

# Autonomic Nervous System

**The system in your body that's working so that you don't have to!**

Want to know if your dietary, nutritional supplement, exercise and other lifestyle efforts are benefiting your nervous system? Then consider having your Autonomic Nervous System evaluated! Nerves go to virtually all tissues in the body providing essential signals necessary for the heart to beat, the stomach to secrete stomach acid, the thyroid to produce thyroid hormone, the muscles to contract, the blood vessels to change their caliber and literally thousands of other essential life functions.

This test is a non-invasive technology that measures the two major parts of your nervous system: the Sympathetic and Parasympathetic Nervous Systems.

Important nutritional clues are often uncovered when the Autonomic Nervous System Evaluation is considered in context with other aspects of your care.

**Your Autonomic Nervous Systems handles all of those hundreds of functions in your body that you do not consciously control such as –**

- Blood pressure
- Stomach acid secretion
- Enzyme and insulin secretion by your pancreas
- Heart rate
- Size of your blood vessels
- Muscle tone
- Nerve impulses
- Stress response
- Hormone secretion
- Fertility
- Energy
- Brain, Bladder health
- And much more!



## **The Flight or Fight Response....**

One of the varied functions regulated by your Autonomic Nervous System, provides the potential to either manage life's stressors positively or very adversely. Too much Fight or Flight in your life may underlie a myriad of physical, psychological and energetic conditions.

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