To the brain, getting burned, getting dumped feel the same - CNN.com

(Health.com) -- Science has finally confirmed what anyone who's ever been in love already knows: Heartbreak really does hurt.

In a new study using functional magnetic resonance imaging (fMRI), researchers have found that the same brain networks that are activated when you're burned by hot coffee also light up when you think about a lover who has spurned you.

In other words, the brain doesn't appear to firmly distinguish between physical pain and intense emotional pain. Heartache and painful breakups are "more than just metaphors," says Ethan Kross, Ph.D., the lead researcher and an assistant professor of psychology at the University of Michigan, in Ann Arbor.

Health.com: How to keep chronic pain from straining your friendships

The study, which was published in the journal Proceedings of the National Academy of Sciences, illuminates the role that feelings of rejection and other emotional trauma can play in the development of chronic pain disorders such as fibromyalgia, Kross says. And, he adds, it raises interesting questions about whether treating physical pain can help to relieve emotional pain, and vice versa.

"What's exciting about these findings," he says, "is that they outline

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http://www.cnn.com/2011/HEALTH/03/28/burn.heartbreak.same.to.brain...
You can use meditation and numerous approaches to condition yourself out of physical pain, since all pain is signaled from the brain. Many suffering from cancer, for example, are finding their way out of physical pain through the mind.

We have abilities yet to be discovered. Our brains are very powe... more

6 hours ago | Like | Report abuse

Sbul

Yes, this is possible and some people have gotten quite good at it. One trick is you have to increase your brains production of endorphins. It’s probably not desirable like not having a fear response as you would probably hurt yourself more if you were able to not feel the pain resulting in damage ... more

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hadronsurfer

Ah, no.....Mainstream science bimbos trying to convince you of something that isn’t true to anyone. Where did they hatch this up.

23 hours ago | Like | Report abuse

hadronsurfer

@illuvunn: “You have the kind of schooling that doesn’t teach students to use a question make at the end of questions.”

what?!? :-)) do you wonder why people around the world mock Americans?

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illuvunn

hadronsurfer said: "How are you different. So tell me, what kind of schooling do I have." You have the kind of schooling that doesn't teach students to use a question make at the end of questions.hadronsurfer said: "This article is simply stupidly written with several non-sequitirs. As someone here s... more

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hadronsurfer

Nope. Try again t3chsupp0rt. When my eyeballs read something stupid, and something intelligent and constructive, the same nerves are firing, but it certainly doesn't feel the same.

13 hours ago | Like | Report abuse

t3chsupp0rt

Making meth in a basement doesn't make you a scientist.

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hadronsurfer

You are doing what Sbul? Scientists are notoriously arrogant, often wrong. How are you different. So tell me, what kind of schooling do I have. This article is simply stupidly written with several non-sequitirs. As someone here said, anyone knows these sensations have nothing to do with one ano... more

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Sbul

I am sorry you have such difficulty understanding science perhaps if you stayed in school and learned you have something interesting to say other then to call people names.

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hadronsurfer

?? Sarah Palin is not even on my radar. Since you know who I am, you are about as psychic as madame ruby downtown. Call it if you know it, if you don't then stop "projecting" wharfdog222. Like I said, fibromyalgia is to coffee scalds what you are to relevance.

18 hours ago | Like | Report abuse

wharfdog222

You are a scientist in the way that Sarah Palin is a Nuclear Physicist.

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