

Autonomic Nervous System

The autonomic nervous system is responsible for automatic control of your body functions.

It has three branches:

1. The sympathetic nervous system is activated in response to stress. It controls 'flight or fight' responses.
2. The parasympathetic nervous system is activated during calm times and is often considered the 'rest and digest or 'feed and breed' system. It promotes growth and energy storage.
3. The enteric nervous system which controls the gastrointestinal system, and which is sometimes referred to as the 'second brain'.

