

TABLE 1
The characteristics of the adaptation reactions

leucocytes (cells/litre)	segmented neutrophils (%)	lymphocytes (%)	eosinophils (cells/litre)	monocytes	basophils (%)	REACTION
4-8	59-72	21-27-33	0.020-0.300	4-7	0-1	training
4-8	47-59	28-33	0.020-0.300	4-7	0-1	low activation
4-8	<47	33-40-45	0.020-0.300	4 - 7	0-1	increased activation
(4-8) >	<47	40-45	0.020-0.300	< (4-7) >	0-1	very high activation
8 >	(59-72) >	<20	0.020-0.300	(4-7) >	0-7	stress
< (4-8) >	(59-72) >	<20	0.020-0.300	< (4-7) >	0-1	chronical Stress

The "strain elements" are: leucocytosis, leucopenia, monocytosis, monopenia, basophilia, eosinophilia, eosinopenia.

TABLE 2

The Standard Medical Norms

leucocytes (cells /li tre)	segmented neutrophils (%)	lymphocytes (%)	eosinophils (cells /litre)	monocytes (%)	basophils (%)
4-9	47-72	19-37	0.0200-0.300	3-11	0-1