

Autonomic Nervous System

Functions of the Sympathetic & Parasympathetic Branches

Healthy SNS	Healthy PSNS	Sx Dominant SNS	Sx Dominant PSNS
↑ Blood Pressure	↑ Digestion	Hypertension	Depression
↑ Heart Rate	↑ Intestinal Motility	Hyper-cholesterolemia	Weight Gain
↑ Fuel Availability	↑ Fuel Storage (↑ insulin activity)	Fast Arrhythmias	Dizziness & Lightheadedness
↑ Adrenaline	↑ Resistance to Infection	Heart Disease	Low Blood Pressure
↑ O ₂ circulation to vital organs	↑ Rest & Recuperation	Type 1 Diabetes	Slow Heart Rate
↑ Blood Clotting (to minimize loss of blood if wounded)	↑ Circulation to nonvital organs	Sjorgren's	Fatigue
↑ Pupil size & peripheral vision	↑ Endorphins	Anxiety	Diarrhea
↓ Fuel storage (i.e. ↓ insulin activity to store glucose)	↓ Heart Rate	Panic Attacks	↓ Clarity of Thought
	↓ Blood Pressure	Hypervigilance	
	↓ Temperature	Poor Sleep	