



# Faster, Better, Sicker - Timeurgency Perfectionism Stress

*Antonio Rodrigues, Mandy Rodrigues, Edward Wolff*

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The combination of perfectionism and time urgency stress creates a high risk for developing and having certain diseases including CANCER, CARDIOVASCULAR DISEASES, METABOLIC SYNDROME, ENDOMETRIOSIS, CHRONIC FATIGUE SYNDROME, FIBROMYALGIA, INFERTILITY and AUTOIMMUNE DISEASES

**WHAT IS THE LINK BETWEEN TIME URGENCY PERFECTIONISM AND THE DISEASES DISCUSSED ABOVE?**

The nature of this personality type is that in order to achieve the desired perfect outcome, in a given time, a certain amount of stress is required. Each of the stress episodes related to time urgency perfectionism will cause an activation of the psychoneuroimmune system pathways. This means that for each stress the brain will release a hormone that will stimulate the secretion of hormones from the adrenal gland.

These hormones include noradrenaline and cortisol. The reason for the eventual development of the diseases described above is that the chronic, intermittent release of these hormones will lead to symptoms consistent with an oversupply of noradrenaline and cortisol. The net result is an overactive noradrenaline system and chronic immune deficiency. The science of Psychoneuroimmunology explains these disease processes in a comprehensive, physiological way. It explains the commonality, increasing occurrence and suggested genetic links between these disease processes. It explains in explicit detail all the symptoms associated with these disease processes.

**WHAT IS TIME URGENCY IMMUNE DEFICIENCY SYNDROME ( TUIDS ) ?**

We have defined a new syndrome that has time urgency perfectionism stress as its primary cause. The disease processes related to this syndrome are secondary to immune deficiency as result of Cortisol secretion and excess noradrenaline stimulation. The secondary diseases include cardiovascular diseases, metabolic syndrome, infertility, endometriosis, chronic fatigue syndrome , fibromyalgia , autoimmune diseases and cancer .

**WHY HAS THIS DISEASE OCCURRED?**

The changing demands of the world have resulted in time being all important and quality being essential. These diseases occur in both sexes and start at young ages. Increased demands in the information age where everything has to be done faster and with greater accuracy from the highest corporate officers to managing a home. The advent of technology has reduced time available to us instead of adding more time to our lives. Take note of corporate executives who sit in restaurants with their lap tops on and housewives who have to deal with refrigerators that require programming skills. It is for this reason that time management, as we had known it for decades, no longer helps us to cope with shortage of time. We need a more specific management method to deal with this stress.

**WHAT CAN YOU DO FOR YOURSELF OR YOUR FAMILY MEMBER?**

We have defined a precise management course that was developed at the Medfem Clinic - the institute for the care of women. This course is known as the Time Urgency Perfectionism Stress Management (TUPS)

Course. It can be accessed online at [www.timeurgency.com](http://www.timeurgency.com).

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