

ACEs Are Linked To Leading Causes of Poor Health and Adult Deaths

The Nurture Gap

ACEs

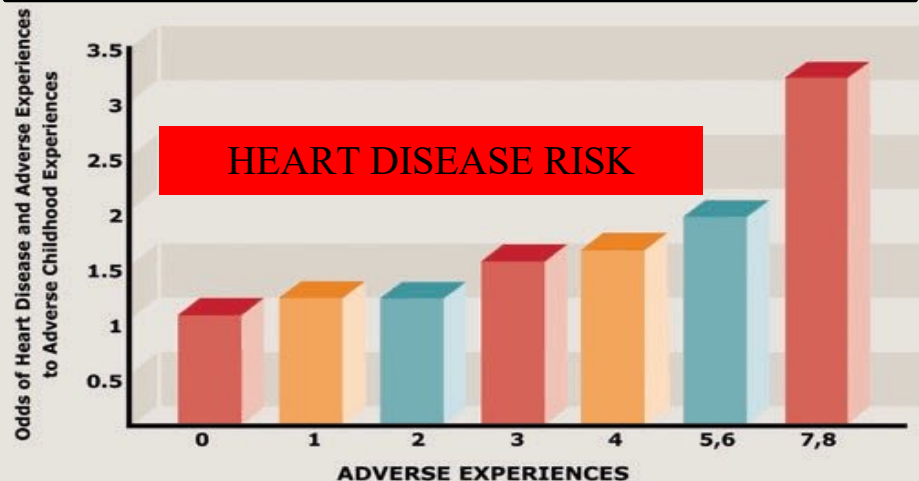
Adverse Childhood Experiences

Sexual, Physical and Verbal Abuse

Mental Health or Drugs-Alcohol

Misuse in the Home

Lack of Love and Encouragement



The ACE (Adverse Childhood Experiences) www.acestudy.org

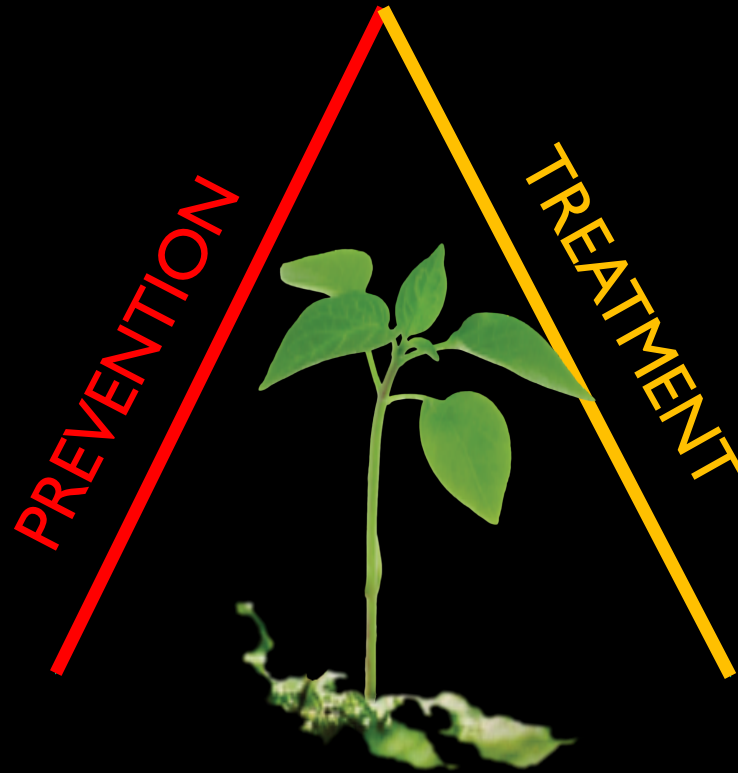
TOXIC STRESS: extreme repetitive stress changes brain development and stress responses. Prevention could almost halve adult depression

- Alcohol abuse
- Depression
- Suicide attempts
- Health-related quality of life
- Illicit drug use
- Heart Disease
- Stroke
- Liver disease
- Respiratory Diseases – Asthma and COPD
- Cancer,
- Diabetes
- Obesity
- Early Smoking
- Advanced Aging
- Risk for intimate partner violence
- Early sexual activity
- Adolescent pregnancy
- Multiple sexual partners
- STDs Sexually transmitted diseases
- Fetal death



<https://www.cdc.gov/vitalsigns/aces/index.html>

The Health Triangle - The Missing Edge?



THE LIVING GAP

LIFE'S STRENGTHS

Resilience - Resistance - Recovery



10 January



16 March



20 April



30 October



11 January



**Life Responds To Nurture
and Challenge**

Fruits and seeds were discovered from 30,000 years old permafrost



After many failures, the team found the right conditions, and the resurrected plants germinated.





Snake or Rope?

Evolutionary Layers

Human
Prefrontal
Cortex
1-10M

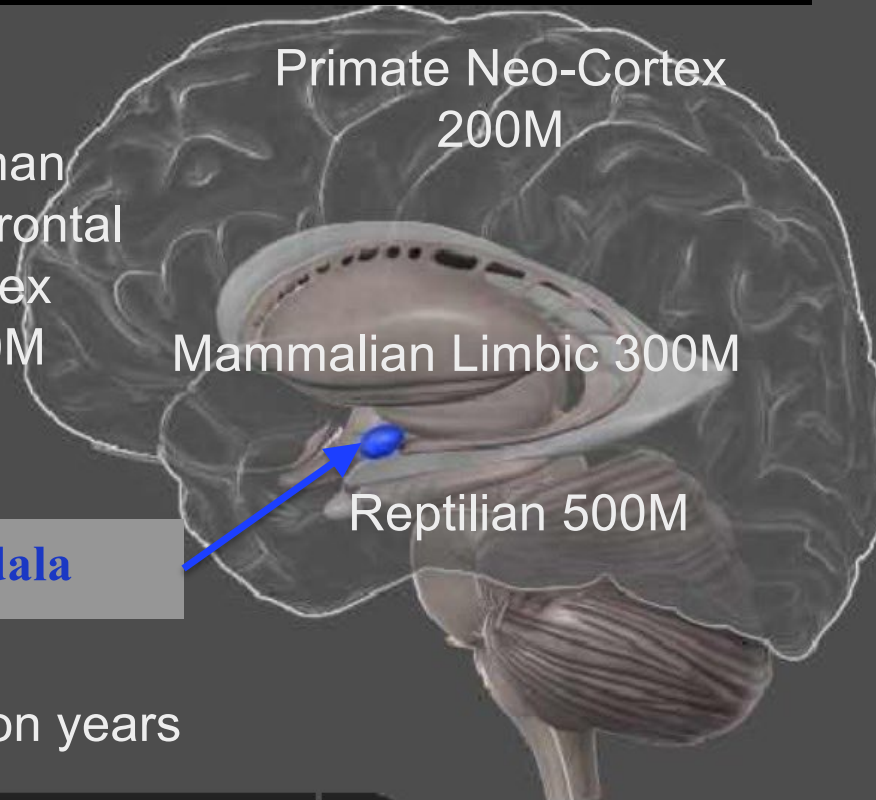
Primate Neo-Cortex
200M

Mammalian Limbic 300M

Reptilian 500M

Amygdala

M = Million years

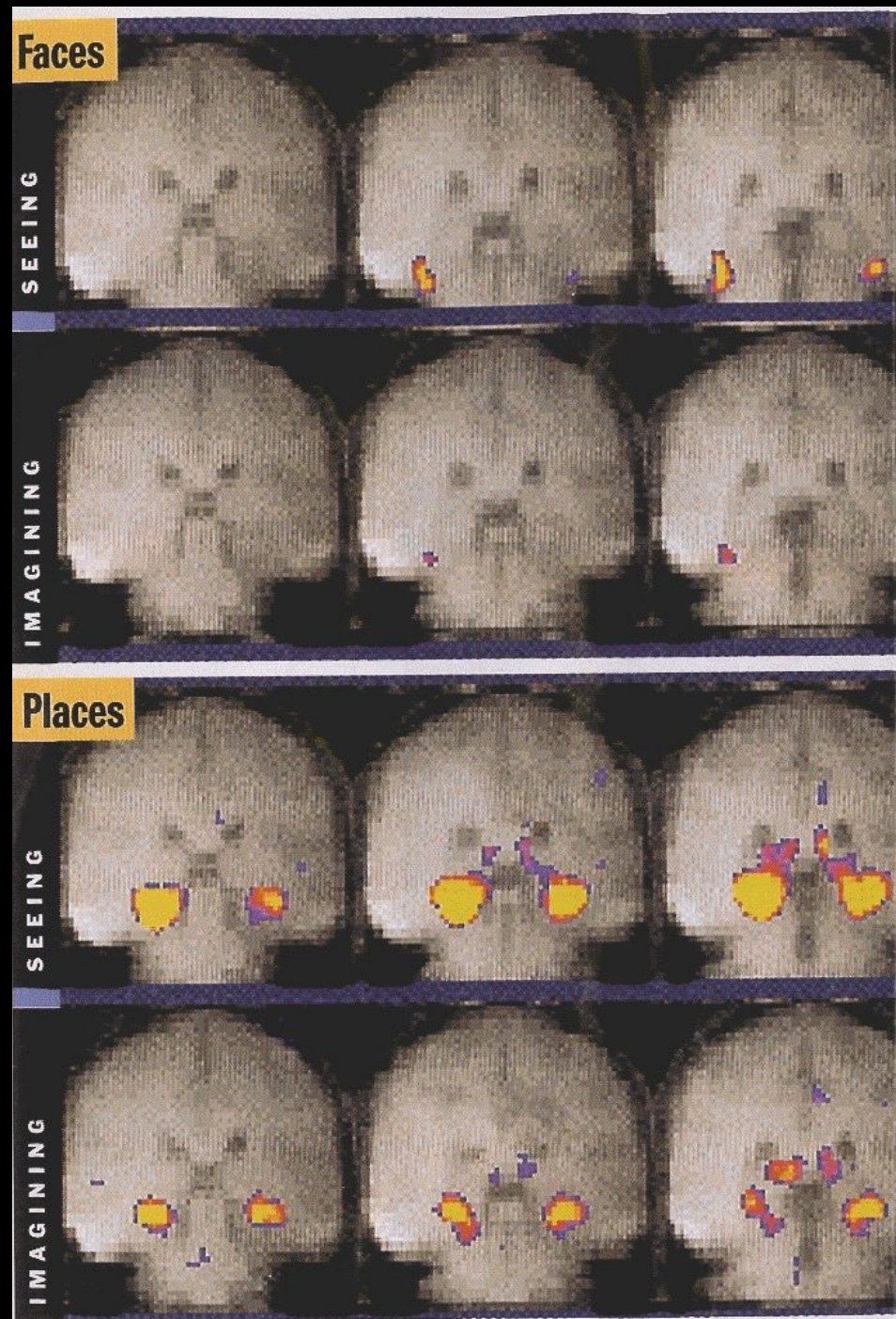


SEEING

IMAGINING

SEEING

IMAGINING



the
cinema
&
movies
of
the
mind

TIME 12/2/07

