

Autonomic Nervous System (ANS)

Parasympathetic Nervous System (PNS)

'Rest & Digest'

Increases:

Digestion:

- Stomach activity
- Intestine activity
- Gallbladder activity
- Saliva production
- Urine production
- Bladder contraction
- Genital activity
(erections/ lubrication)

Decreases:

- Alertness
- Heart rate
- Respiratory rate
- Blood pressure
- Pupils constrict
- Rectum Relaxes

Sympathetic Nervous System (SNS)

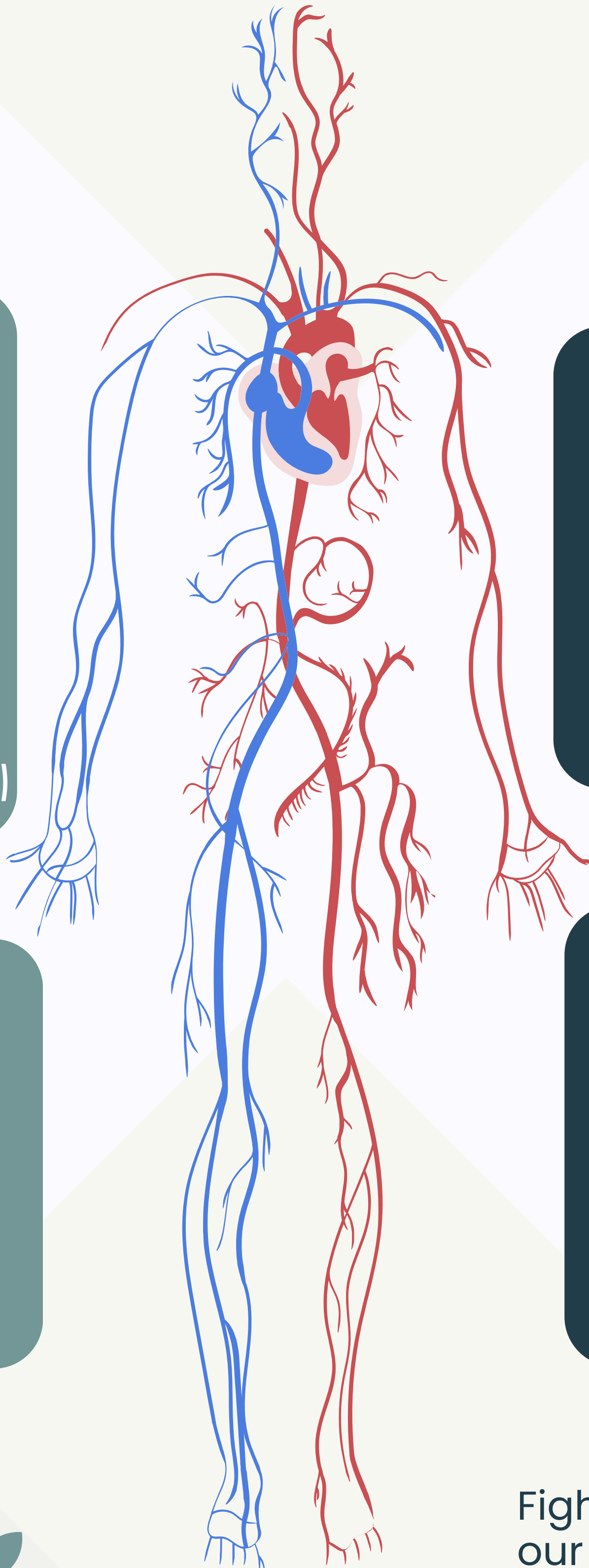
'Fight or Flight'

Increases:

- Alertness
- Heart rate
- Respiratory rate
- Pupils dilate
- Glucose released by
liver
- Rectum contracts

Decreases:

- Stomach activity
- Intestine activity
- Gallbladder activity
- Saliva production
- Urine production
- Bladder activity
(relaxes)



Fight or Flight prepares our body for intense physical activity and is triggered by threats and stressors in our lives.



therapy & lifestyle
CLINIC