

ACTIONS OF THE AUTONOMIC NERVOUS SYSTEM

The autonomic nervous system (ANS) coordinates cardiovascular, respiratory, digestive, urinary, and reproductive functions. It constantly monitors and adjusts internal water, nutrient and gas balance - and does so without instructions or interference of the conscious mind. The ANS is concerned with maintaining homeostasis within the body. It contains two primary divisions that work in opposition - whenever one is being activated, another one is being suppressed.

THE SYMPATHETIC NERVOUS SYSTEM (SNS)
 (fight-and-flight response)
 SNS is concerned with increasing alertness, metabolic rate, and muscular abilities.

THE PARASYMPATHETIC NERVOUS SYSTEM (PNS)
 (rest-and-digest response)
 PNS is concerned with relaxation, food processing and creating energy reserves.

