

HOA SYNDROME: A Stress Related Illness

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HOA Syndrome falls into the psychiatric category of Anxiety Disorders characterized by a cluster of signs and symptoms—psychophysiological indicators—similar to Post Traumatic Stress Disorder. But the biopsychosocialsexual signs and symptoms came about not from a single trauma. Rather, HOA Syndrome is due to the constant harassment by the management companies and the collection companies and the developers and the HOA board members.

There is a cluster of at least 26 Biopsychosocialsexual identified signs and symptoms of HOA Syndrome:

1. feeling angry much of the time
2. tired and fatigued
3. anxious
4. on-edge or irritable
5. unhappy in one's own home
6. depressed and sad
7. worried
8. nihilistic (hopeless)
9. over or under eating

10. sleeping disorders and/or nightmares
11. fear of going to one's own mailbox
12. paranoia
13. loss of identity
14. fear of allowing one's children to play in their own neighborhood
15. fear of having one's car ticketed or towed
16. stressed out
17. body aches and pains
18. intestinal problems and/or acid reflux
19. memory loss
20. obsessive rumination
21. temporal mandibular joint problems (TMJ) and/or grinding of teeth
22. hypervigilance
23. restlessness
24. fear of losing one's pet
25. sexual dysfunction
26. general family conflict

Management companies, collection companies, developers and HOA board members put communities and the individual homeowners under a great deal of stress. Stress related research reveals the following 14 key points:

1...

In the beginning the purpose of stress was to save us. Animals experienced about three minutes of stress per day.

WHY: Because animals hunted other animals. So, for about three minutes per day one animal ran away while another animal ran after them. It was kill or be killed; feast or famine; survival of the fittest. But, after that three minutes, the stress was gone.

2...

Stress was once a survival tool, now it is harming and killing us.

WHY: Stress is, in some situations, constant. It exists 24 hours a day, 7 days a week, 365 days a year.

3...

The most intensive kind of stress comes from living in HOAs.

WHY: Like a war zone, the HOAs induce constant stress on homeowners. The attacks on homeowners are relentless. The harassment is constant; never ending. As long as the homeowner lives in the community the stress remains.

4...

Stress is not a state of mind. It can be measured. It is dangerous. It is the

new plague. It can lead to serious illness and death.

WHY: Chronic stress can kill brain cells making the problem a health care emergency. Stress adds fat to the belly. Stress shrinks chromosomes. Stress destroys cells and neurons.

5...

Studies show that humans induce a great deal of stress on each other.

WHY: With so much free time on our hands, the Westernized stress related disease of HOA Syndrome has come about as a result of one human attempting to induce stress on another.

6...

Studies show that this is related to hierarchy and class.

WHY: Those who live in the community are lower in class than those who are on the HOA boards, management companies, collection companies, and development companies.

7...

Studies show that hormone levels increase.

WHY: When the body is under stress adrenalin levels,

epinephrin and glucocorticoids, hit critical levels.

8...

Both epinephrin and glucocorticoids are critical to a human's survival; they are the backbones of the stress response.

WHY: Epinephrin and glucocorticoids are required to deal with stress. All other body functions related to growth, blood pressure, tissue, ovulation, cell repair, etc., shut down. The bodies only function is to survive the stress. No other growth takes place. In fact, the body becomes sick.

9...

HOAs turn on non-stop psychological stress responders.

WHY: The brain feels that the self is constantly under attack from the HOA. It is trying to protect the self from the onslaught of HOA related stress.

10...

The Brain is incapable of turning off the HOA stress.

WHY: They brain can't tell the difference from a life threatening events and an HOA event. When this happens the body is soaked in a sea of hormones which brings about; a) hyperventilation, b) anger, c) rage, d) heart pounding, e)

lack of focus, f) muscle tension, g) sleep interruption, h) body aches and pains, i) sexual dysfunction, j) fear of speaking in public, k) fear of their neighbors, l) fear of going to their mailbox, m) weight gain, n) shutting down of the immune system, o) clinic depression, p) family conflict, q) artery blockage–arteriosclerosis, r) chromosome damage, s) tellemiar and cellular damage, t) anxiety, u) shrinkage of the hippocampus, n) memory loss, w) decrease in dopamine, x) in- utero birth complications and childhood baring problems–neurological damage, y) psychiatric illness, z) somatic complaints, aa) cellular damage, bb) enzyme depletion, all of which decrease the quality and length of one’s life.

All of the above are the brain’s natural response to stress; insult which cause great damage to humans. The brain needs the hormones to take over and shut down all other normal body mechanisms. Scientific studies validate the aforementioned. The lack of compassion on the part of HOAs can hurt or kill people. Furthermore, scientific evidence shows that communities will thrive and grow in the absence of HOAs, management companies, collection companies and developers.

11...

There is good stress and bad stress.

WHY: Stress is the bodies way of dealing with something fun or some thing that is life threatening. Therefore, stress

can be good or it can be bad; it depends on the kind of stress that the body is experiencing. Transient stress is good; HOA, which is constant stress, is bad.

12...

HOAs produce a bad kind of stress.

WHY: Individuals feel like the management companies, collection companies, developers, and HOA board members control the homeowner's life. For those taking the control, HOA board members, management companies, collection companies, and developers they experience good stress because it gives them pleasure to create bad stress on homeowners. Rubbing the homeowner's nose in the fact that they have no control or power.

13...

HOA board members, management companies, collection companies and developers become addicted to inducing stress on homeowners.

WHY: They experience an adrenalin surge in their bodies as a result of each inducing stress onto homeowners. In time, they need the hormone rush to feel good in the same way that an alcoholic or a drug addict needs these substances in their body to feel good.

14...

The hormone levels of the HOA board members, management companies, collection companies, or developers--the Alphas--will be low, causing no harm to their bodies. The homeowners--the Betas/Omegas--who are being harassed by the HOA board members, management companies, collection companies, and developers will have high hormone levels.

WHY: Depending where one is in the hierarchy directly relates to the body's hormone levels. Those on the highest hierarchal level experience less hormone damage than those on the second highest level. And those on the second highest hierarchal level experience less hormonal damage than those on the third highest level, and so on. HOA board members, management companies, collection companies, and developers love what they do while homeowners suffer the worst imaginable psychological and physiological insult.

Stress causes emotional and physical harm.

HOAs induce stress.

HOAs cause emotional and physical harm.

The antidote...

Shut down the HOAs and create stress-free communities

or

Have all homeowners sign a waver of responsibility when
purchasing a home in an HOA

and

Have a medical doctor perform a complete exam
including blood work-up and MRI for all those who will
be living in the property including rental property.

www.HOASyndrome.com/www.HOA-busters.com/www.HOAbusters.org