



Lesson 23:

Low Tone Armoring Concept Review

Implications of low tone within the body-mind and nervous system

What is meant by the phrase *loss of potency*?

What are our therapeutic goals with a low tone structure?

What does a body that presents largely as high tone indicate about the way that body has learned to relate to the world?

Fill in the blank

High tone armoring relates to the _____ side of the nervous system.

Low tone armoring relates to the _____ side of the nervous system.

List the four "F" stress responses.

Which two are related to the sympathetic side of the nervous system?





Which two are related to the parasympathetic side of the nervous system?

Extrapolate further on the information presented.

Which two of the stress responses may be bound within high tone armoring?

Which two of the stress responses may be bound within low tone armoring?

