



2024 INTERVIEW SUMMARY SHEET

SPEAKER**Aimie Apigian, MD, MS, MPH****TOPIC**

The Nervous System, Stored Trauma & Migraine

TITLE & ORGANIZATION**CEO & Founder**
Trauma Healing Accelerated

KEY TAKEAWAYS

- Trauma is not an event, but rather an experience of the body in response to an event.
- Stress is a high-energy action state in response to a situation. When stress is too fast and too much, or too little for too long, the body goes into a low-energy trauma response called overwhelm.
- The body stores trauma, which can lead to a chronic trauma response and dysregulation of the nervous system.
- The opposite of stress and overwhelm is a feeling of being safe, secure, and happy.
- Stress is not bad because it gives us the energy to react to challenges. Stress becomes a problem when it is perceived by the nervous system as danger. Overwhelm is the trauma response for survival.
- Inflammation in the body is part of the trauma physiology.
- Trauma is linked to various health conditions, including autoimmune disorders, inflammatory conditions, and metabolic syndrome.
- The study of Adverse Childhood Experiences (ACEs) relates early stress and trauma to autoimmune conditions later in life.
- Additional research links trauma to the development of autoimmune and inflammatory conditions, but many physicians struggle to address trauma in their practices, despite the scientific evidence behind it.
- Traditional approaches to dealing with trauma involve talking about it, which puts the body into a state of overwhelm, and is not always helpful.
- In contrast to traditional approaches, somatic exercises can promote a feeling of safety.
- Everyone can benefit from working with their body and nervous system to heal trauma.

TREATMENTS CITED

Magnesium
Somatic workVitamin B6 (pyridoxine)
Zinc

QUOTES

"Trauma is an experience of overwhelm, and that's it. And when we look back at our life or even our day today, anything that overwhelms us is going to be shifting our body into this trauma response. And our mind can have different ideas of what should be labeled as a trauma."

"The body can have a story of 'I've been overwhelmed, and I've gotten stuck in overwhelm.' And so trauma is anything that for any reason at that time in our life overwhelmed us. And I will tell you right now that most people are still having an experience of overwhelm today. It's not just in their past. It's become a chronic state."

"I would like to think that my brain runs the show, and it does not run the show. There is this whole subconscious, and the subconscious really is this autonomic nervous system that perceives things. And that's its job. Its job is to keep us alive. And it does that by constantly receiving information from our environment that it perceives as: 'This is what we need to do right now to survive.'"

"The symptoms that develop are ways in which the body's trying to protect us ... by slowing us down so that we don't exceed our capacity, because we're deficient. We're deficient in energy, we're deficient in magnesium, for example. And migraine can be the same way."

PRACTICAL STEPS

- Ensure you are getting enough magnesium, vitamin B6, and zinc.
- Download Aimie Apigian's guide, "Steps to Identify and Heal Trauma: A Roadmap for Healing" to learn more about stored trauma (traumahealingaccelerated.com).
- Investigate how somatic healing techniques and exercises can help you deal with migraine and many of its comorbidities.