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Neutrophils high meaning

"Friggin jerk!" Cecily screamed at the man in the blue Volvo who swerved too close for comfort. Even though her two young sons were in the car, she raged on, "What are you, a moron? Where did you learn to drive? I hope you rot."Cecily wanted help controlling her reactions. She knew instinctively her temper was damaging to her children and contributed to her high blood pressure. When Cecily described her road rage to me, she described herself as being angry with the man in the Blue Volvo. "Of course you were," I validated, "After all, the driver scared the heck out of you." But then, I explained to Cecily how she acted out that anger by yelling. Cecily grew up in a family with lots of shouting and sometimes some hitting. Cecily naturally thought yelling and hitting WAS anger. I explained that from an emotion science standpoint, "anger" referred only to the internal experience. When her parents yelled, shouted, said mean things or hit her, they were acting out their anger. This distinction was an important one to understand.Most people fear anger because they equate it with hurtful, scary and destructive actions. It's an easy mistake to make. Anger happens so fast that the internal experience and the actions that follow appear to be one and the same. We have the internal experience and we act on it in an instant. We feel it! We act! With a little practice, we can slow down the whole experience of being angry into the two steps it actually is. By slowing down just a little bit, we can begin to notice a variety of things happening inside that hold the key to managing anger much more effectively. If we don't actively slow down, however, the fuel inherent in our anger will speed us up and we will react almost immediately after the emotion is triggered in our middle brain. I explained to Cecily that we had to help her learn to experience her anger but NOT discharge it with yelling. I suggested, "Let's break down your experience into two steps: 1) The internal experience of your anger and 2) the expression of your anger.So, what does it mean to simply experience our anger (without acting it out)?First it means to just notice and validate that you are angry and what happened that just triggered it. You may sense it as a jolt to your system or a rush of energy from your core. You say to yourself something like, "I notice I am angry. I think my anger arose just after the waiter took someone else's order even though I was next in line."Your anger is actually just a bunch of physical sensations. If you can slow down enough, you can sense the sensations of anger and describe them to yourself. And that is exactly what I teach people to do. An example of something I might say in a therapy session is, "Notice what is happening to you physically. Notice the sensations you are having and notice the flow of the energy that anger generates. Where do you notice the anger in your body? What is it like?"Your anger has impulses towards the one who hurt you. The impulses of anger are aggressive by nature. Anger wants to be nasty, even though other parts of you may want to be nice or calm. You can notice the impulses your anger brings forth: wanting to yell at drivers, to say mean things to people, or to lash out physically against those who anger you.Staying with the experience of anger without doing anything is a challenge. And that's one reason so many people discharge their anger by yelling, insulting, blaming, hitting, or abusing others. We do those things to discharge the energy of the anger; to get rid of the bad/painful/scary/angry feelings inside of us. And it works in the moment. But there are always negative consequences to acting out. In summary, when we react in impulsive ways as a result of our anger, we are acting out.There is also a term called acting in. Acting in means we turn all that angry energy against our Self, causing us harm. Types of acting in include cutting, starving, binging, doing drugs, and blocking our anger with depression and anxiety. What helps us thrive in life is to learn to fully experience our anger but have the control of how and when we chose to act on it. When someone hurts us, we need to tune into our physical reactions and validate to our Self that we are indeed angry. We need to know who angered us, what we are angry about, and to listen to the impulse, which tells us how angry we are. The very last step is to think through the best course of action.What are constructive courses of action?Asserting one's needs effectively with kindness and strength. A helpful image is to imagine putting your anger in your back bone and saying something like, "It's important to me that you help out with the housework" or "It's important to me that when I say 'NO' you back off and don't continue to try to get your way."Setting boundaries with firmness and when possible with a calm and clear tone of voice. For example, "I don't want you criticizing me or calling me names. If something I am doing is bothering you, let's talk about it respectfully." Or, "I do not like it when you touch me without asking if I'm ok with it." Or, "If you're going to be late, please let me know."Tending to childhood wounds. Sometimes we have blocked anger from our childhood that leaks out in the present. If you suspect you have unaddressed anger that is negatively affecting your life today, it is a great idea to seek support. Many therapists, especially emotion-centered and trauma therapists are trained to help you release pent up anger in a safe way.Noticing our internal experience is a practice honed over a lifetime. The benefit is that it enables us to listen to our anger, to be informed by our anger and not ruled by it. When we can tune into our anger before we react, and we have time to think before we react. When we can think and feel our anger at the same time, we can choose a response that is helpful and not hurtful. So...why are people mean? Because people act out their anger instead of first experiencing it internally. They react from the primary impulse of the anger, which always wants to be mean and aggressive.You do not need to be in therapy to work on your anger. You can begin practicing slowing down in the midst of your reactions and getting to know your internal experience any time you want. What physical sensations do you have when you're angry?To read about a time when I did this for myself, check out a past post here. Adult acute lymphoblastic leukemia is cancer of the blood and bone marrow that causes signs and symptoms like petechiae, weight loss, and shortness of breath. Treatment may involve radiation therapy, chemotherapy, targeted therapy, and/or chemotherapy with a stem cell transplant. Adult acute myeloid leukemia is a form of cancer that causes signs and symptoms like easy bruising, weight loss, petechiae, and fever. Treatment may incorporate radiation therapy, chemotherapy, stem cell transplant, and drug therapy. Childhood acute lymphoblastic leukemia is the most common form of cancer in children. Easy bruising, fever, bone pain, weakness, and appetite loss are signs and symptoms of childhood ALL. Treatments for childhood ALL include radiation therapy, chemotherapy, chemotherapy with a stem cell transplant, and targeted therapy. Childhood acute myeloid leukemia is a cancer of the bone marrow or blood. Symptoms include fever, night sweats, rash, painless lumps, and easy bleeding. Treatment options include chemotherapy, radiation therapy, stem cell transplant, and targeted therapy. Leukemia is a cancer of the blood-forming cells in the bone marrow. Fevers, night sweats, frequent infections, fatigue, weight loss, and easy bleeding or bruising are symptoms of leukemia. Leukemia is diagnosed with blood tests, biopsies, chest X-rays, and lumbar puncture. Treatment for leukemia may involve chemotherapy, targeted therapy, biological therapy, radiation, stem cell transplantation, surgery, or a combination of these. Many factors determine the prognosis for leukemia. Myelodysplastic/myeloproliferative neoplasms are a group of diseases in which the bone marrow makes too many white blood cells. These are types of leukemia. Myelodysplastic/myeloproliferative neoplasms have features of both myelodysplastic syndromes and myeloproliferative neoplasms. Both Margie and I continued to be shocked that adults, often women, frequently make arbitrary requests with either an ambiguous time frame or no time frame at all — and are surprised when no real consequences are achieved. As people it is our right to say what we need, when we need it and how we need it done. This clarity not only benefits the asker, but also spares the recipient the task and time of being an ineffective mind reader. While no one request is guaranteed to change the course of your career, business, relationship or life, any single request can. Requests have the potential to make a profound difference to the quality of your life and your ability to achieve the success you want. Sure, just because you ask for something doesn't guarantee that you will get it. But not asking does guarantee you won't! Would you really prefer the certainty of having your needs unmet over the possibility of having them met? Surely not! Two Ingredients of a Powerful Request For a request to hold any water it needs to specify not just a "what" (what you would like to have occur that presently isn't), but also a "when" (by when it needs to happen). These are the "conditions of satisfaction" by which you and others can assess whether a commitment has been properly fulfilled. Asking for something to be done "soon" or "when you have time" leaves the door wide open for unmet expectations, frustration and disappointment. It also doesn't allow you to hold people accountable when they fail to do what you wanted. You Get What You Tolerate! It's a rule of life that you get what you tolerate - whether in your relationships, your career or your life. Making more and better requests will go a long way toward eliminating the "tolerations" in your life. It may be making a request of your husband or children to take on an extra responsibility on the home front; your boss, partner or colleague to change the way they are communicating with you on projects; your employee to honor an existing commitment or even of your cleaning lady to stop hiding the remote control in obscure places! Complaining about your problems never solves them; whining about unmet needs never fulfills them. People aren't mind readers and assuming others should automatically know what you want or need is a surefire recipe for resentment. Harness the Law of Attraction The Law of Attraction states that what we focus on expands. When you focus on what you want (fulfilled needs and a rich joy-filled life) as distinct from what you don't want (unfulfilled needs and a life filled with "tolerations") and then take the actions to get it (e.g., make requests) your life can only change for the better. So as you get on with the rest of your day, I invite you to think about what requests you could be making that you aren't and then, start making them. Don't water down what you really want in order to minimize the possibility of being turned down. Rather be bold and ask for what you would ideally absolutely really and truly loooooove to have happen. If, in the end, you have to negotiate and you end up with not quite what you wanted, you're still better off than before. At a minimum, you create a new context in the ensuing conversation, and even if it's an outright "no" that comes back your way, at least now you know where things stand and can move on, plan and make changes accordingly. Don't Sell Out on Yourself: Ask for What You Really Want! If you have big dreams that are inspiring you and big goals that are stretching you (which I sure hope you do!), then you need to get into the practice of making more, bigger, better and bolder requests! Asking less from yourself, from others and from life than you really want doesn't serve anyone. Take responsibility for your experience of life and make the decision, starting right now, not to let another hour pass you by settling for your needs going unmet, your frustrations running unfettered and your life passing uncherished. Life's too short! You are capable of more than you think — including making bolder requests than you've made up 'til now. Don't believe me? Then allow me to request that you try starting today! I would love to hear your thoughts on Margie's suggestions. More importantly, tomorrow, I would love for you to share a new experience that had you saying what you meant and meaning what you say. Facebook Twitter LinkedIn Pinterest A neutrophil is a type of white blood cell, one of the chief cells that fight infection. Neutrophils are made in the bone marrow and circulate in the bloodstream wherever they are needed.Normally, a serious bacterial infection causes the body to produce an increased number of neutrophils, resulting in a higher than normal white blood cell count. But, if there is a disorder in the neutrophil — in their makeup or number — they can't do their job. Neutrophil disorders include neutropenia, Shwachman-Diamond syndrome and cyclic neutropenia. Going public refers to a private company's initial public offering (IPO), thus becoming a publicly-traded and owned entity. Businesses usually go public to raise capital in hopes of expanding. Additionally, venture capitalists may use IPOs as an exit strategy (a way of getting out of their investment in a company). Going public refers to a private company's initial public offering (IPO), thus becoming a publicly-traded and owned entity. Going public increases prestige and helps a company raise capital to invest in future operations, expansion, or acquisitions. However, going public diversifies ownership, imposes restrictions on management, and opens the company up to regulatory constraints. The IPO process begins with contacting an investment bank and making certain decisions, such as the number and price of the shares that will be issued. Investment banks take on the task of underwriting, or becoming owners of the shares and assuming legal responsibility for them. The goal of the underwriter is to sell the shares to the public for more than what was paid to the original owners of the company. Deals between investment banks and issuing companies can be valued at hundreds of millions of dollars, some even hitting \$1 billion or more. The number of U.S. companies that went public in 2019. Going public does have positive and negative effects, which companies must consider. Advantages: Strengthens capital base, makes acquisitions easier, diversifies ownership, and increases prestige. Disadvantages: Puts pressure on short-term growth, increases costs, imposes more restrictions on management and trading, forces disclosure to the public, and makes former business owners lose control of decision making. For some entrepreneurs, taking a company public is the ultimate dream and mark of success, one that is accompanied by a large payout. However, before an IPO can even be discussed, a company must meet requirements laid out by the underwriters. The company has predictable and consistent revenue. Public markets do not like it when a company misses earnings or has trouble predicting what they will be. The business needs to be mature enough that it can reliably predict the next quarter and the next year's expected earnings. There is extra cash to fund the IPO process. It is not cheap to go public, and many expenses start occurring long before the IPO. The funds raised from going public can't necessarily be used to pay for those costs. There is still plenty of growth potential in the business sector. The market does not want to invest in a company with no growth prospects; it wants a company with reliable earnings today, but one that also has lots of proven room to grow in the future. The company should be one of the top players in the industry. When investors are looking at buying in, they will compare it to the other companies in the space. There should be a strong management team in place. Audited financials are a requirement for public companies. There should be strong business processes in place. This one is valuable even if a company stays private, but going public means each aspect of how the company is run will be critiqued. The debt-to-equity ratio should be low. This ratio can be one of the biggest factors in derailing a successful IPO. With a highly leveraged company, it is hard to get a good initial price for the stock, and the company may encounter stock sales problems. The company has a long-term business plan with financials spelled out for the next three to five years to help the market see that the company knows where it's going. Quality of leadership is one of the biggest factors investors look at, beyond the financials, when considering buying into a company. Some underwriters require revenues of \$10 million to \$20 million per year with profits of around \$1 million. Not only that, but management teams should show future growth rates of about 25% per year in a five- to seven-year span. While there are exceptions to these requirements, there is no doubt how much hard work entrepreneurs must put in before they collect the big rewards of an IPO. (For related reading, see: What Are the Advantages and Disadvantages for a Company Going Public?)

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