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,
It is very well documented that people who are exposed to chronic social conflict experience dysregulation of the immune system...
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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References