PART I
- Co-inherited RCCX gene mutations lead to overlapping genetic diseases/Syndromes in families and individuals (note TRNXB associated with varying degrees of hypermobility, from none to EDS-HT)

21 Hydroxyxase Overwhelm -> Chronic psychiatric + medical illness

CYP21A2 Mutation

CAPS (CYP21A2 Mutation Associated Neuro-Psychiatric Spectrum)

Brain wired for danger/threat:
- Big amygdala (enormous fear)
- Primed threat circuits
- Dysautonomia - Agitated myopia
- Perinatal = hypoxia, obsessive special interests
- ↑ Arousal / Acute stress response + anxiety
- ↑ Threat detection - pattern recognition
- Superior info processing
- Sensory integration

High risk for PTSD, all other 4 disorders with bad experiences

- Cortisol -> ↑ Arousal with small events
- ↑ Sympathetic NS -> ↑ gut motility, THR, dilated pupils, livedo
- ↑ Anxiety / Insomnia / Arousal / retraumatization

Acute Stress (worse with hypermobility)

Chronic Stress (Infection, POTS, CAPS, Hormonal Shift (via 21 Hydroxyxase Overwhelm)

Women + people with TNXB hypermobility possibly more affected due to orthostatic stress

PART II

CAPS + NEbau 21 Hydroxyxase Overwhelm -> PTSD

NEbau 21 Hydroxyxase Overwhelm