

The Autonomic Nervous System Explained



The Sympathetic Nervous System

- Fight or flight
- Prepares the body for stress
- Cortisol and adrenaline
- Increases heart rate and blood pressure
- Decreases digestion



The Parasympathetic Nervous System

- Rest and digest
- Returns the body to a calm state
- Growth hormones, DHEA, Melatonin
- Decreased heart rate and blood pressure
- Repairs the body

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Function Of Autonomic Nervous System

M Tight



Function Of Autonomic Nervous System:

Function Of Autonomic Nervous System Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **Function Of Autonomic Nervous System**, a literary masterpiece that delves deep in to the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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