

HOW GINSENG EFFECTS THE SYMPATHETIC AND PARASYMPATHETIC NERVOUS SYSTEMS

By Dr. Michael John Badanek, BS, DC, CNS, CTPP, DACBN, DCBCN, MSGR./CHEV

Fermented Ginseng is the most powerful known fully balanced adaptogen which helps create the critical synergy between these two fundamental Nervous Systems. This synergy allows the body to create balance and cell renewal supporting optimal health and performance through long term use. Additional servings may be needed at times.

The sympathetic and parasympathetic systems are both components of the autonomic nervous system of the brain. They act in collaboration with each other to sustain the body's homeostatic state. Before divulging into the numerous differences, effects, and responses of the parasympathetic and sympathetic systems, it is necessary for us to be aware of the origins of these two systems.

The nervous system, or the brain, is separated into the peripheral nervous system, which consists of nerves fibers branching from the spinal cord and the brain, and the central nervous system. The latter division is composed of the spinal cord and the brain itself. The former is further subdivided into the autonomic and somatic nervous systems. The autonomic nervous system is as well divided into the parasympathetic and sympathetic nervous systems. The details below concerning the components, differences, functions, and structures will identify the characteristics of the parasympathetic and sympathetic nervous systems.

The sympathetic nervous system is one of the components of the autonomic nervous system. The nerves from the sympathetic system originate from the vertebral column commencing at the first segment of the thoracic region of the spinal column and extending up to the second or third lumbar region. The main purpose of the SNS, sympathetic nervous system, is to activate the response of the body during stressful situations. Moreover, this system initiates the fight-or-flight mechanism of the body. This system also can supply nerves to other parts of the body like the lungs, eyes, alimentary canal, heart, kidneys, etc. This system

will cause a rise in the heart rate and in the amount of secretions the patient produces. It will also raise the rennin secretions coming from the kidneys. The release of blood sugar from the liver will as well be stimulated which is deposited into the blood stream to make the glucose accessible for consumption.

The parasympathetic nervous system is the subdivision of the peripheral nervous system. This is the component that is accountable for the rest-and-digest stage of a patient's body. The nerve fibers of this subdivision are delegated to the smooth muscles, glandular tissues, and cardiac muscles. This system is accountable to stimulate the salivation process, tear production, defecation, digestion, and urination. The fundamental functions of the PNS do not include the rapid response with a stimulus.

There are various parasympathetic and sympathetic disparities that exist. These two are identified to act in contrasting methods. The PNS can constrict the pupils of the patient while the SNS dilates them. The SNS inhibits the secretion of saliva whereas the PNS stimulates this process. PNS decreases the pulse rate and slows down the blood pressure. On the contrary, the SNS increases the pulse rate and heightens blood pressure levels. The PNS can also constrict the bronchi. On the other hand, the SNS dilates them and increases their diameter. The PNS can stimulate the digestive system activity while the SNS inhibits its activity. The SNS enables urinary retention whereas the PNS can stimulate urination. The rectum is relaxed when the patient's PNS is activated. Inversely, the rectum is contracted when the SNS is stimulated.

These two systems react on the complementary situations in our lives. The Sympathetic Nervous System is stimulated for a person to speed up to support mental and physical performance. The Parasympathetic Nervous Systems functions are intended to decelerate the body supporting Cell renewal.

Dr. Badanek has been and currently is 37 years into active/private practice in the Ocala/Marion County, Florida region. Find him online at Dr.Badanek.com and www.alternativewholistic.com, and see what the facility has to offer the sick and health challenged. To schedule an appointment call 352-622-1151

