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## How emotions affect posture: A scientific view of the organization of fascia

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The most recent emotional theories say that emotions are the sum of exteroceptions and interoceptions together with the information contained in the limbic system. From there the CNS (Central Nervous System) forms an emotion triggering series of efferent responses, acting on the regulatory system of biotensegrity and remodeling the extracellular matrix. In the case of negative emotions, the insular cortex, somatosensory and right hypothalamus generate a descending response where there is a greater activation of the fibroblasts, myofibroblasts and smooth muscle cells, contracting and generating alterations in the collagen networks, tensioning deep fascia and the epimysal fascia, mainly in the deeper layers, related to the maintenance of the posture. If the emotion is chronically maintained, the collagen network of the extracellular matrix remodels itself to change the posture in a pathological pattern.

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