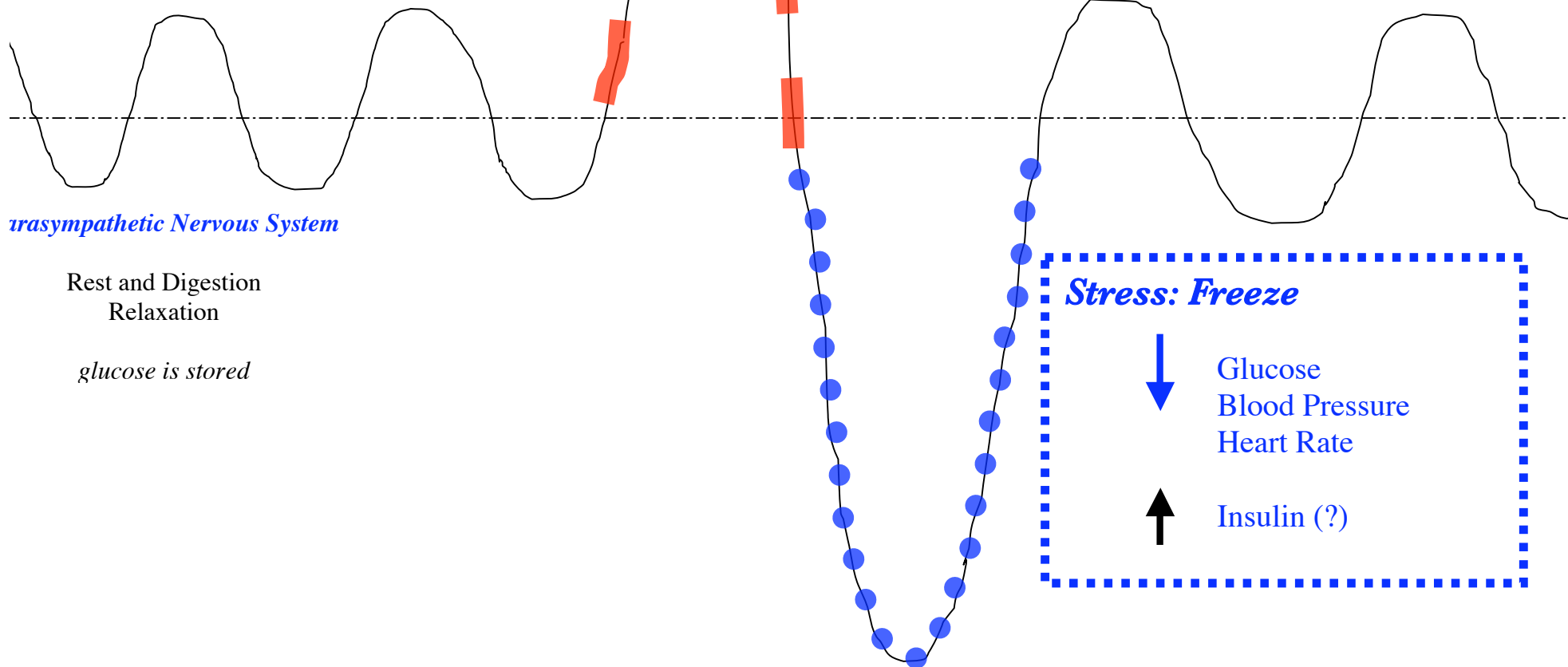


# The Nervous System & Glucose

*Sympathetic Nervous System*  
Activity & Exercise

*utilizes fuel (glucose)*



**Stress: Fight / Flight**

↑  
Glucose (Fuel)  
Blood Pressure  
Heart Rate

↓  
Insulin  
(Prevents fuel storage)

**Stress: Freeze**

↓  
Glucose  
Blood Pressure  
Heart Rate

↑  
Insulin (?)

*Parasympathetic Nervous System*

Rest and Digestion  
Relaxation

*glucose is stored*