

The Autonomic Nervous System

PARASYMPATHETIC

SYMPATHETIC

Constricts pupils



Stimulates saliva



Constricts bronchi



Slows heart rate



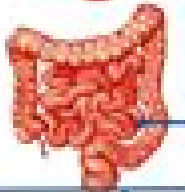
Stimulates production of bile



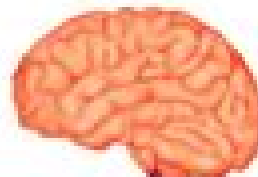
Stimulates digestion



Relaxes intestinal muscles



Increases blood flow to genitals



Dilates pupils

Inhibits salivation



Relaxes bronchi



Increases heart rate



Slows down digestion



Stimulates glucose release



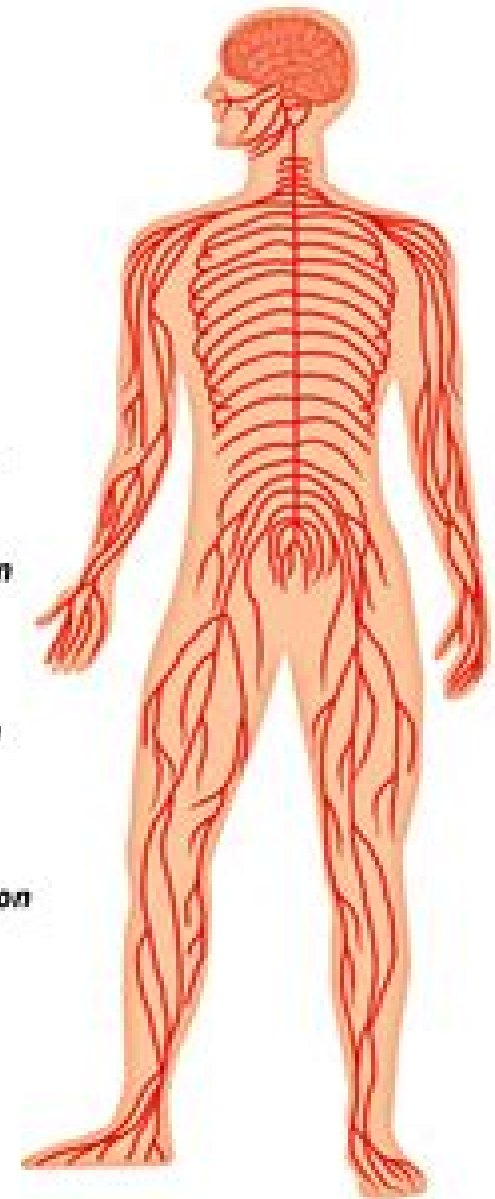
Constricts intestinal muscles



Adrenaline production



Reduces blood flow to genitals



The Autonomic Nervous System Exercise

M Mosston



The Autonomic Nervous System Exercise:

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