

Contents

Preface	xi	
Chapter 1	INTRODUCTION TO HEALTH PSYCHOPHYSIOLOGY	1
	<i>The Emerging Psychophysiological Perspective</i>	2
	<i>The Changing Model of Health Mind and Body</i>	3 11
Chapter 2	BASIC ANATOMY, PHYSIOLOGY, AND METHODOLOGY	18
	<i>The Nervous System</i>	18
	<i>The Skeletal Muscle System</i>	44
	<i>The Cardiovascular System</i>	48
	<i>The Respiratory System</i>	55
	<i>The Gastrointestinal System</i>	57
	<i>The Immune System</i>	60
	<i>The Endocrine System</i>	63
Chapter 3	STRESS	67
	<i>The Concept of Stress</i>	67
	<i>Initiation of Stress</i>	69
	<i>The Stress Response</i>	73
	<i>Theories of Stress and Illness</i>	82

	<i>Stress and Immunity</i>	89	
	<i>Coping During Stress</i>	93	
Chapter 4	PAIN		99
	<i>Psychophysiological Basis of Pain</i>	100	
	<i>Control of Clinical Pain</i>	105	
	<i>Endorphins and Pain Control</i>	123	
Chapter 5	BIOFEEDBACK AND PROGRESSIVE RELAXATION		126
	<i>Biofeedback</i>	127	
	<i>Progressive Relaxation</i>	145	
Chapter 6	HYPNOSIS, AUTOGENIC TRAINING, AND MEDITATION		153
	<i>Hypnosis</i>	153	
	<i>Autogenic Training</i>	168	
	<i>Meditation</i>	180	
Chapter 7	ESSENTIAL HYPERTENSION AND CORONARY HEART DISEASE		193
	<i>Essential Hypertension</i>	193	
	<i>Coronary Heart Disease</i>	205	
Chapter 8	ANS DISORDERS: RAYNAUD'S, MIGRAINE, ASTHMA, AND ULCERS		215
	<i>Raynaud's Disease</i>	215	
	<i>Migraine Headache</i>	220	
	<i>Bronchial Asthma</i>	228	
	<i>Peptic Ulcer</i>	235	
Chapter 9	BRAIN DISORDERS: EPILEPSY, HYPERACTIVITY, AND ALZHEIMER'S DISEASE		241
	<i>Epilepsy</i>	241	
	<i>Hyperactivity</i>	250	
	<i>Alzheimer's Disease</i>	265	
Chapter 10	WELLNESS AND OPTIMUM FUNCTION		272
	<i>Wellness</i>	272	
	<i>Optimum Function</i>	285	

References	305
Author Index	335
Subject Index	347