

Who's Healthier: Introverted or Extroverted Personality Types?

You're probably one or the other, or at least, more one than the other. What are we talking about?

Introverted and Extroverted Personality Types



Some people just love social settings. They are usually the "life of the party" and tend to make whatever they are doing a party of its own. While these people love and thrive on the energy of most social setting, other do not. Introverts hide from groups of people and would much rather spend their time in solitude. The same party that charges up the extrovert completely drains the introvert. One can easily say, especially in today's society where everyone is so connected...

It's Tough Being Shy

But, what if being shy was actually bad for your health? And, what if new research actually showed it can even double your risk of death within five years? If that just shocked you a little, you will be very interested in this... According to a study in the journal Brain, Behavior and Immunity, low levels of the extroversion personality trait may signal that blood levels of a key inflammatory molecule (interleukin 6) have crossed over a threshold linked to a doubling of risk of death within five years. According to a June 17, 2009, press release by the University of Rochester Medical Center, "Long-term exposure to hormones released by the brain of people under stress, for instance, takes a toll on organs. Like an injury, this brings a reaction from the body's immune system, including the release of immune chemicals that trigger inflammation in an attempt to begin the healing process. The same process goes too far as part of diseases from rheumatoid arthritis to Alzheimer's disease to atherosclerosis, where inflammation contributes to clogged arteries, heart attacks and strokes."

Pretty amazing isn't it? Medical science is beginning to study the mind-body connection more and more. In doing

so, it is discovering just how profound an effect personality and stress can have on one's health and well-being. But the big question is: Now that research is showing the health benefits of having an extroverted personality—

Could An Introvert Become An Extrovert... And Get the Same Health Benefits?

According to the University of Rochester Medical Center press release: "The findings recall an idea described as early as 1911 by French philosopher Henri Bergson that he called *élan vitale* or "life force," according to the authors. This aspect of adult personality may be linked to childhood temperament as well. Some babies are very relaxed, other babies are active. Activity levels may reflect a fundamental, biologically-based energy reserve, although no one has explained the biochemistry behind it."

It seems that people may simply be born introverts or extrovert. But increasing your activity levels may be one thing you can change that can be of great benefit to your health. Even though you cannot change your innate personality, physical exercise may be linked to the activity level in extroverts which may help lower IL-6 levels. Researchers said, "Beyond physical activity, some people seem to have this innate energy separate from exercise that makes them intrinsically involved in life."

So the question is: Are some people just born with a different "life force" that gives them more energy, or can you change your habits and state of mind and give yourself more "life force"? Who knows for sure, but one thing is certain:

Chiropractors have talked about "life force" since Chiropractic's inception in 1895, and we're laughed at and labeled as "quacks".



Now, researchers talk about "life force" as if there is no doubt it exists, and not only that—they are doing experiments to figure out how to possibly access more of it. One has to wonder if a Chiropractic adjustment that relieves stress on the spine and nerves in some way enhances your life force??? Makes sense, doesn't it?



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