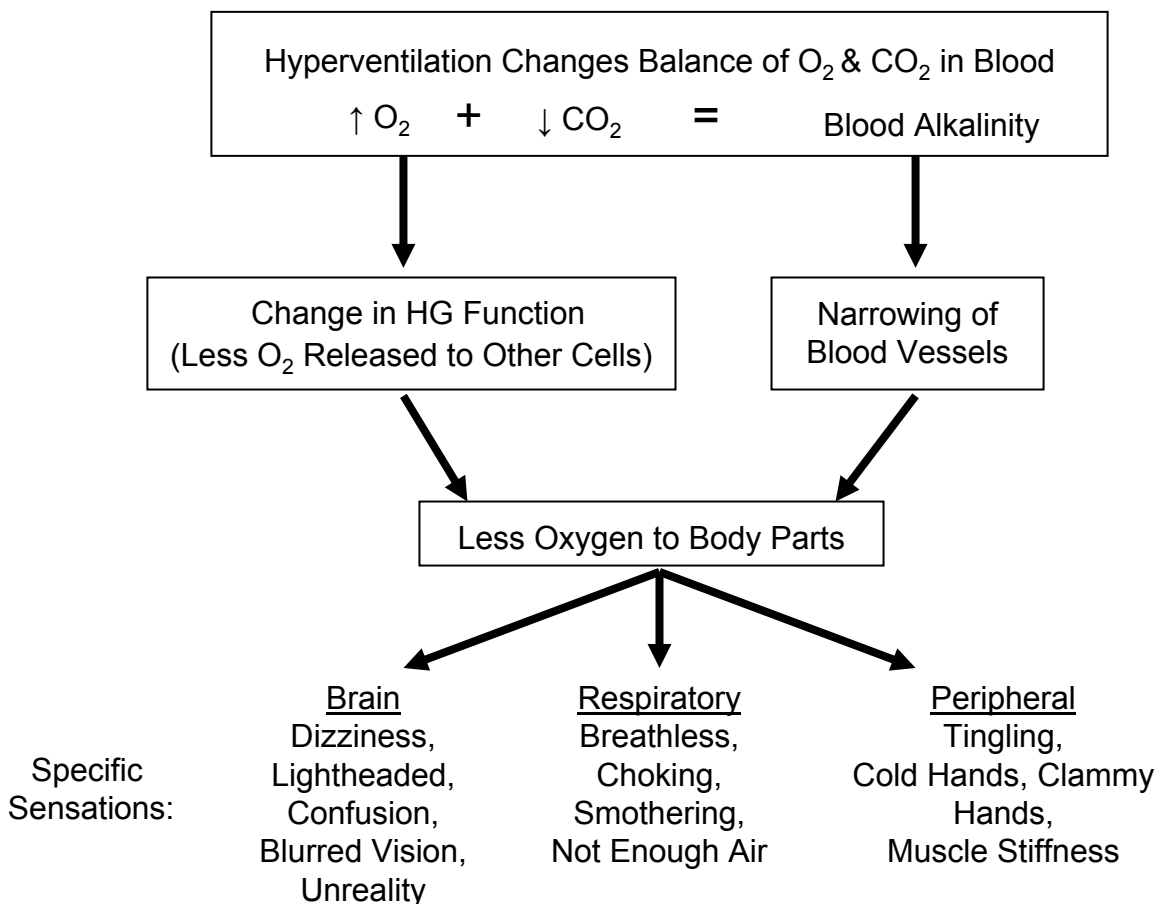


Effects of Hyperventilation (Over-Breathing) & Resulting Physical Sensations



Secondary Sensations from Exertion: Hot, Flushed, Sweating, Fatigue, Chest Pain

Reminder: Hyperventilation is part of normal body response and is harmless.