Hormesis: A dose-response phenomenon that is characterized by a low-dose stimulation and a high-dose inhibition. However, it embodies a process whereby a low dose of a physical or chemical agent/stressor that is toxic at higher doses induces what often appears to be a beneficial effect on the system/individual studied.

Encyclopedia on Early Childhood Development, Glossary-Brain, January 19, 2010 ©2010 Centre of Excellence for Early Childhood Development