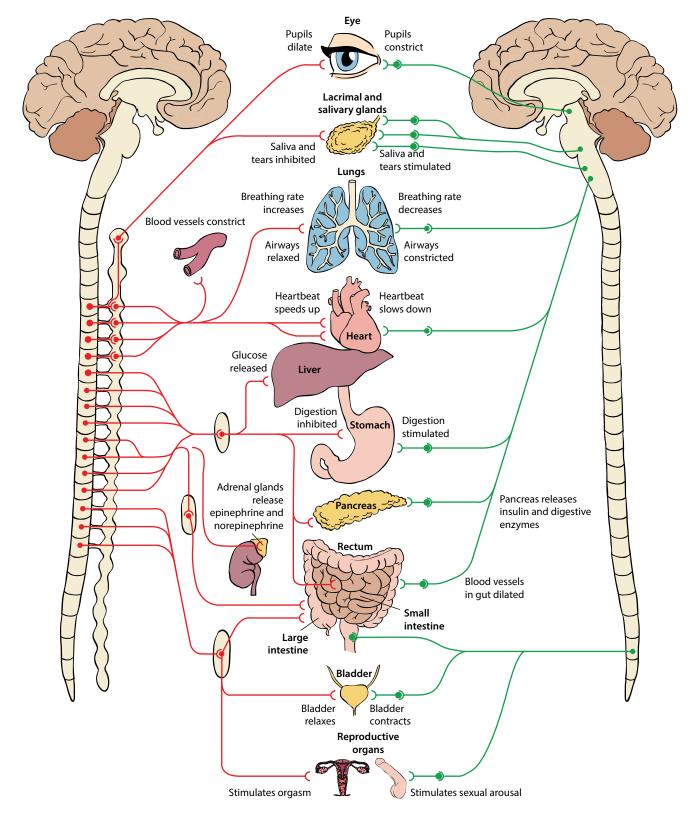
Autonomic Nervous System

The autonomic nervous system is responsible for automatic control of your body functions. It has three branches:

- 1. The sympathetic nervous system is activated in response to stress. It controls 'fight or flight' responses.
- **2. The parasympathetic nervous system** is activated during calm times and is often considered the *'rest and digest'* or *'feed and breed'* system. It promotes growth and energy storage.
- 3. The enteric nervous system controls the gastrointestinal system.

Sympathetic nervous system

Parasympathetic nervous system



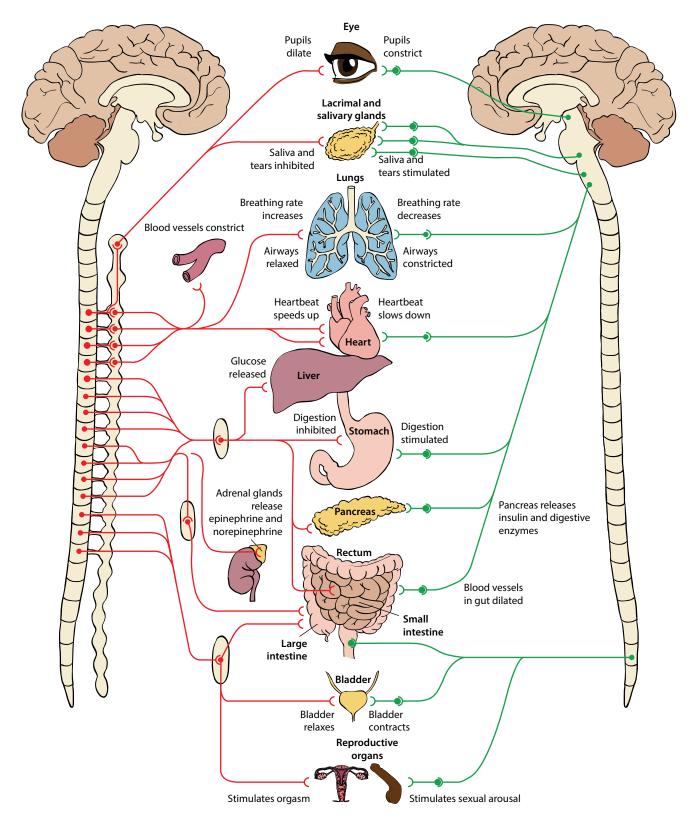
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