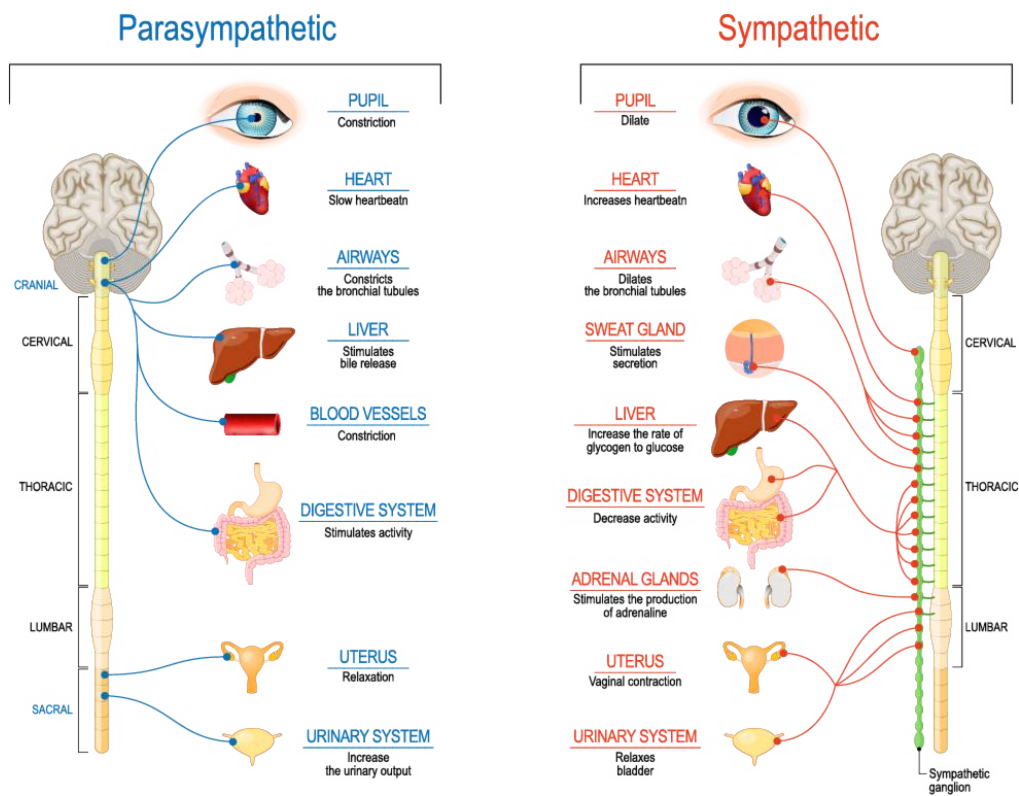


# Overview of the Autonomic Nervous System

You have 2 sides of your nervous system:



#1. Parasympathetic Nervous System: Calm, rest, digest, healing, healthy, regeneration....ABUNDANT side

#2. Sympathetic Nervous System: Fight, flight, freeze response

# Overview of the Entire Nervous System

