

A software program that was released by Microsoft in 1998, Visual Foxpro is a business-oriented programming language for Windows. The software has been left abandoned since 2008 and now only works with Windows XP Service Pack 2 or higher versions. In this blog post, we will show you how to install and use this unsupported Fox Pro program with any version of Windows 7 or later.

ARTICLES & BLOG POSTS | WRITING AN INTRODUCTION TO A RESEARCH PAPER Article: "The Effects of Stress on the Central Nervous System" http://www.mountainwestlabs.com/research/text_files/EffectsStressCentralNervousSystem.pdf The federal government has spent millions of dollars on research to find solutions for this. However, the findings have not produced any concrete solutions for these problems. One of those problems is stress. Of course, stress can be a very positive thing; however, it may also cause painful and debilitating symptoms such as poor memory and thinking as well as eating disorders such as anorexia nervosa and bulimia nervosa (Anderson). Therefore, there is a great need for research to help cure mental illness with the help of pharmaceutical drugs that create a chemical imbalance in the brain (Anderson). Stress is defined as, "the internal force or tension resulting from an adjustment to a new external situation" (Psychology Dictionary). Simply stated, stress usually results from changing one's environment; this can be anything from changing jobs to moving to a different town (Hoover). Stress causes the body's central nervous system to overload. The central nervous system mainly consists of the brain and spinal cord. The brain controls all of our emotions and thoughts as well as our motor skills. The spinal cord connects the brain at the back of the head to all parts of our body. The central nervous system can affect us physically, mentally, and emotionally. Our emotional state affects not only how we think and how we feel, but it can have a physical effect on the central nervous system. Stress causes our bodily system to release stress-related hormones such as adrenaline or cortisol. Hormones are made naturally in the body and help regulate our appetite, sleep, and other bodily functions. In general, these hormone releases keep us from being sick or hurt by keeping our cells from dying off too fast. However, when the body produces too much of these hormones (especially cortisol), it leads to chronic illness and tissue damage (Hoover). The brain is also affected by stress; however, it does not register in the same way that the body does (Anderson). Usually, the brain registers the stress as pain. This is because the brain has nerve endings that go to any part of our body. When our nerves are stimulated by stress, they send signals directly to the body's central nervous system. Because of this direct connection, any changes in your body's central nervous system can affect your brain. With all of these physical conditions that take place in the central nervous system, it should be obvious how stress can affect not only one's mental state but their physical state as well. The amount of physical illness caused by stress is debatable; however, there are many physical problems that come with chronic stress (Anderson).

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