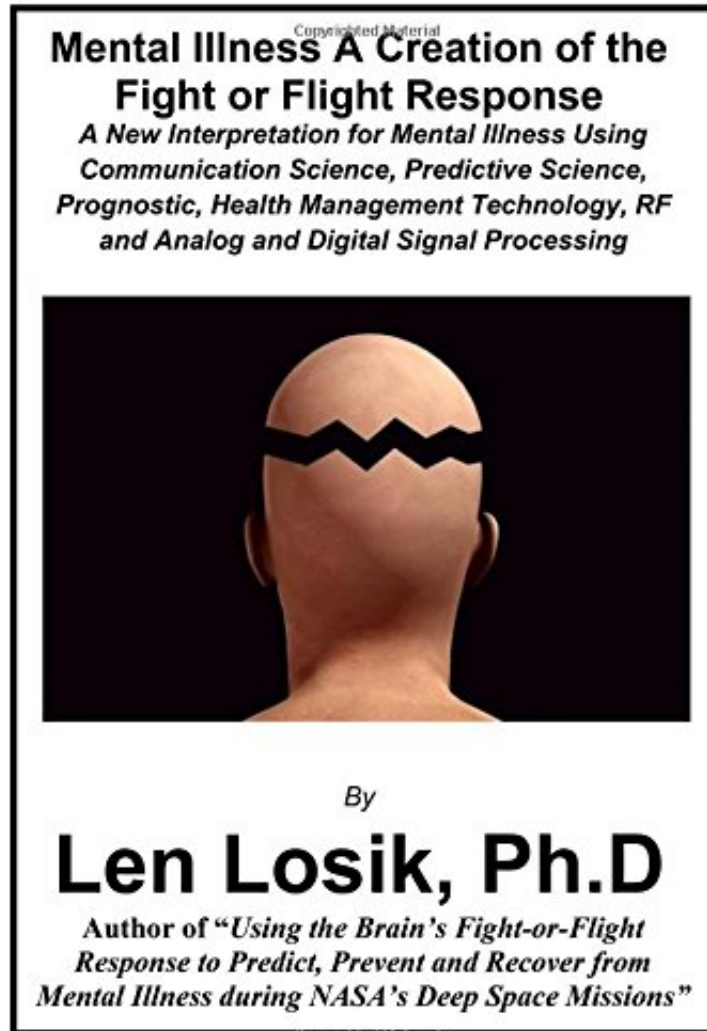


# Mental Illness A Creation of the Fight-or-Flight Response

Len Losik Ph.D

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**Len Losik Ph.D : Mental Illness A Creation of the Fight-or-Flight Response** before purchasing it in order to gage whether or not it would be worth my time, and all praised Mental Illness A Creation of the Fight-or-Flight Response:

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Mental Illness A Creation by the Fight-or-Flight Response is the results from the research completed by the author for the Canadian Space Agency's Predictive Medicine Program in cooperation with the Russian Cosmonauts in 2012 and 2013 to determine if the author could use his company's technology to predict which astronauts in training would become mentally ill on a deep space mission lasting several years. An edited copy by the CSA of the results of the

author's research were published at the 2013 IEEE/AIAA Aerospace Conference held in Big Sky Montana for the CSA's Predictive Medicine Program personnel and subsequently the full results were submitted to NASA Headquarters in 2013 and published on-line for public access in the American Journal of Applied Psychology. Mental Illness A Creation of the Fight-or-Flight Response includes the causes of emotional and mental disorders, childhood autism, arthritis and diabetes and all immune system and auto-immune system diseases as well as a process for recovering from emotional and mental disorders such as depression, anxiety, OCD, major depression, bi-polar or schizophrenia. The author includes the description of why and how these are acquired by people and how they are nothing more than our own body's defensive process trying to get us safe and keep us safe from our own life threatening decisions and lifestyle. Mental Illness A Creation by the Fight-or-Flight Response refuted most of what is published today about mental illness and explains its value to our own survival that we inadvertently put at risk by our lifestyle and decision making. The author also includes both the author's results to answers to common questions left unanswered by the current mental health community and much of the current inadequate material published about emotional and mental disorders. The author hopes this book will initiate a new direction in developing faster recovery programs that are quicker than the one proposed by the author as well as a new effort for pharmaceutical companies to develop the drugs to suppress our fight-or-flight response (FOFR) that the author has illustrated is the root cause of both emotional and mental disorders as well as all non-genetic based disorders, diseases and illnesses.

About the Author The author lives in California, he's married and a father of three children and a grandfather to five grandchildren. The author has worked in communications theory for over 30 years. Len's first experience with communications theory occurred following his first graduation from college, Len became an expert in communications science used in Electrical Engineering to receive and transmit information from and to space. This education enhanced his knowledge about communications skills development used in other applications. Academically, Len earned three A.A. degrees, two B.S. degrees in Physics and Mathematics simultaneously, an M.A. degree and Ph.D in Electrical Engineering and an M.S. degree in Education. Professionally, the author is an award winning spacecraft designer and he designs satellites, spacecraft and rockets for the U.S. military and NASA. Len's most important accomplishment professionally occurred when he was the Boeing GPS Space and ground systems Manager and won funding for the U.S. Air Force's Global Positioning System (GPS) satellite-based navigation system by the Department of Defense/Pentagon. His collaborations with counseling, psychologists and psychiatrists began in 1989 and continues today, working with holistic medicine practitioners and students and in the new field of predictive medicine created by the author for mental health. In 2000, Len was diagnosed with bi-polar disorder and began his personal experience with the talk therapy and pharmaceutical treatments for bi-polar disorder and schizophrenia using the standard cocktail of medications. In his personal research, Len discovered that through his own education and exposure to the mental health community, they had no idea what caused emotional and mental illnesses, describing them only by their symptoms. After spending 6 years on psychotropic medications, and suffering the primary and secondary side effects and dysfunction they caused him in his employment from the medications and failing to achieve any improvement but recognizing that his own understanding of his illnesses and symptoms was far greater than any of the many psychiatrists that treated him. So when the Canadian Space Agency requested that he apply his proprietary, predictive algorithms to the data from astronauts in training for a several year, interplanetary deep space mission to determine if he could predict which astronauts would become mentally ill, he agreed to do it.