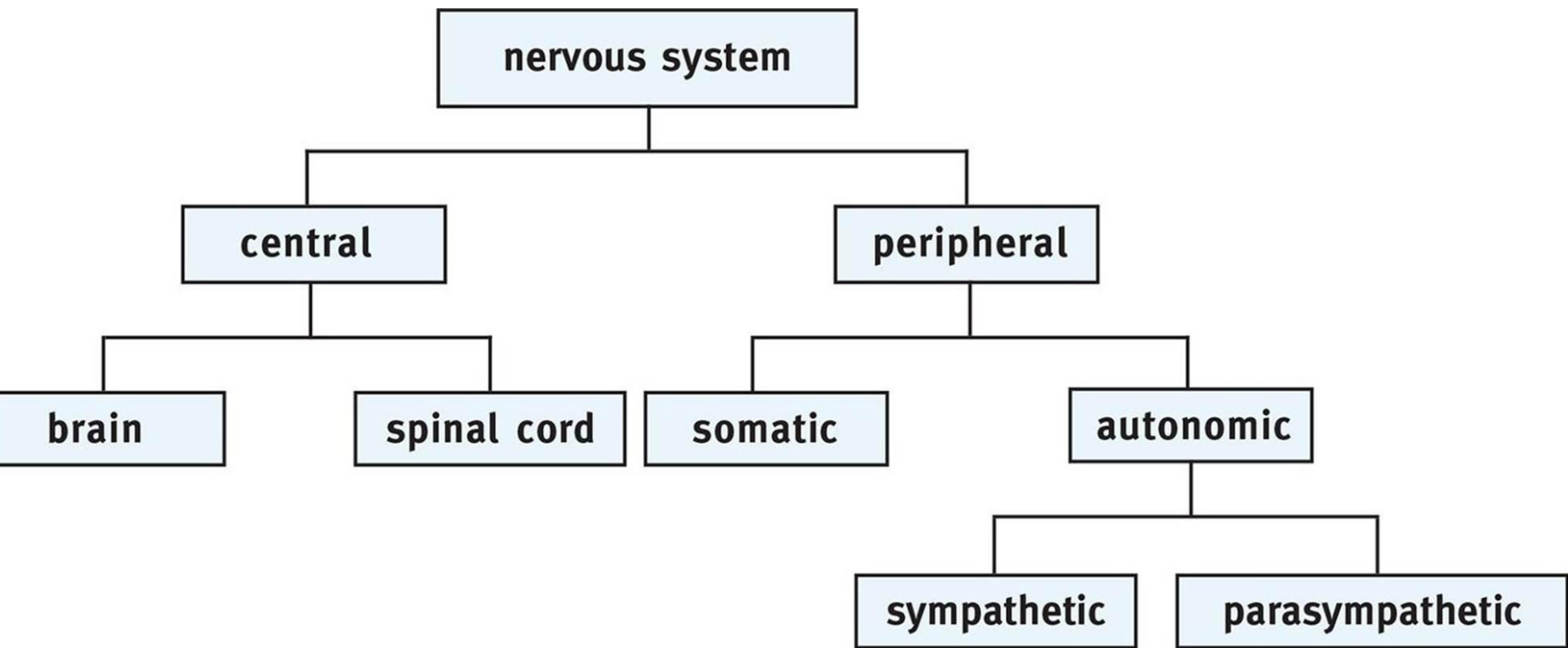


Sympathetic vs Parasympathetic Nervous System Explained And Made Easy



PARASYMPATHETIC NERVES

"Rest and digest"

SYMPATHETIC NERVES

"Fight or flight"

- Constrict pupils
- Stimulate saliva
- Slow heartbeat
- Constrict airways
- Stimulate activity of stomach
- Inhibit release of glucose; stimulate gallbladder
- Stimulate activity of intestines
- Contract bladder
- Promote erection of genitals

- Dilate pupils
- Inhibit salivation
- Increase heartbeat
- Relax airways
- Inhibit activity of stomach
- Stimulate release of glucose; inhibit gallbladder
- Inhibit activity of intestines
- Secrete epinephrine and norepinephrine
- Relax bladder
- Promote ejaculation and vaginal contraction

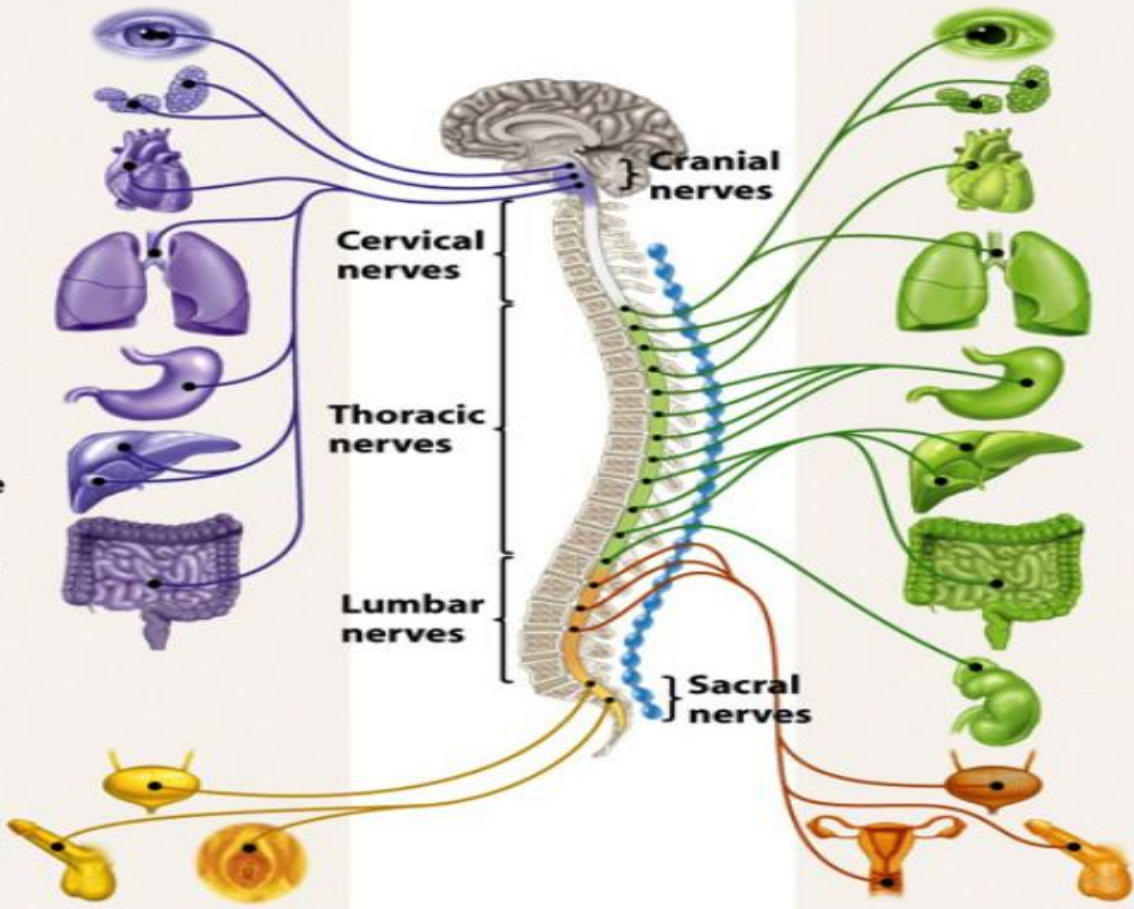


Figure 45-20 Biological Science, 2/e
© 2005 Pearson Prentice Hall, Inc.

Sympathetic NS	Parasympathetic NS
Stress but also energy	Calmness but also procrastination
Adrenaline levels up	Adrenaline down
Dry mouth	Syllaba production
Heart beat up	Heart beat down
Blood pressure up	Blood pressure down
Blood vessels gut contract	Blood vessels gut widen
Blood vessels arms, legs and brain dilate	Vice versa

Sympathetic NS	Parasympathetic NS
Stress but also energy	Calmness but also procrastination
More O2 uptake lungs	Less O2 uptake lungs
Better memory	Worse memory
Alkalizing because O2/CO2 up	Acidification because O2/CO2 down
Inflammation suppressed	Inflammation up
Body heat up	Body heat down
Vagus Nerve/Gut inactive	Vagus Nerve/Gut active

Like to know more? Connect with me!

My Youtube channel (Breathing Techniques Playlist)

https://www.youtube.com/playlist?list=PL23kwXu2hc_T3eq-1Dg4pjuhFkPZ681Oc

Free 5 day course with the coupon code BREATHE

<https://www.timvandervliet.com/product/5-day-body-zen-course/>

Coaching <https://www.timvandervliet.com/personal-coaching/>

http://instagram.com/tim_vandervliet

<https://www.facebook.com/TimvanderVlietWimHofMethodInstructor/>

<https://www.linkedin.com/in/timvandervliet>

<https://vm.tiktok.com/ZSqXb6G2/t>