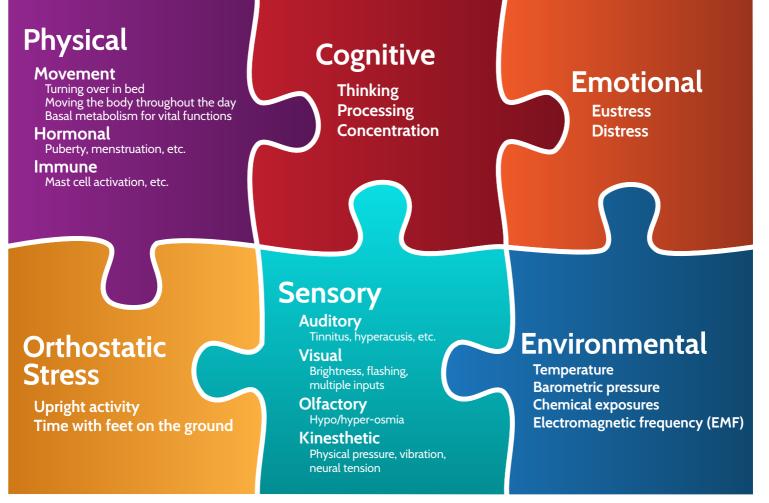
PEM/PESE TRIGGERS







PEM/PESE TRIGGERS

Physical Cognitive **Movement** Emotional Turning over in bed Thinking Moving the body throughout the day Processing **Eustress** Basal metabolism for vital functions Concentration Distress Hormonal Puberty, menstruation, etc. Immune Mast cell activation, etc. Sensory Auditorv Tinnitus, hyperacusis, etc. **Environmental** Orthostatic Visual Temperature Brightness, flashing, Stress multiple inputs **Barometric pressure** Olfactory **Chemical exposures Upright activity** Hypo/hyper-osmia Electromagnetic frequency (EMF) Time with feet on the ground **Kinesthetic** Physical pressure, vibration, neural tension



