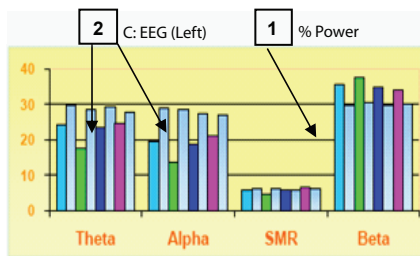
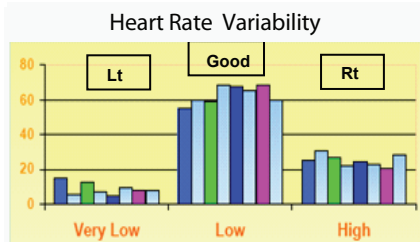


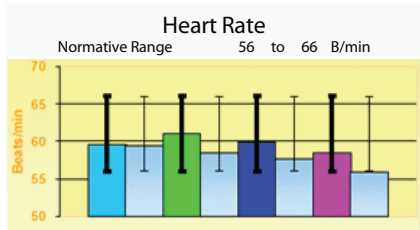
Stress Response Evaluation Ideals



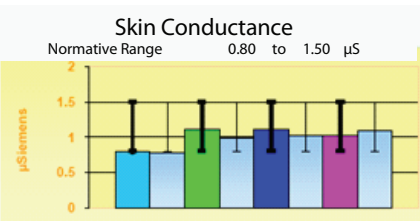
Brain Waves- This scan concerns the ability of your brain to be busy when necessary and to rest when necessary. Stress events like the math test, noises and breathing exercise require brain activity (increased Beta) (1) and when relaxed, increased Alpha/Theta (2). i.e. in the math test Beta (1) should be taller (Green higher than light blue); and at the same time, Theta/Alpha (2) should decrease (green shorter). During relaxation the reverse should occur; if not, then we have altered brain activity.



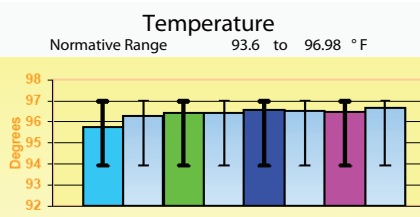
Heart Rate Variability - With HRV we are looking for high bars in the center column. Ideally there should be low readings in the Lt. and Rt. groups. An ideal profile should look like the example. (Bell curve) High activity in the Rt. group suggests cardiac distress; if the Lt. is high, it suggests a heart dysfunction. HRV is a very effective method of measuring stress effects in your life. Research has established that HRV is a good method of measuring the effectiveness of Chiropractic care.



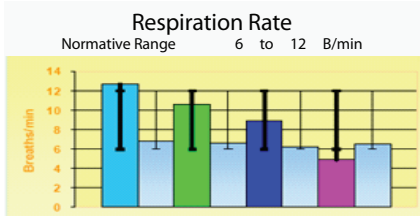
Heart Rate - We have long been aware of the importance of heart rate in maintaining good health responses; however, just taking a person's pulse isn't enough information to tell us what happens during stress situations. The stress test gives us a chance to see what speeds up the heart rate, and how quickly it can return to normal. There is a direct relationship between breathing and heart rates.



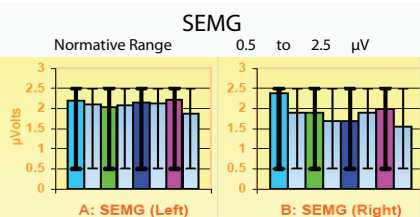
Skin Conductance - The amount of moisture produced by the sweat glands in the hands is a direct result of stress. More hand moisture means a higher stress response. We can measure your ability to reduce the effects of your stressors. This means improved neurological responses. Below 0.5 (dry) suggests chronic stress. **Normal - 0.8 to 1.5**



Temperature The normal response to stress is for the body to withdraw blood volume from the extremities and pool it in the organs. This action reduces the temperature in the hands and feet. There are normal temperatures for the hands when in a relaxed safe atmosphere. They run **93.6° to 96.98 °F (34.4° – 36.1°C)**



Respiration Rate While we are aware of changes in respiration rate during exertion, we seldom use it as a measurement of health. The normal range falls between **6 to 12 breaths per minute**. As there is a relationship between stress and oxygen requirement, the respiratory rate is very important. The pattern of breathing is equally as important such as chest elevation breathing versus diaphragmatic breathing.



Muscle Balance We can measure muscle activity throughout the body in both relaxed resting mode or in active motion mode. The trapezius (lower neck and shoulder region) and the muscle of the face are good indicators of over-tightened muscles due to stress responses. **Normal 0.5 to 2.5 -Volts**

Normal/Average
Examples are
"Ideals"

■ Eyes Open BL ■ Eyes Closed BL ■ Math Test ■ Recovery 1
■ Noise Test ■ Recovery 2 ■ HRV Test ■ Recovery 3