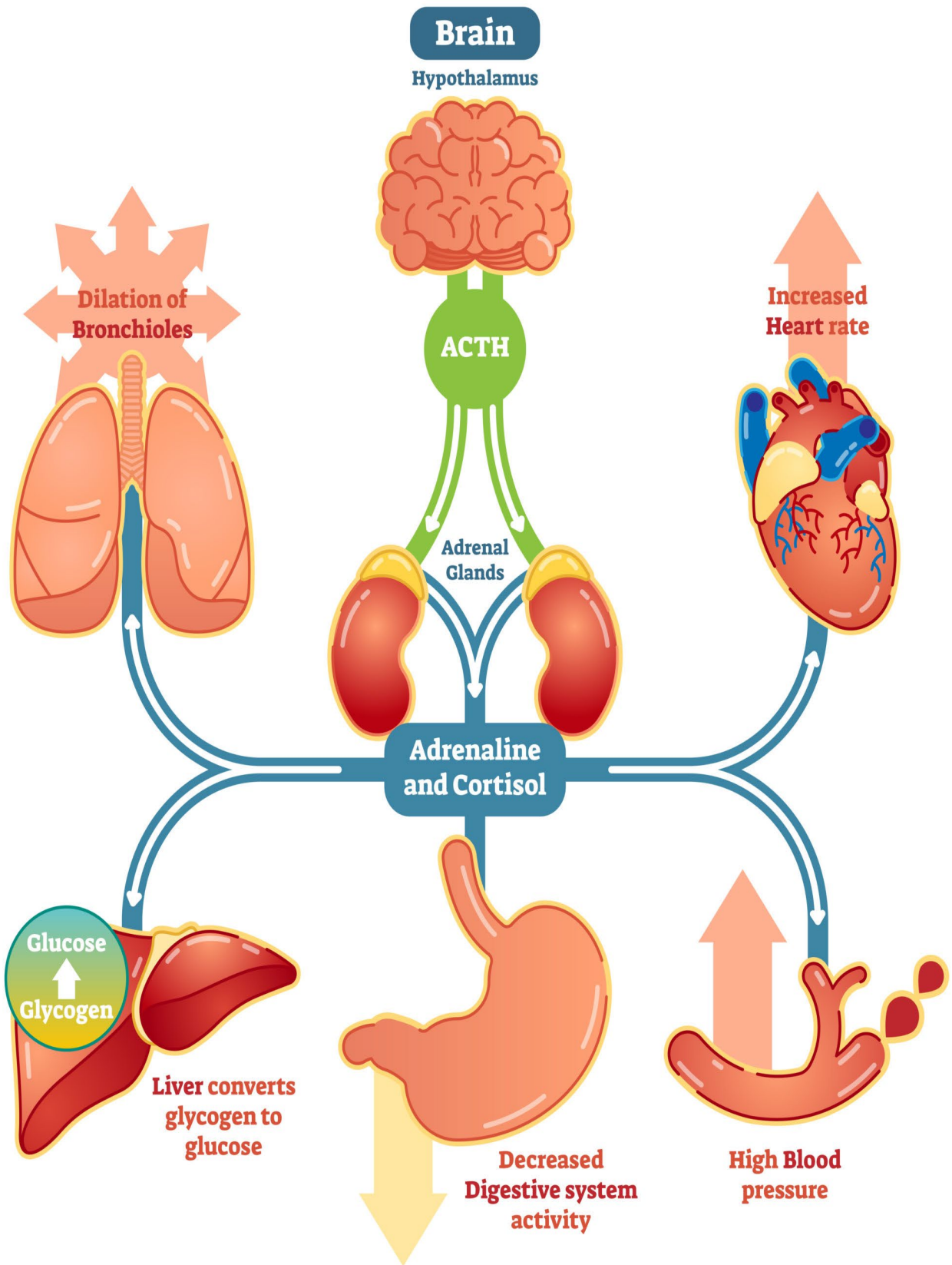
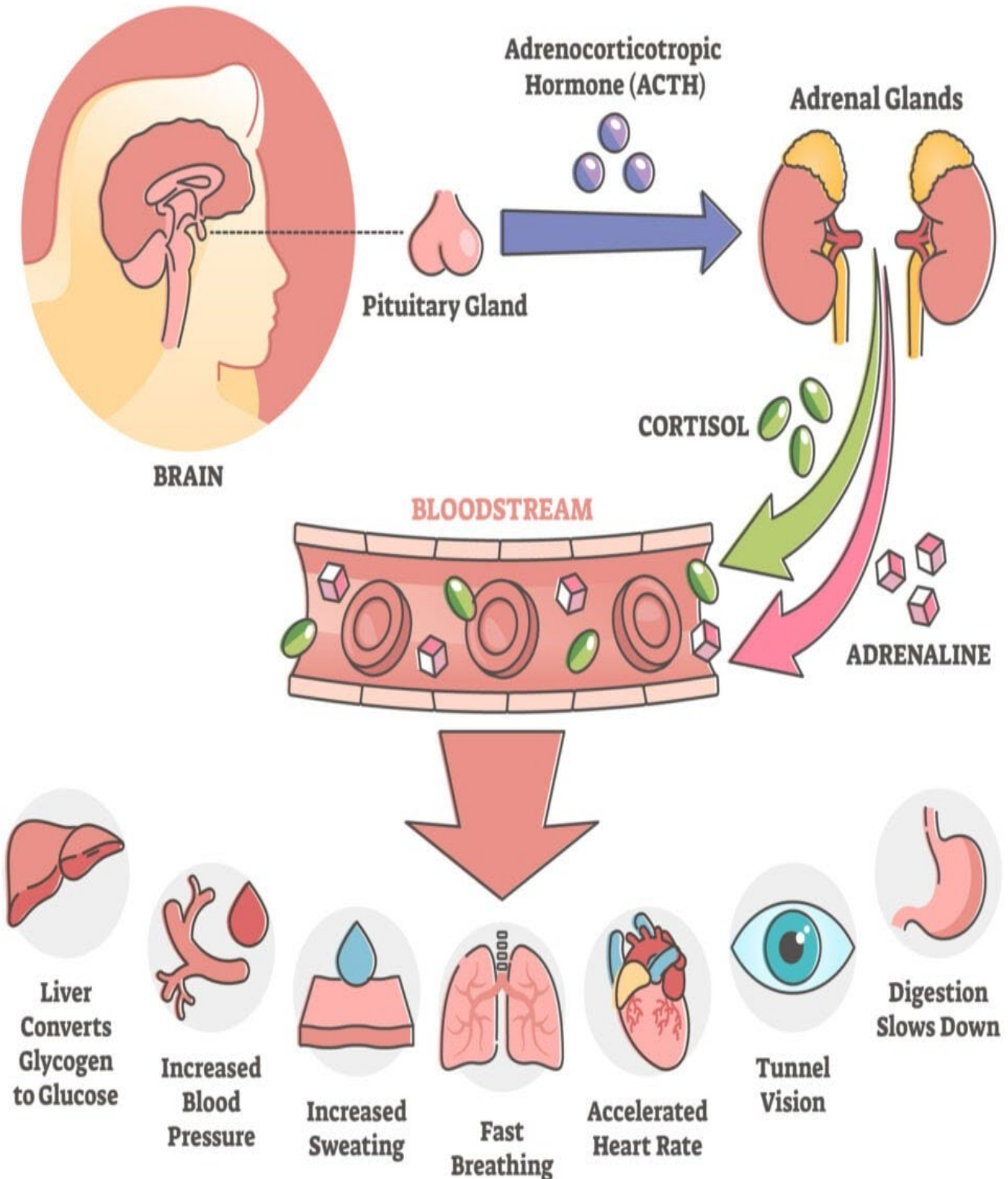


STRESS RESPONSE SYSTEM



STRESS RESPONSE



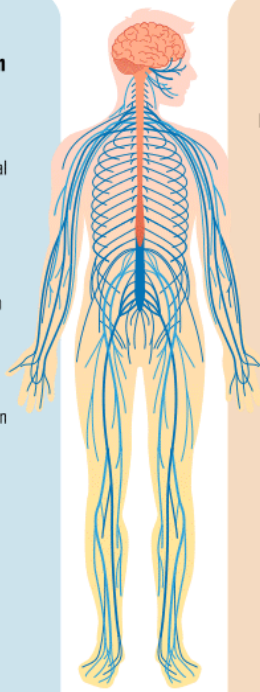
Autonomic Nervous System

Sympathetic Nervous System

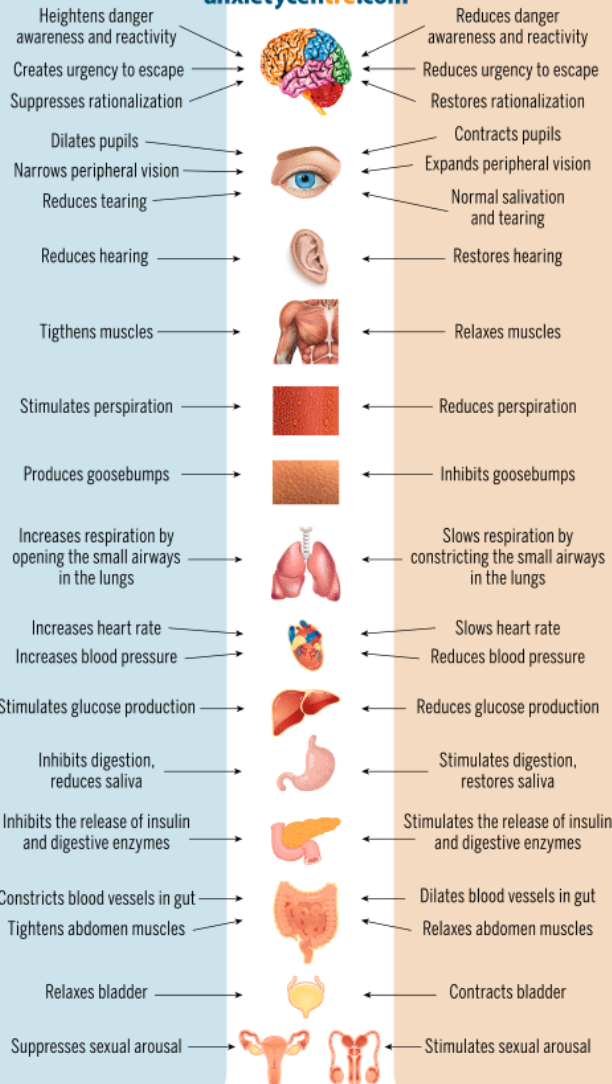
- Heightens senses
- Suspends nonessential bodily functions
- Enhances immune response
- Increases metabolism
- Decreases insulin sensitivity
- Suppresses production of testosterone
- Suppresses growth system
- Increases blood clotting
- Interferes with rest and sleep

Parasympathetic Nervous System

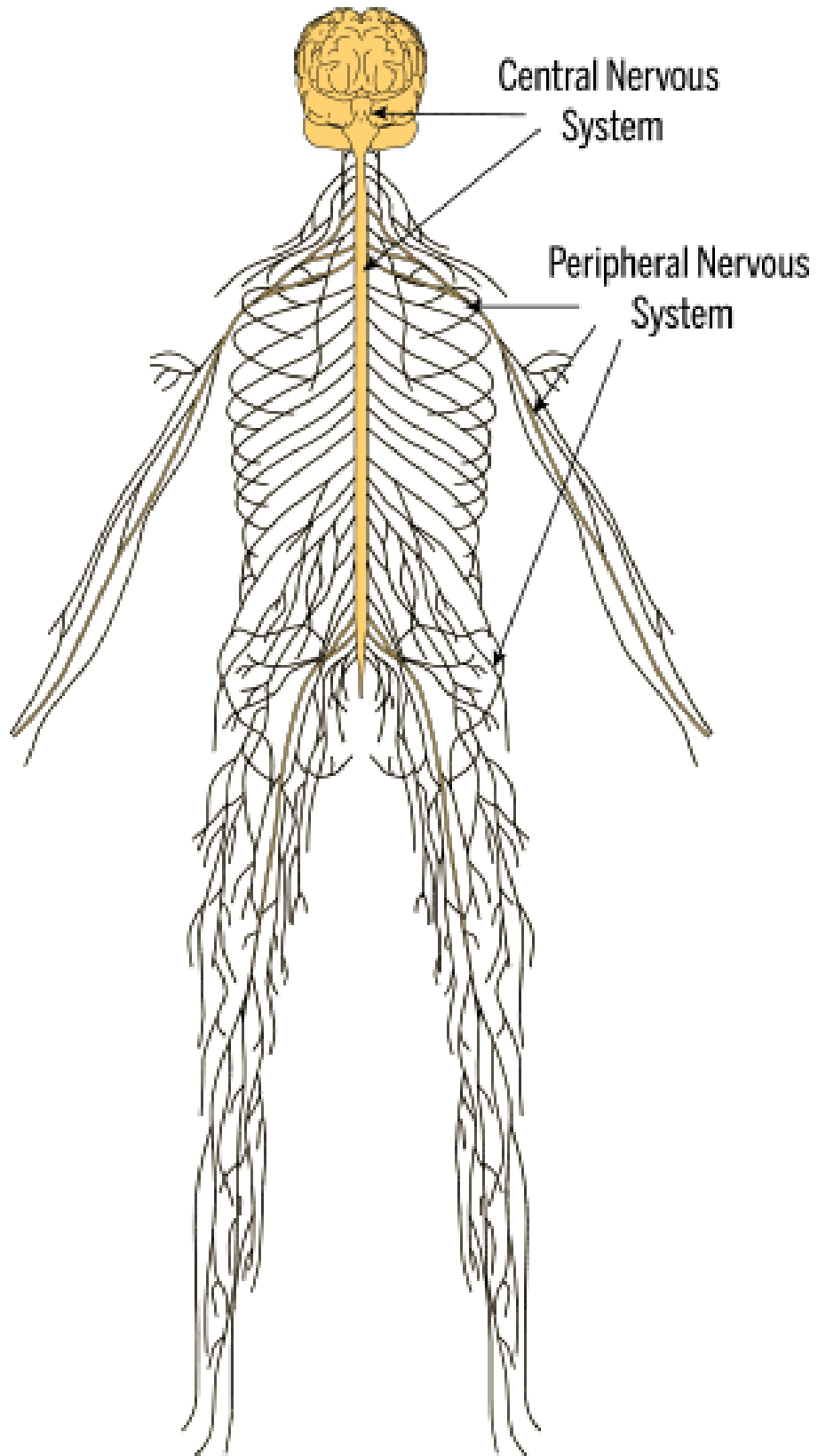
- Normal sensory perception
- Restores nonessential bodily functions
- Restores normal immune response
- Decreases metabolism
- Increases insulin sensitivity
- Stimulates production of testosterone
- Stimulates growth system
- Restores normal blood clotting
- Promotes rest and sleep

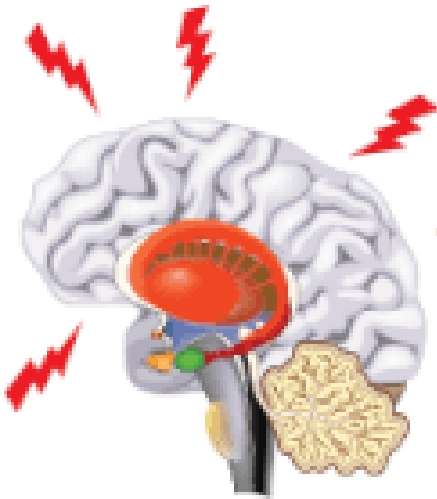


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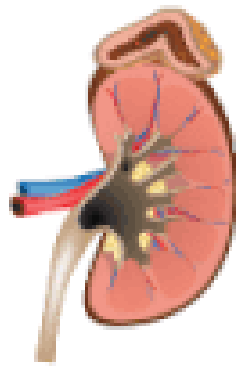
Nervous System



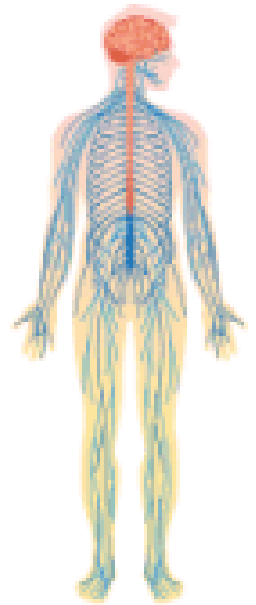


Alarm!

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Stress hormones



Body-wide changes