

**October 2023 – The Wisdom of Inflammation  
Interview with Dr. John McGonigle, MD**

**John's quotes are inspirational. Here are my favorites. Please add your favorites to this list.**

“Anxiety is autoimmune, auto inflammation of the psyche.”

“Consider the term ‘maladaptive’ when discussing immune system issues.”

“Everything that we call illness is a well or off guided attempt on the body to return to a state of dynamic equilibrium.”

“It is not going to get traction in the system unless you till the soil first so that you can plant the seed and trust the patient with their understanding, their confidence and their devotion to water and tend that seed.”

“We need to plant our roots deep to be able to reach high.”

And now one my my principles that is part of my professional wisdom:

“It's so important to build the body prior to and at least parallel to anytime we do emotional work with the client.”

**Professional and self-reflection questions are combined.  
Questions and topics to consider when listening.**

1. What did you find most interesting about this case presentation?

2. Discuss the function of the immune system. Who can explain the different components of the immune system? John discussed how the immune system must differentiate self from other? How does it differentiate between different cells? How do you understand that?
  
3. Inflammation is required for growth. How do you understand that?
  1. Did you have growing pains? What about your children?
  2. How does this concept relate to you personally and your life experiences?
  3. How do you see this with your clients? Does it ever come up in a session?
  4. How do you explain this to your clients?
  
4. What are your thoughts on the concept that anxiety is a type of inflammation? John says, anxiety is autoimmune, auto inflammation of the psyche.
  
5. What are some examples when the outside comes in and there is an overreaction? How do we address this through the SER process?
  
6. What is the HPA axis? Take a minute and look it up, if you are not familiar with it.

7. When is stress helpful and when is it not, both emotionally and physically? Look within your own life, any comments? Any examples from your client?
  
8. What are your thoughts on John's description of IBS, going from one extreme to another? How do you understand the compensatory response of the immune system? Do you see that in other conditions?
  
9. How do we help the body to remember the health, when the immune system was not so maladaptive?
  
10. What nuggets of information are you taking with you from this video and discussion?