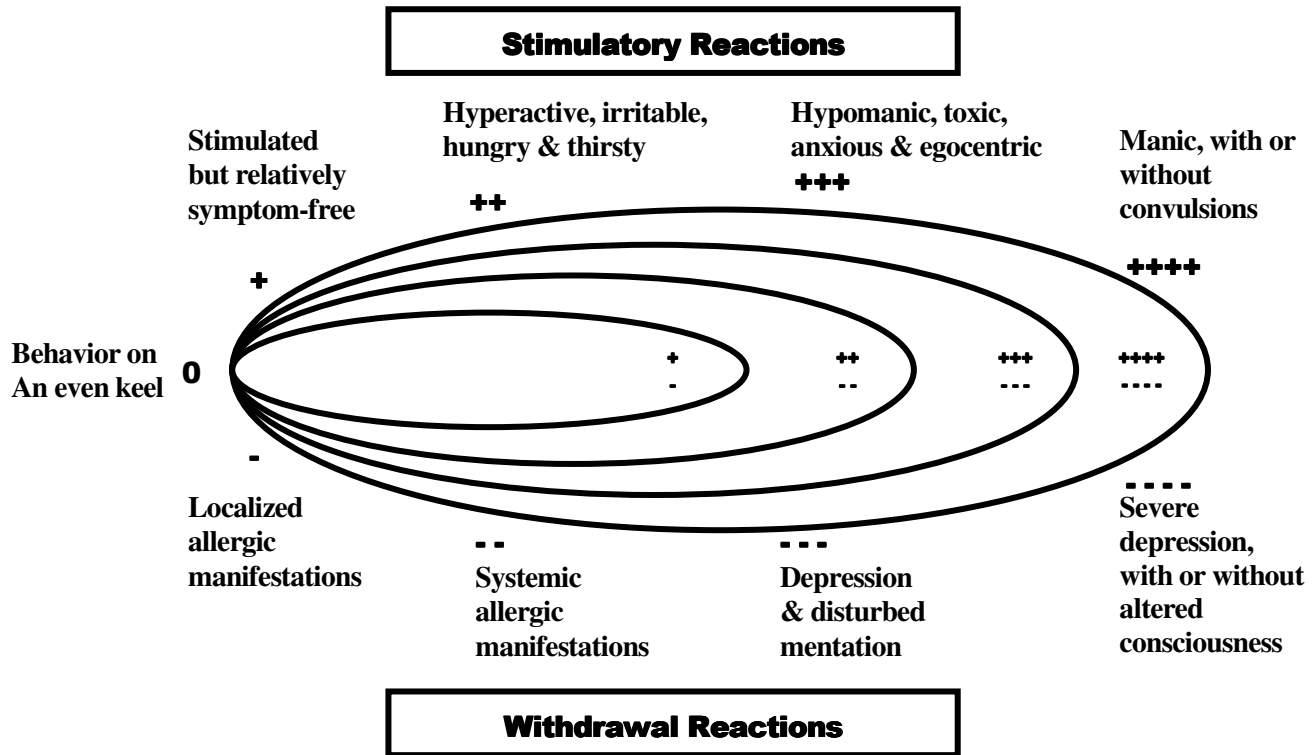


Clinical Levels of Specific Reactions
(Food or Environmental -- from Randolph*)



Directions: Start at Zero (0). Read up for predominantly Stimulatory Levels. Read down for Withdrawal Levels.

++++	Manic with or without convulsions	Distraught, excited, compulsive, agitated, enraged and circuitous or one-track thoughts, intense cravings, "Fight for air", muscle twitching & jerking of extremities, cramps, convulsive seizures & altered consciousness may develop.
+++	Hypomanic, toxic, anxious & egocentric	Aggressive, loquacious, clumsy (ataxic), anxious, fearful & apprehensive; alternating chills and flushing, ravenous hunger, excessive thirst.
++	Hyperactive, irritable, hungry and thirsty	Tense, jittery, hopped up, talkative, argumentative, sensitive, overly responsive, self-centered, hungry and thirsty, flushing, sweating and chilling may occur, as well as insomnia alcoholism and obesity.
+	Stimulated but relatively symptom free (subclinical)	Active, alert, lively, responsive and enthusiastic with unimpaired ambition, energy, initiative, and wit. Considerate of the views and actions of others. Thus, usually comes to be regarded as "normal" behavior.
0	Behavior on an even keel as in homeostasis	Children expect this from their parents and teachers. Parents and teachers expect this from their children and students. We all expect this from our associates.
-	Localized allergic manifestations	Running or stuffy nose, clearing throat, coughing wheeze (asthma), itching (eczema or hives), gas. Diarrhea, constipation (colitis), urgency and frequency of urination, and various eye and ear syndromes.
--	Systemic allergic manifestations	Tired, dopey, somnolent, mildly depressed, edematous with painful syndromes (headache, neckache, backache, neuralgia, myalgia, myositis, arthralgias, arthritis, arteritis, chest pain), and cardiovascular effects.
---	Depression and disturbed mentation	Confused, indecisive, moody, sad, sullen, withdrawn or apathetic. Emotional instability and impaired attention, concentration, comprehension and thought processes (aphasia, mental lapse, and blackouts).
----	Demented and Amnesic	Nonresponsive, lethargic, stuporous, disoriented, impairment or loss of external sensory functions, melancholy, regression, paranoia, delusions, hallucinations, sometimes amnesia, and, finally, comatose.