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**Connection between stressful events and disease**

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**M**ETA - Health explains the connection between stressful events and disease created within the human body. Our Human body is a miracle created by God. We lie but our body never lies our body translates the discomfort and unhappiness it feels in form of a disease. If we break the word DISEASE, it forms DIS + EASE, Which is when our body is not at ease we create disease. This ease or discomfort may be internal due to internal dialogue or external due to environment change. Here the external environment is created by events that are happening in our life. When all is happy around us we are happy, we want to do various things our spirit at work is high and we feel wonderful and healthy. When we hear or experience some stressful event like, death of a family member, divorce, job loss, marriage, abuse, accident our life changes, we may not feel as cheerful as before our internal thoughts also alter, we may feel drained out and lost. This is the time when our brain, our organ and tissue, starts an adaptation, which we call disease.

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