

Your Stress Response

Sympathetic
"Fight or Flight"

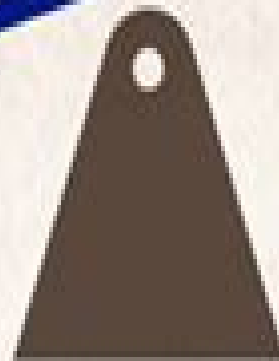
SYSTEMS

IMMUNE
DIGESTION
REPRODUCTION
THYROID



SYMPTOMS

ALLERGY (FOOD/ENVIRONMENT)
INFECTION
IBS (IRRITABLE BOWEL SYNDROME)
PMS/MENOPAUSAL SYMPTOMS
THYROID DISORDERS



SYMPTOMS

CHRONIC FATIGUE
CHRONIC PAIN
ANXIETY
INSOMNIA



SYSTEMS

HEART
LUNGS
METABOLISM

Parasympathetic
"Rest and Digest"

Stress Response Syndromes

SJ Ball



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