

INNATE INTELLIGENCE

THE AUTONOMIC NERVOUS SYSTEM AND THE GUT

The autonomic nervous system is composed of the sympathetic and parasympathetic nervous systems as well as the enteric nervous system.

- **Parasympathetic stimulation** enhances rest, recuperation, reproduction, and digestive functions. It is doubtful that patients seek treatment when those processes are functioning well.
- **Sympathetic stimulation** inhibits or decreases digestive processes and secretions in all organs in the GI Tract. This is involved in all fight or flight responses, as well as being involved in all energy deficiency signals from the various organs and tissues unable to meet their responsibilities in maintaining homeostasis in the blood and extracellular fluids.

Sympathetic Innervation

The sympathetic fibers to the gastrointestinal tract originate in the spinal cord between the segments T8 and L2.

- The preganglionic fibers enter the sympathetic chains and pass through principally to the outlying celiac and mesenteric ganglia. From there, the postganglionic fibers

spread along with the blood vessels to all parts of the gut, terminating principally on neurons in the enteric nervous system.

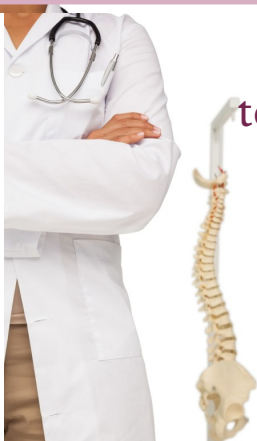
- Sympathetic nerves innervate all portions of the gastrointestinal tract essentially, rather than being more extensively supplied to the most oral and most anal portions, as is true of the parasympathetics.
- The sympathetic nerve endings secrete norepinephrine and, in general, inhibit activity in the gastrointestinal tract, causing effects essentially opposite to those of the parasympathetic system.

It exerts its effects in two different ways:

1. It acts as both a hormone and neurotransmitter, driving the body's "fight-or-flight" response by increasing heart rate, blood pressure, blood flow to muscles, and alertness. As a drug, it treats critical hypotension, septic shock, and neurogenic shock by stimulating adrenergic receptors.

2. Norepinephrine has an inhibitory effect on the neurons of the enteric nervous system. Thus, strong stimulation of the sympathetic system can totally block the movement of food through the gastrointestinal tract.

Supplementing nutrients to counter symptoms is little more than educated guesswork. Symptoms are Innate's signal that a system, organ, or tissue is unable to produce adequate energy to meet its responsibilities for maintaining homeostasis and normal physiological function. **Carbohydrates, protein, lipids, vitamins, and minerals are building blocks used in producing energy. They must be put to work. They are not workers.**



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