

# The Symptoms & Side Effects of Force-Feeding Noise into the Domestic Environment

Despite its reputation as a minor irritant, research has shown noise to be a debilitating and potentially lethal toxin. Hence, forcibly projecting noise into someone's living quarters in chronic fashion has the potential to disrupt their autonomic and endocrine functions severely enough to catapult the entire family into a state of frequent agitation and near constant distress, thereby setting in motion a predictable process of physical, mental, and emotional deterioration, accompanied by functional impairment and the severe disruption of interpersonal relationships. This chart delineates that process.

## The immediate effect of an externally generated in-home noise inundation:

Increased heart rate	Respiration increases	Blood pressure increases	Shift in hormonal profile	Shift in electrolyte balance	Dry mouth	Goose bumps
Sweating	Pupils of the eye dilate	Changes in blood lipids	Altered blood viscosity	Altered blood flow	Cold hands	Cold feet
Digestion slows dramatically	Stomach upset	Loss of appetite	Transient sexual dysfunction	Tooth grinding	Bracing/muscle tension	Anxiety
Agitation	Irritability	Anger	Aggression	Interpersonal conflict	Discord within the family unit	Self-medicating
Functioning impaired	Physical coordination impaired	Accident rate potentiated	Error rate potentiated	Inability to think clearly	Judgment is impaired	Inability to make decisions

## The impact of forcibly projecting noise into the home environment over time:

Autonomic disruption grows constant	Sense of constant tension	Endocrine disruption constant	Constant emotional upset	Emotional lability	Exaggerated startle response	Fear of being startled
Anticipatory anxiety	Uncontrollable rumination	Chronic anger	Chronic strife within the family	Chronic depression	Chronic disorganization due to constant disruption of scheduled activities	Schedule is adjusted so all activities revolve around the noise source
Noisy rooms of house abandoned	Uncontrollable rage	Increased risk of violence	Affectionate exchanges cease	Chronic sexual dysfunction	Social relationships abandoned	Social activities abandoned
Childhood learning impaired	Kids fall behind in school	Adult job performance dips	Upset over new job stress	Symptoms mimicking psychological disturbance develop	Difficulty falling asleep - even in a quiet environment	Difficulty staying asleep - even in a quiet environment
Chronic fatigue	Merriment becomes rare	Chronic restlessness	Concentration impaired	Memory impaired	Chronic muscle tension	Chronic muscle contraction headaches
Persistently recurring migraine headaches	Aversion to going outdoors	Regular exercise ceases	Once occasional high blood pressure now becomes chronic	Heart disease takes root	Old substance use increases	New substance use begins
Substance use solidifies	Marked consumption of Rx drugs	Reaction time is slowed	Accident rate increased	Sensitivity to noise is heightened	Family interactions grow dysfunctional	Children fail in school
Chronic overeating	Newfound overweight problem	Chronic loss of appetite	Newfound underweight problem	Chronic gastro-intestinal distress	Resilience wanes as adaptive capacity is diminished	Gums and dental health deteriorate
Ongoing hair loss	Exacerbation of pain	Worsening of preexisting maladies	Immune system dysfunction - increased risk of cold, flu, and infection	Increased risk of developing stress-related disorders	Increasing frequency of illness in general	Recuperation from illness hampered
Exhaustion	Heart palpitations	Classical conditioning generates secondary distress and discord	Abandonment of recreational activities	Abandonment of essential activities	Hopelessness/suicidal ideation	Premature aging

**After years of being elevated due to noise force-fed into the home, chronic hypertension – the silent killer – wreaks irreversible damage.**

## End Organ Damage:

Enlarged heart	Heart attack	Heart failure	Hardening of the arteries	Aneurysm
Stroke	Dementia	Eye damage	Kidney damage	Total loss of sexual function

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