

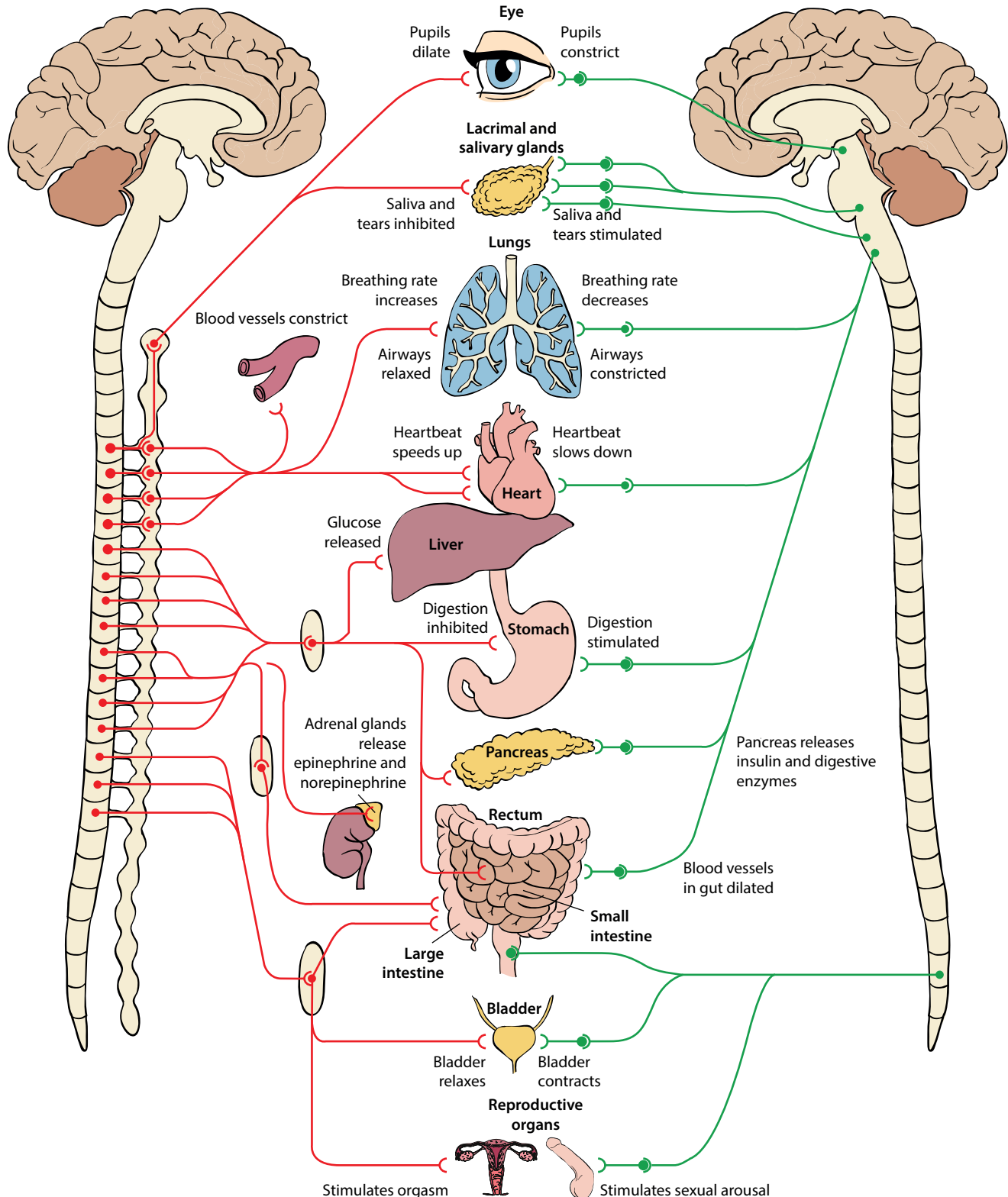
# Autonomic Nervous System

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



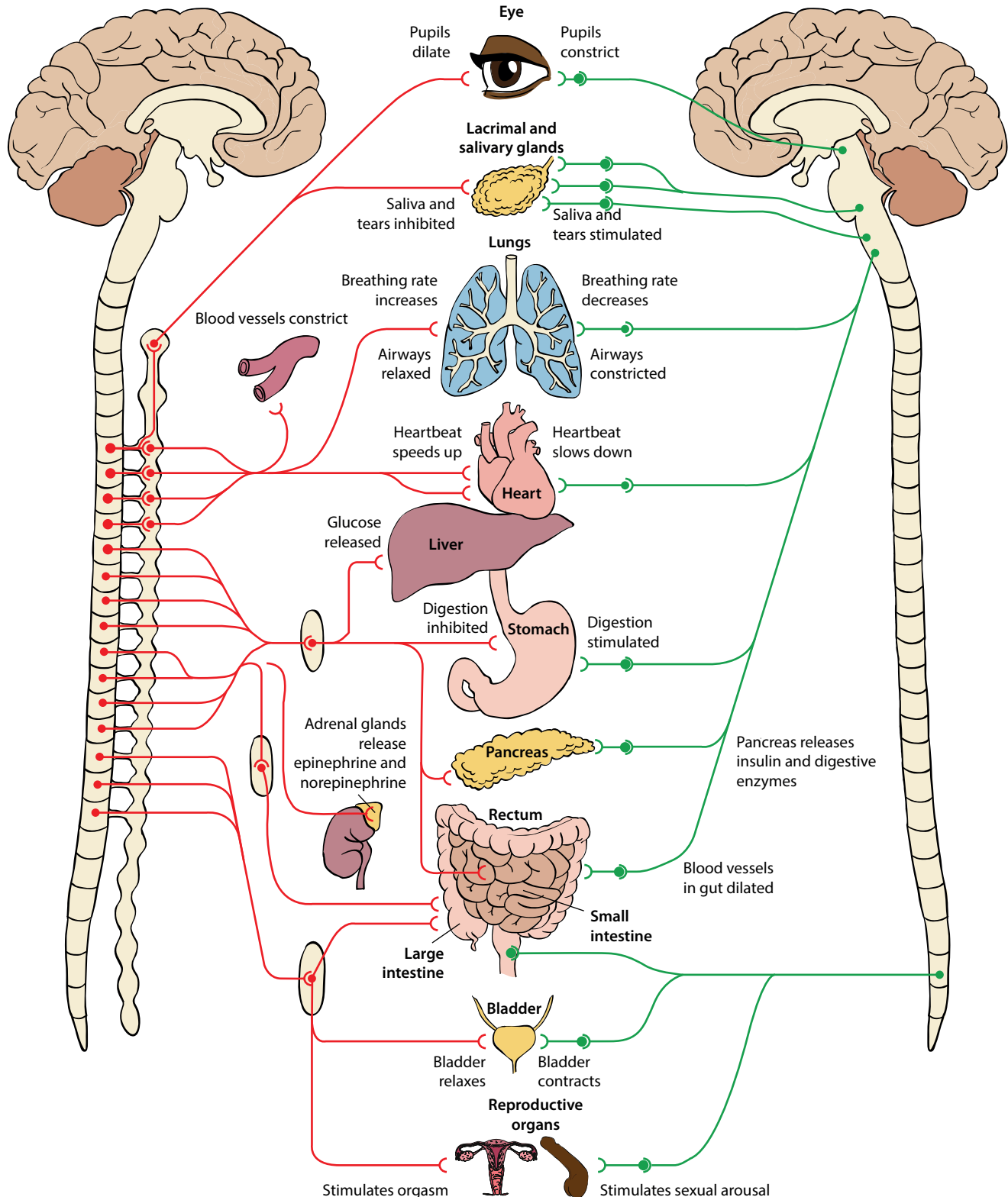
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