



**EXCESSIVE STRESS HORMONES**

- Safety/ Security Threats**
  - Financial Stress
- Food Stressors**
  - Too much/ not enough
  - Poor quality
- Love/ Sex Issues**
  - Relationships
- Toxic Environment**
  - Dirty air
  - Chlorinated water
  - ELM Pollution
  - Medical Drugs
  - Industrial Toxins
  - Disrupted Sleep/ Wake Cycle
- Stinkin Thinkin**
  - Thoughts?
  - Words?
  - Deeds?
- Excercise > or < ?**

- SUPRESSED REPAIR HORMONES**
- MELATONIN
  - HGH
  - DHEA
  - TESTOSTERONE
  - ESTROGEN
  - Immune Messengers
  - Cytokines
  - Interleukins
  - Blood Sugar Imbalances
  - Insulin

