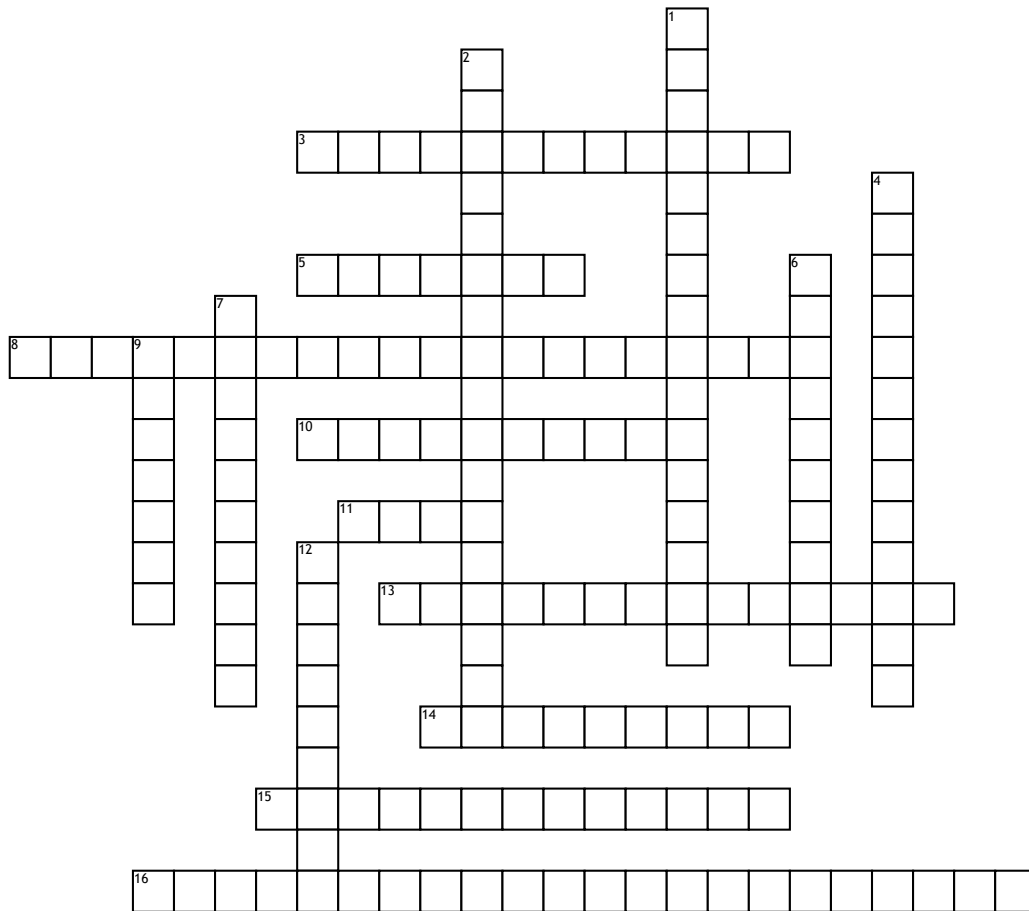


Stress puzzle



Across

3. Decreased resistance to infections and neoplasm.
 5. The vast hormonal of changes, a persons body actually changes.
 8. Very hot or very cold climates can be stressful
 10. Will make you sick. Carrying to heavy a stress level, it's like running a car engine over the red line!
 11. Itchy, rashes

13. High blood pressure, heart attack, abnormal heart beat, or even a stroke.

14. There is another time in a woman's life when hormone levels decline, this is called the?

15. These are part of your body natural defence mechanism. Confronted with a substance which your body considers toxic.

16. Ulcer, cramps and diarrhea.

Down

1. Ulcer, cramps and diarrhea.

2. Once a woman passes puberty, her body is designed to function best in the presence of female hormones.

4. A major source of stress is overdriving yourself. If you are working or parting 16 hours a day

6. Following a pregnancy, hormone levels change dramatically, after a normal childbirth.

7. It's a powerful toxin!! Destroys lots of your cells and lungs!

9. Catching a cold or breaking an arm

12. Thyroid gland malfunction.

Word Bank

Menopause

Pushing to hard

Immunesystem

Tobacco use

Menstrual syndrome

Puberty

Skin

Gastrointestinal

Cardiovascular

Allergic stess

Overstress

Environmental factors

Glandular

Illness

Post partum

Gastrointestinalstress