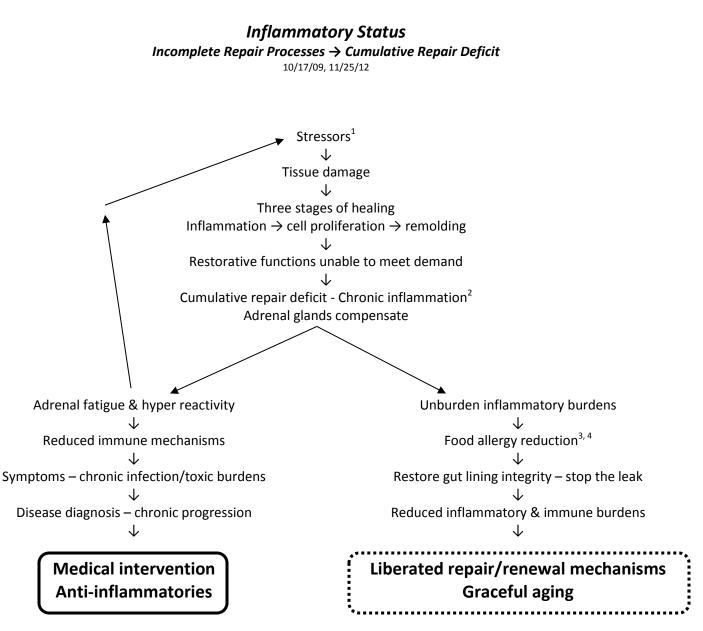


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- 1. Stressor: any agent which harms the body it can be physical, chemical, biological or emotional.
- 2. Inflammation: starts as redness, heat, pain & swelling and progresses to degenerative diseases & chronic conditions.
- 3. Initial allergy response within 48 hours: red burning eyes, clear secretions, tiredness, sleepiness, headaches, rashes, hives, nausea, cramps, diarrhea and/or reduced mental alertness.
- 4. **Delayed allergy response onset after 2 to 4 days:** colds, flu, achiness, inflammation of the nose and throat, colored mucus secretions, fever, eczema, vomiting, and/or elevated C-reactive protean and SED rate.