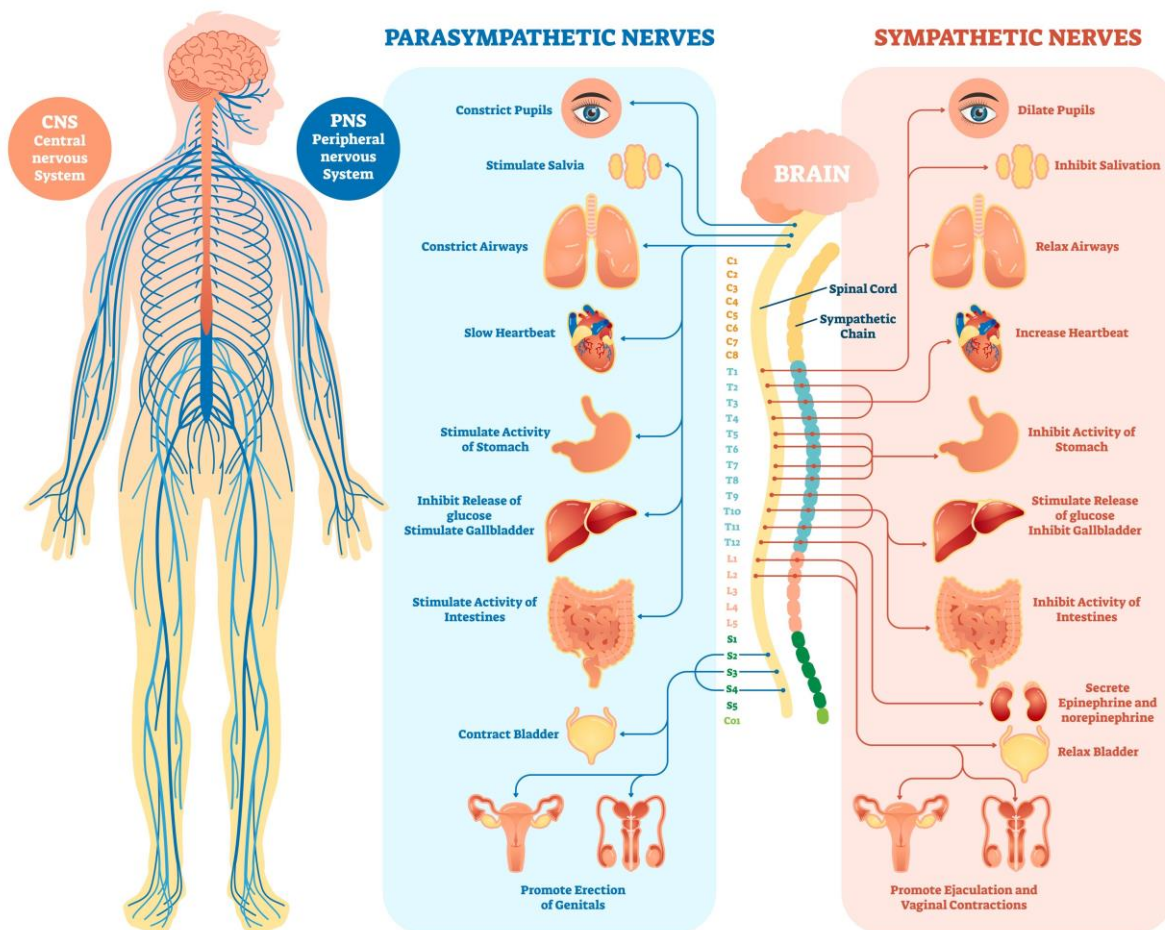


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## Blog #5 One Root Cause for Many Symptoms

Our research suggests that a wide variety of confusing medical conditions—ranging from anxiety, depression, and ADHD to physical issues like fibromyalgia, heart rate problems (POTS), and stomach issues—may all stem from a single root cause: **dysfunction of the autonomic nervous system (P&S system)**. This dysfunction is particularly common in patients with Ehlers-Danlos Syndrome (EDS) or Hypermobile Spectrum Disorder (HSD).

### HUMAN NERVOUS SYSTEM





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Here is how this dysfunction connects these seemingly unrelated symptoms:

**1. The Core Problem: Poor Blood Flow** The main issue is that the nervous system is failing to regulate blood flow properly. This leads to "poor perfusion," meaning not enough oxygen-rich blood is reaching the upper body and the brain.

**2. Why You Feel Pain ("Coat-Hanger Pain")** The text explains that pain in the neck and across the shoulders (often called "Coat-Hanger Pain") is actually caused by the muscles being starved of blood. This lack of blood flow makes the muscles stiff and tight, leading to tension headaches.

**3. Why You Feel Anxious or Distracted** Symptoms often labeled as mental health issues—like panic attacks, ADHD, OCD, or "brain fog"—may actually be the body's survival mechanism.

- When the brain realizes it isn't getting enough blood, it panics.
- It triggers "Adrenalin Storms" to force the heart to beat faster and push more blood upward.
- Hyperactivity (like in ADHD) may be the brain's attempt to keep activity high to demand more blood flow.

**4. The Treatment Approach** The text concludes that doctors should focus on treating the nervous system dysfunction first. In many cases, once the blood flow regulation is fixed, the "anxiety," "fibromyalgia," and "attention disorders" disappear. If symptoms remain after that treatment, only then should they be treated as separate, standalone diseases.

It is important to seek out a clinician with expertise in EDS to make an accurate diagnosis and create a treatment plan. One of the nation's leading centers is Franklin Cardiovascular Associates, under the direction of Nicholas DePace, MD, FACC. They are located in Sicklerville, New Jersey.  
[franklincardiovascular.com](http://franklincardiovascular.com), (856) 589-6034