



Can Energy Vampires Make You Physically Ill?

Adapted from *Dodging Energy Vampires*

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Have you ever seen a couple that just did not seem to make sense? A stunningly attractive, healthy man with an overweight, puffy, unhealthy and tired-looking woman? Or the other way around? I am guessing you have. And you may have found yourself wondering, “What does he see in her?” Here is the thing. . . some of these pairings are energy vampire relationships. The person who looks like a million bucks is an energy vampire, and the person who looks drained and sick is a highly sensitive person — and the energy vampire’s narcissistic supply. The highly sensitive person is the source of the energy vampire’s life energy. It is literally like a transfusion is occurring in which the vampire is draining the empath. Individuals who can see and sense energy can even observe this as energy cords between the two people.

Once you begin to understand the dynamics of an energy vampire relationship, you will begin to observe how the energy vampire — when he or she does not have a source of narcissistic supply — suddenly becomes like a black hole. That “life of the party” person you always enjoyed being around is reduced to a boring, complaining individual with nothing to offer. One of my colleagues told me that she can always tell when her former energy vampire husband has a new girlfriend — he suddenly cleans up, works out and looks like he is glowingly healthy. But when he is

without a source to plug into, he looks old and tired. And, he is extremely boring to be around. This is also when he is apt to call her. Just to get a little “hit” of her energy. She no longer takes the calls.

This relationship of an energy vampire to their source of supply is akin to what happens in nature when a parasitic plant such as mistletoe overtakes an elm tree. Mistletoe grows within the vascular system of a tree and extracts nutrients and water from that tree for survival. This is obviously not good for the health of the tree. Depending on how much the mistletoe takes over, it may actually end up killing the tree. It is the same for those in relationship with an energy vampire. If an empath has a strong constitution, eats well and takes care of him or herself in other ways, then he or she may well be able to withstand the energy drain imposed by the vampire. For a while.

But over time, it takes a toll — and that is when the effects of being with an energy vampire are not just emotional or about feeling drained. The disparity in appearances is the first step toward a whole array of physical ailments that are often just as painful and dangerous as the psychological ones. In my experience, I have seen that highly sensitive people who stay in vampire relationships eventually end up suffering from health issues like adrenal fatigue, chronic Lyme disease, thyroid disorders, an inability to lose weight,



irritable bowel syndrome, diabetes, breast cancer and so-called mystery illnesses and autoimmune disorders that do not respond well to conventional medical treatments. In fact, I would say that in my decades of experience on the front lines of women's health, the root cause of an individual's health problems is very often that they are involved with an energy vampire — either at home or at work. And until that is addressed, no exercise, meditation, yoga or nutritional program is going to permanently help them regain and maintain their health. That is because every time they put a deposit in their health bank account — by going on a yoga retreat or a juice cleanse or getting

about in an energy vampire relationship. On a basic level, the stress of having to deal with constant disappointment, negativity, trying to “fix” someone, deception and all the other things that go with an energy vampire relationship can lead to physical symptoms because of the chronic, unrelenting release of stress hormones in the body. It is very well documented that people who are exposed to chronic social conflict experience dysregulation of the immune system, thereby increasing their susceptibility to all kinds of infectious diseases including so-called autoimmune disorders. According to WebMD, 75 to 90 percent of all visits to primary-care doctors are for

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a massage — the energy vampire in their lives just drains them as soon as they return home.

One of my colleagues, who has a Ph.D. in nutrition and is also a yoga teacher who has given workshops internationally on healthy lifestyles and diets, was married to an energy vampire for 20 years. And despite all of her knowledge and healthy behavior, she still suffered from debilitating adrenal fatigue and weight gain — despite an enormous amount of regular exercise. She took many trips to exotic places for health retreats. And I always wondered why she traveled so much. It turns out it was the only way she knew to survive. Because every time she returned home — all glowing and healthy — the same old vampire tactics drained her within a few weeks. And she was right back where she started.

In a recent phone conversation, psychologist Sandra L. Brown reported that fully 75 percent of the women who come to her retreats to recover from narcissistic abuse suffer from autoimmune disorders and the kinds of things I mentioned above.

So, let us look at how physical health issues come

stress-related complaints.¹ I can certainly attest to the validity of this from my own years in practice.

In their groundbreaking publication *Stress in America: Our Health at Risk*, released in 2012, the American Psychological Association surveyed Americans in the East, Midwest, South and West. And though there were differences in the stressors listed in every region, relationship and family stressors were some of the most common stressors throughout the entire country.² If you were to drill down on exactly what these relationship stressors were, I have no doubt that you would find that an inordinate amount of the relationship stress results from trying to get an energy vampire to take responsibility for his or her actions — or cleaning up after them.

So, what happens when someone is under unrelenting stress? The adrenals produce a stress hormone known as cortisol. Under normal circumstances, small amounts of cortisol suppress inflammation and provide you with the ability to get out of danger. However, when cortisol levels remain high, the body actually begins to produce inflammatory chemicals known as cytokines. And these are associated with a



whole host of symptoms, including headaches, weight gain, digestive problems, joint pain and swelling, fibromyalgia, arthritis and eventually diabetes and heart disease. You see, chronic cellular inflammation is the root cause of almost all chronic degenerative disease, including cancer and diabetes.

Right now, many people with so-called autoimmune disorders are being told that their real problem is a virus, like Epstein-Barr. And while there is a level of truth to this, it is an incomplete explanation. There are millions of viruses around us and in us all the time. In fact, they are an innate and often helpful part of what is known as our “microbiome” — the trillions of bacteria and viruses that live in and on us all the time — and which are responsible for keeping us balanced and well. The only time that a virus such as Epstein-Barr (of which there are hundreds of types, including all the herpes viruses) becomes a problem is when your immune system is off balance because of chronic stress and cortisol levels that are too high! This is when your body is not able to keep them in check naturally.

How often have you found yourself popping NSAIDS (nonsteroidal anti-inflammatory drugs) on a regular basis to ease the pain resulting from chronic cellular inflammation? Got a headache? Pop an ibuprofen. You get the picture. The problem with masking the

pain of cellular inflammation with drugs is that it never addresses the real problem, which is the energy vampire causing you to live with perpetual stress.

Chronically high cortisol levels also wreak havoc with hormone levels. Libido often goes away when someone is under stress. And libido, which we often think of as just sex drive, is actually a subcategory of something much broader — something known as “chi” in traditional Chinese medicine. Chi is a good measure of one’s life force. When there is excess cortisol, estrogen gets metabolized into an additional stress hormone — especially during perimenopause. Excess cortisol also results in high insulin levels and swings in blood sugar. The end result of all that is an insatiable craving for sweets or alcohol, weight gain and inability to get a good night’s sleep. All of this tends to show up big-time at midlife, a time when our souls cry out to be heard. And when we find ourselves far less able to tolerate — at least physically — the manipulation of an energy vampire. €



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