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Molly - What Does This Case Teach Us? - Prof Hughes

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Cytokines are an important topic of scientific study that continues, but so far, it appears that a healthy diet rich in beneficial nutrients, exercise and stress reduction can all help to encourage a healthy balance of cytokines in the body. It's theorized that cytokines are generally affected by nutritional status. Chronic nutritional deficiencies have a negative impact on our immune response, which includes reductions in the production and activity of cytokines.

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Acute psychosocial stress stimulates transient increases in circulating pro-inflammatory plasma cytokines, but little is known about stress effects on anti-inflammatory cytokines or underlying mechanisms. We investigated the stress kinetics and interrelations of pro- and anti-inflammatory measures on the transcriptional and protein level.

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There are both proinflammatory and anti-inflammatory cytokines. Cytokines have specific relevance to COVID-19, as they modulate your immune system and its function. Anxiety is a physiological response to a threat. Your whole body is on fire. You need to decrease anxiety, decrease cytokines, decrease that stress response.

The
Interconnectedness

Between Anxiety and Inflammation ...

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Stress hormones, proinflammatory and antiinflammatory ...

cytokines stress and immunity pointed out that the immune system does not stand alone but is profoundly

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Cytokines are a large, diverse family of small

proteins or glycoproteins (usually smaller than 30 kDa). Although initially described for their immunomodulatory capabilities, additional roles separate from the immune system in developmental processes are also documented, such as cell differentiation and directed migration.