

Sympathetic Nervous System (SNS)

Activity
Survival State: Fight/Flight

Increased

Circulation to major organs
Heart Rate
Blood Pressure
Release of Blood Cells for oxygen
Glucose
Peripheral vision / Pupil size
Adrenaline
Blood Clotting
Risk for Infection

Decreased

Circulation to nonvital organs (skin)
Digestion
Salivation
Overall sweating (incr local sweating)
Insulin Activity

Parasympathetic Nervous System (PNS)

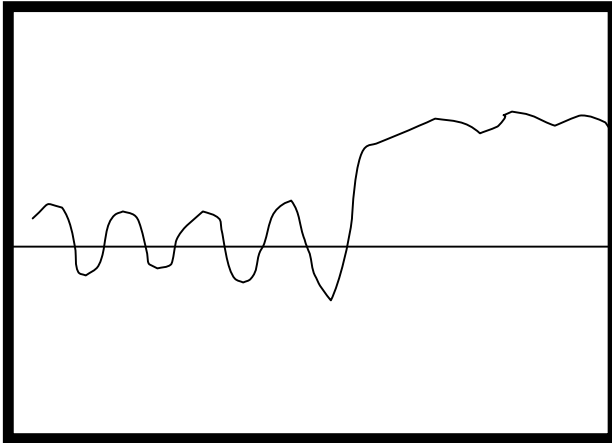
Rest and Restoration
Survival State: Faint (PNS only) or Freeze (PNS & SNS)

Increased

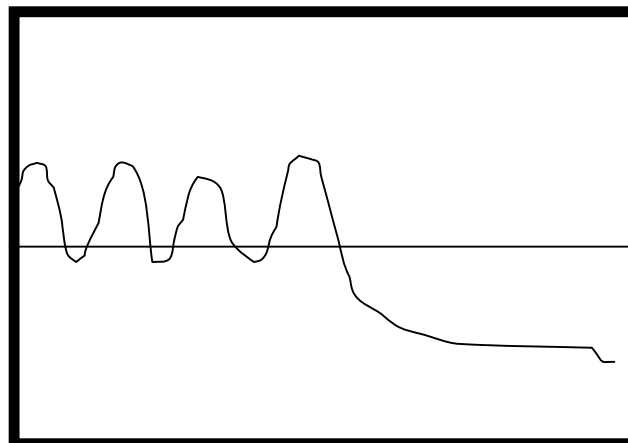
Digestion
Insulin activity
Food Storage
Circulation to nonvital organs
Reproduction
Endorphins
Resistance to Infection
Generalized Sweating

Decreased

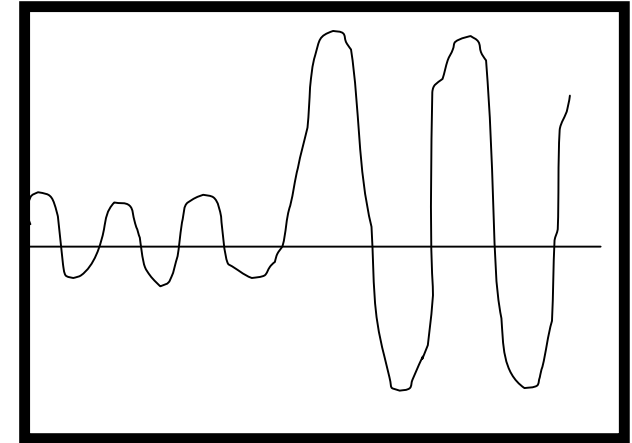
Heart Rate
Blood Pressure
Far Vision (incr near)
Movement / Activity



Sympathetic Dominance
*Hypertension, Type 1 Diabetes (?),
constipation, anxiety, need to move*



Parasympathetic Dominance
*Fatigue (CFS/FMS?), Asthma, no hunger
immobility, diarrhea, depression*



Exaggerated Cycling
*PTSD, Irritable Bowel
alternating symptoms (hot/cold)*

**Nervous System Activity
&
Possible Relationship to Symptoms**