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# *Understanding* *Your* **NERVOUS SYSTEM**

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So you can understand how to better  
manage chronic illness, anxiety,  
stress, emotions, trauma, and more

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# *Symptoms* **OF DYSREGULATED NERVOUS SYSTEM**

Inflammation

Depression, anxiety

Fatigue

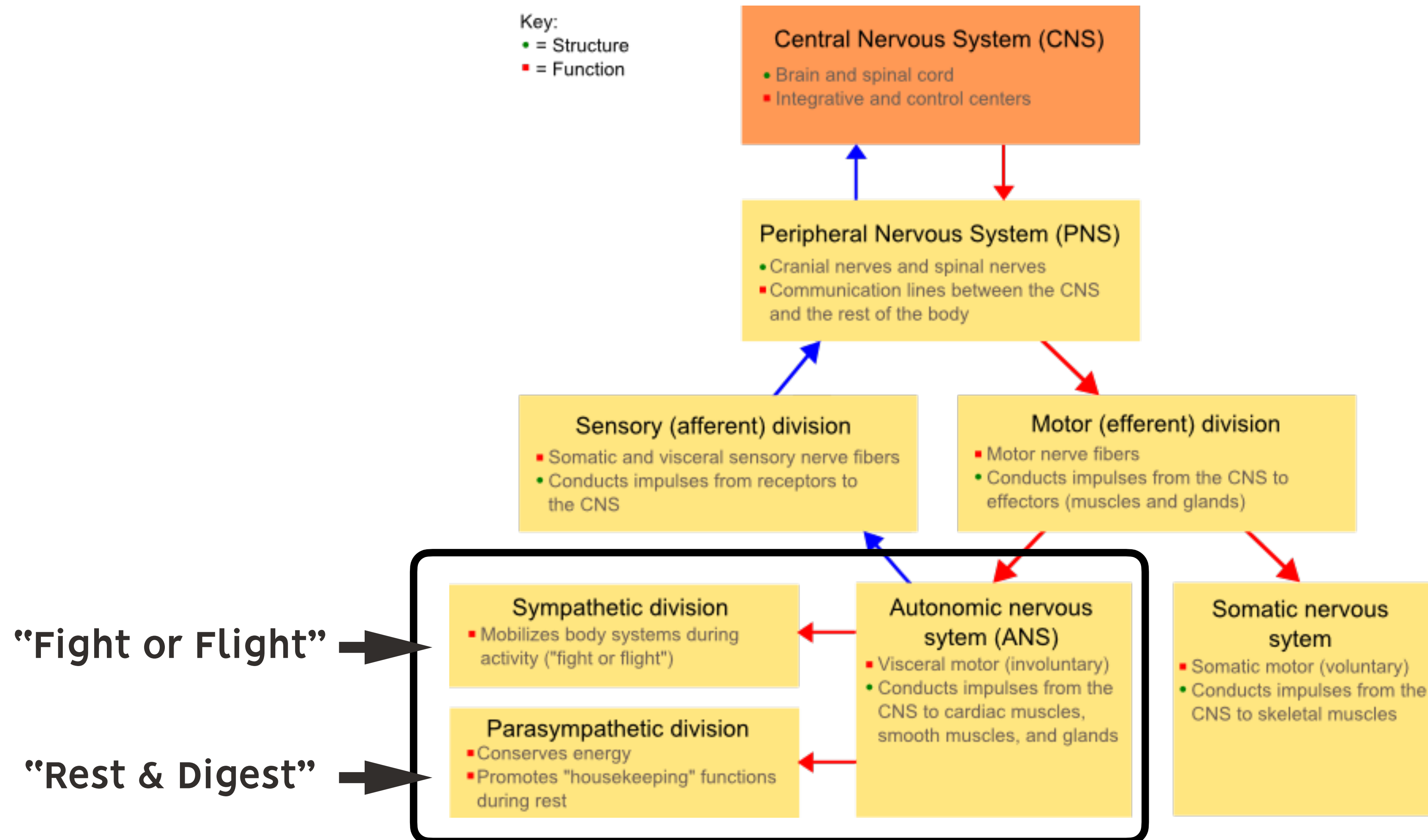
Autoimmune symptoms, endometriosis

Digestive troubles

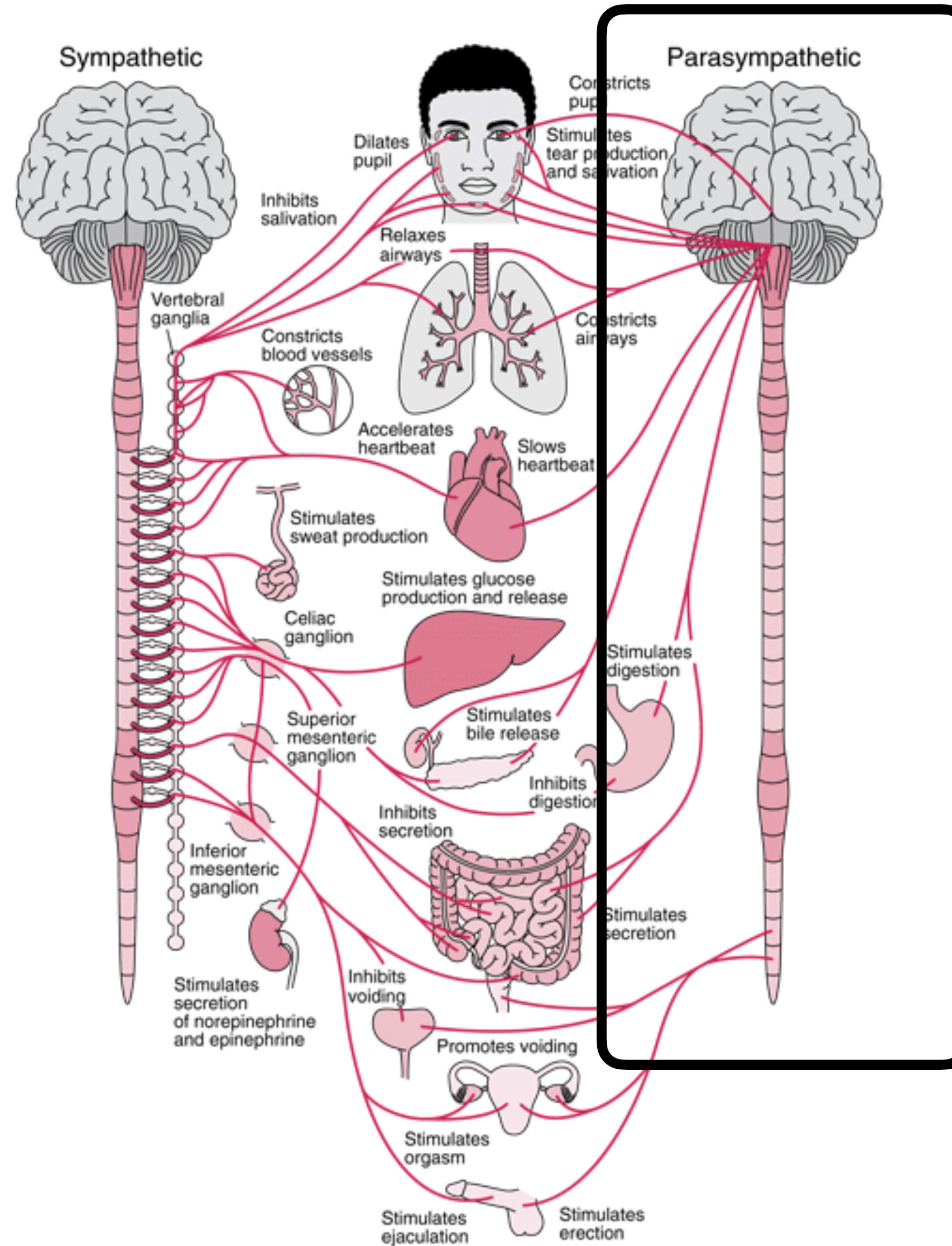
Cardiac conditions

POTs, dysautonomia

# The Nervous system

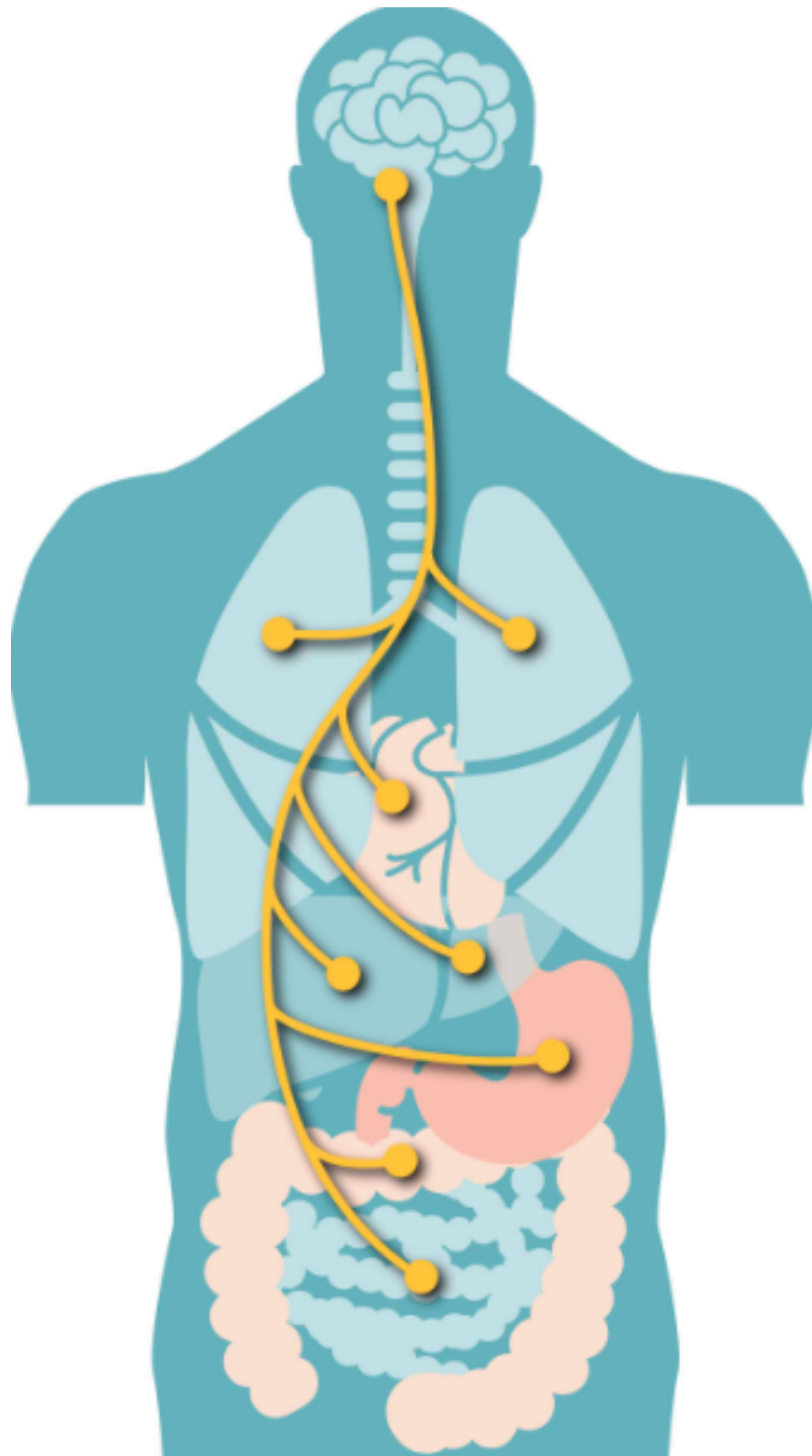


# The Nervous system



from: Merck Manual





# Vagus Nerve

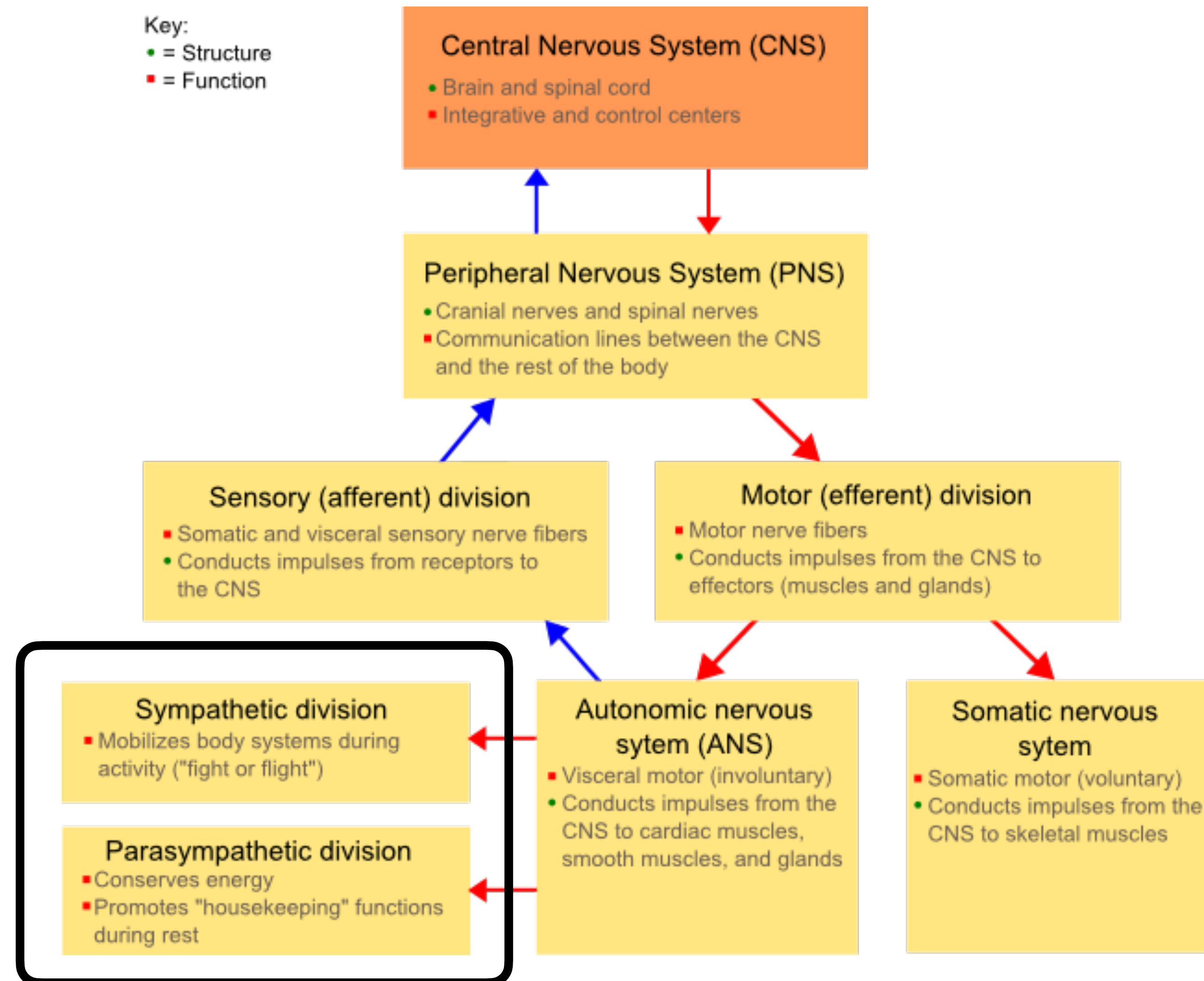
*Inhibits sympathoexcitatory circuits*

**Sensorymotor nerve**

Approximately 80% of its fibres are sensory,  
and transmit information from our organs  
directly to the brain

Perceives inflammation & can  
control the immune response

# The Nervous system



# Autonomic Nervous System

```
graph TD;
  ANS[Autonomic Nervous System] --> Sympathetic;
  ANS --> Parasympathetic;
  Parasympathetic --> DorsalVagus[Dorsal Vagus];
  Parasympathetic --> VentralVagus[Ventral Vagus];
```

## Sympathetic

## Parasympathetic

### Dorsal Vagus

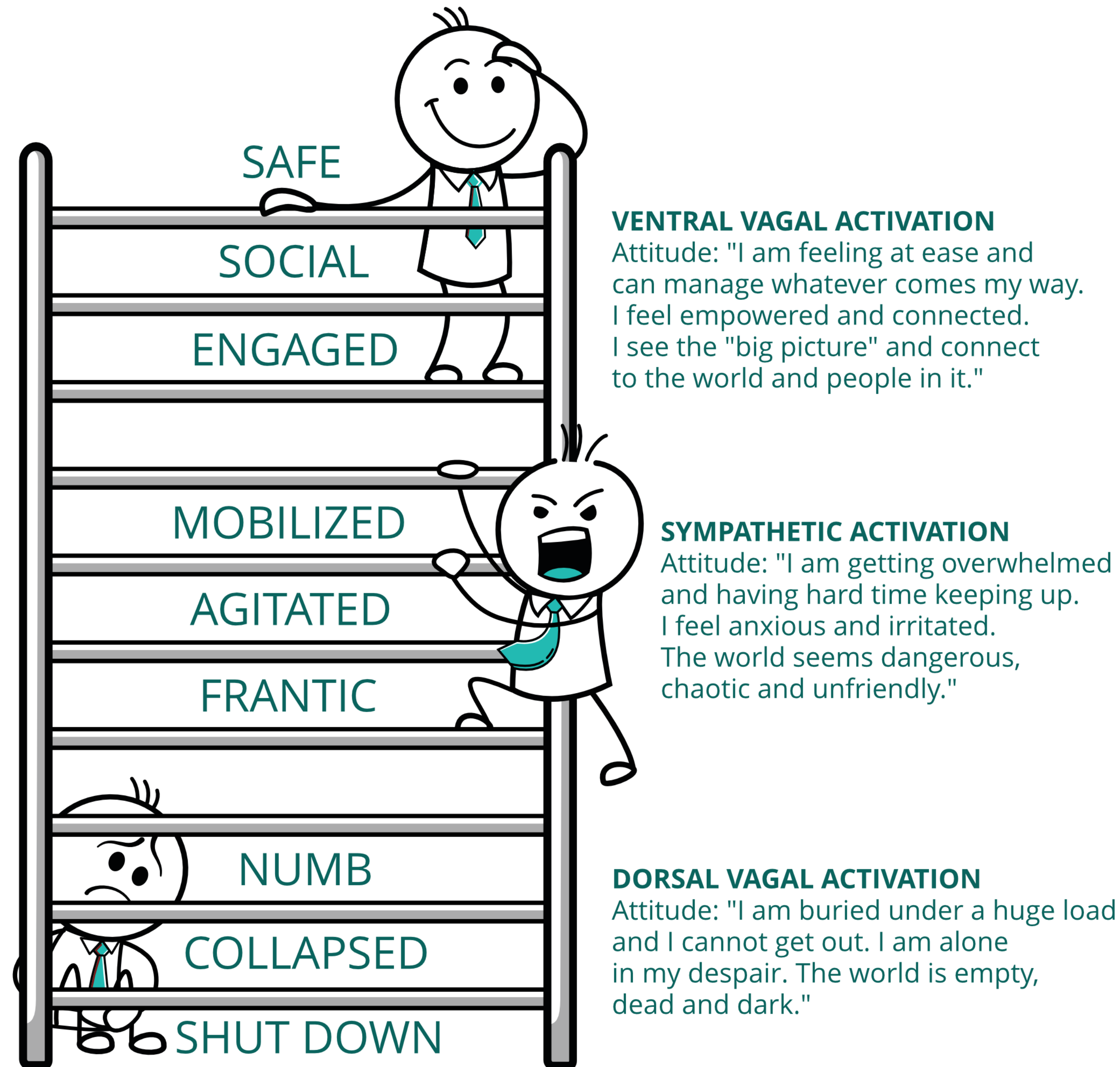
- Arises from the dorsal nucleus of the vagus.
- Originates in brainstem
- Travels routes below the diaphragm (subdiaphragmatic)
- Affects organs below diaphragm - especially impacts digestion
- Takes us out of connection into immobilization

### Ventral Vagus

- Originates in the nucleus ambiguus within the vagus
- Starts in neighboring part of the brainstem
- Travels routes above the diaphragm (supradiaphragmatic)
- Travels upward and connects with nerves in the neck, throat, eyes etc.)
- Influences heart rate, breathing rates, & moves us into the social engagement system

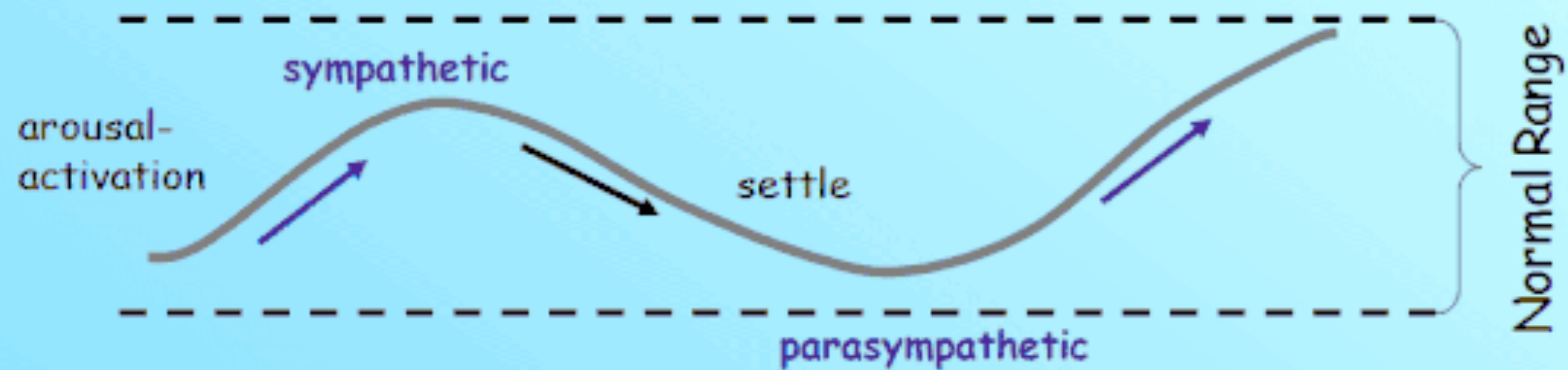


# AUTONOMIC NERVOUS SYSTEM AS A LADDER



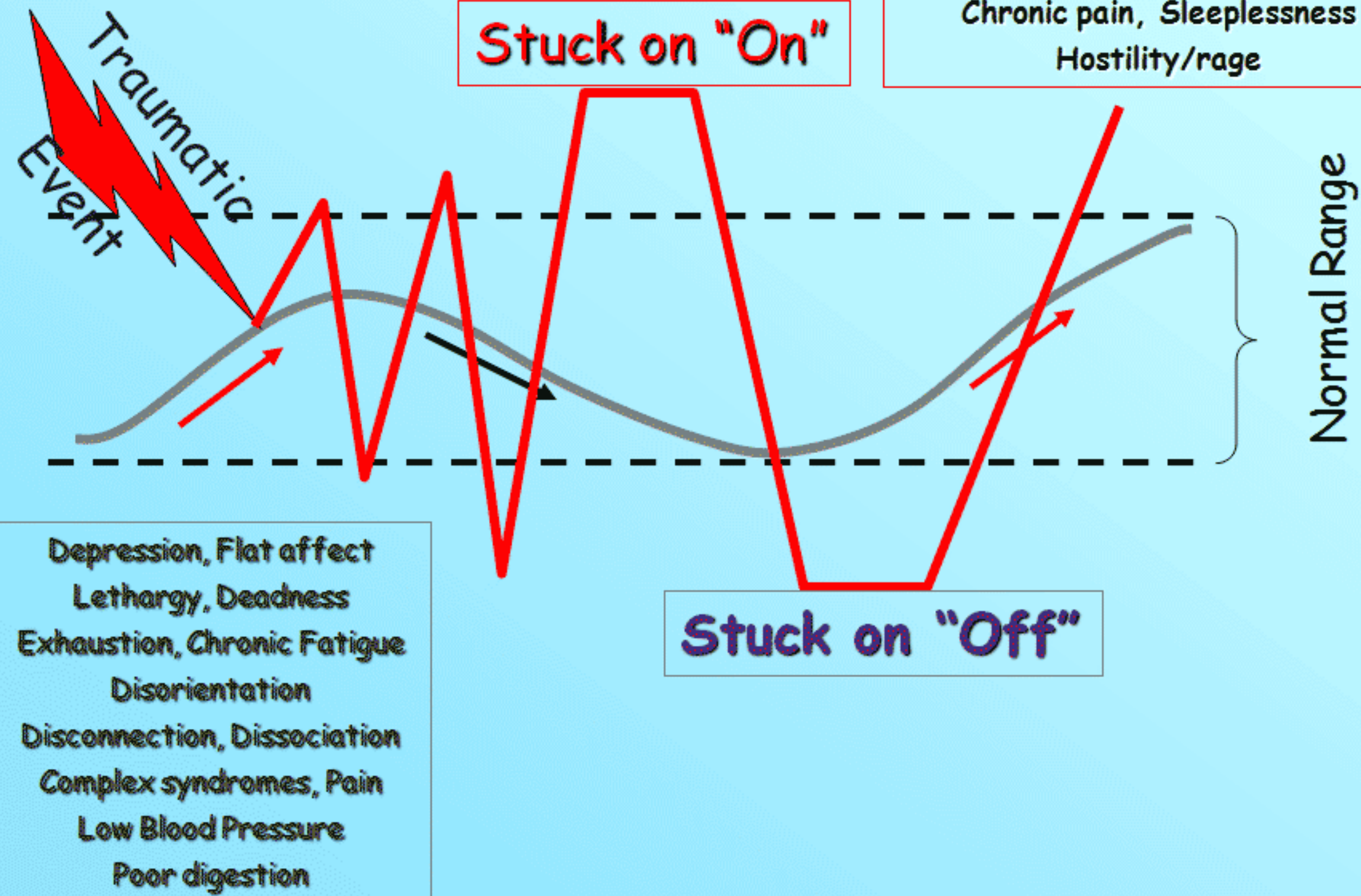


# A Healthy Nervous System



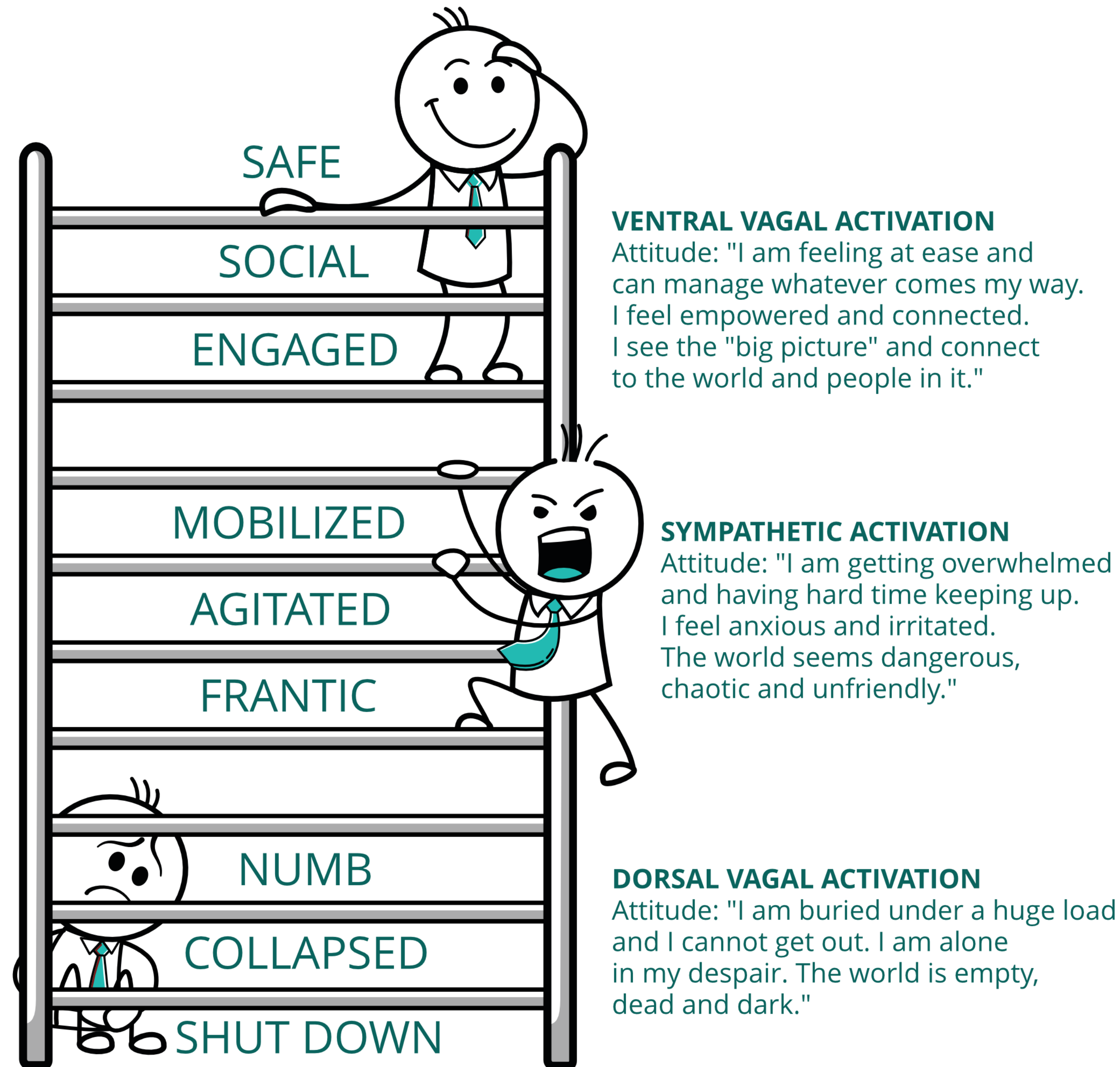


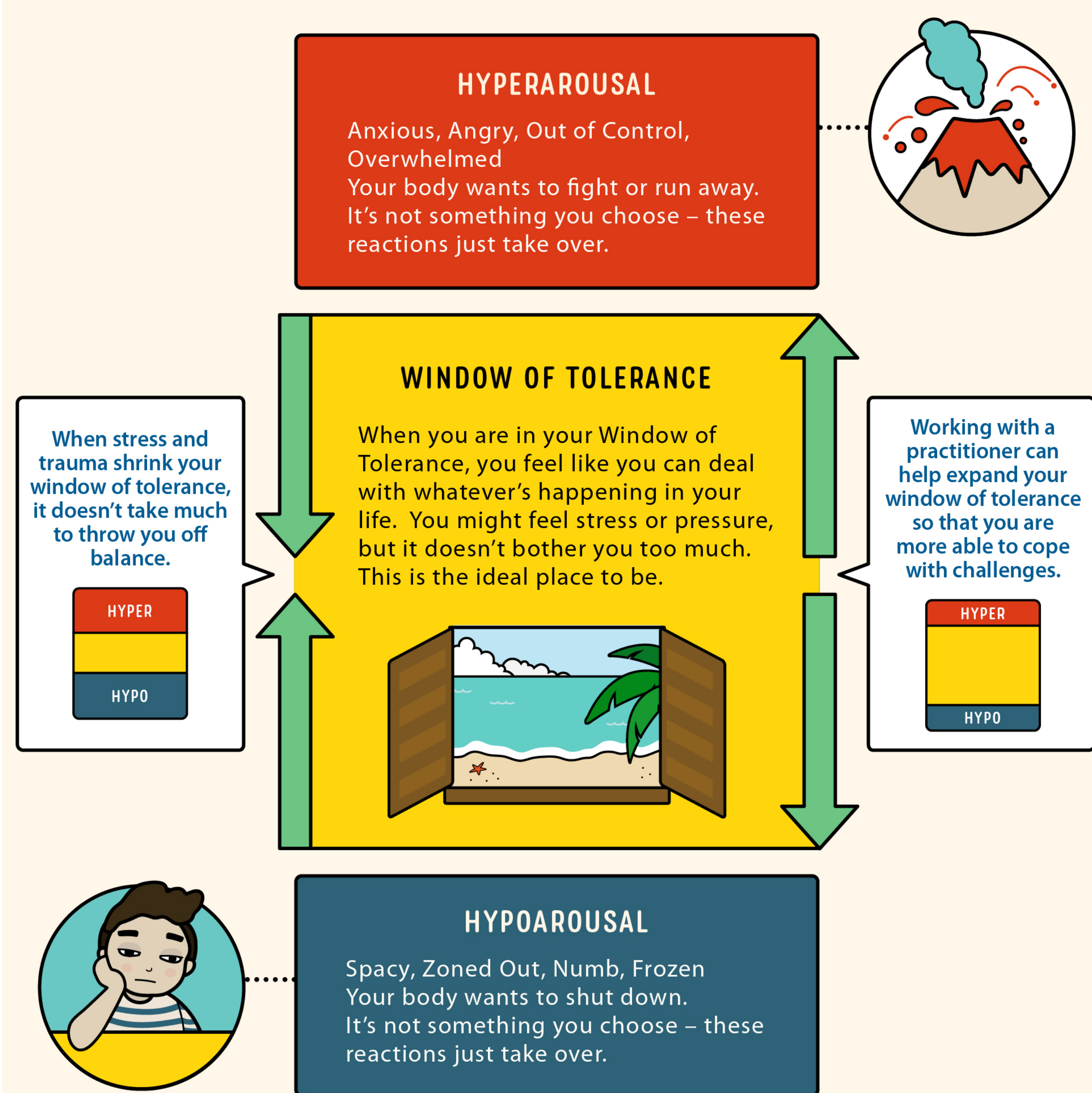
# Symptoms of Un-Discharged Traumatic Stress





# AUTONOMIC NERVOUS SYSTEM AS A LADDER





nicabm



# Vagal Tone

## **AUTONOMIC FLEXIBILITY**

Can be measured via heart function (*Heart rate variability – coherence*)

Can be used to assess emotional regulation

**Low vagal tone:**

More inflammation

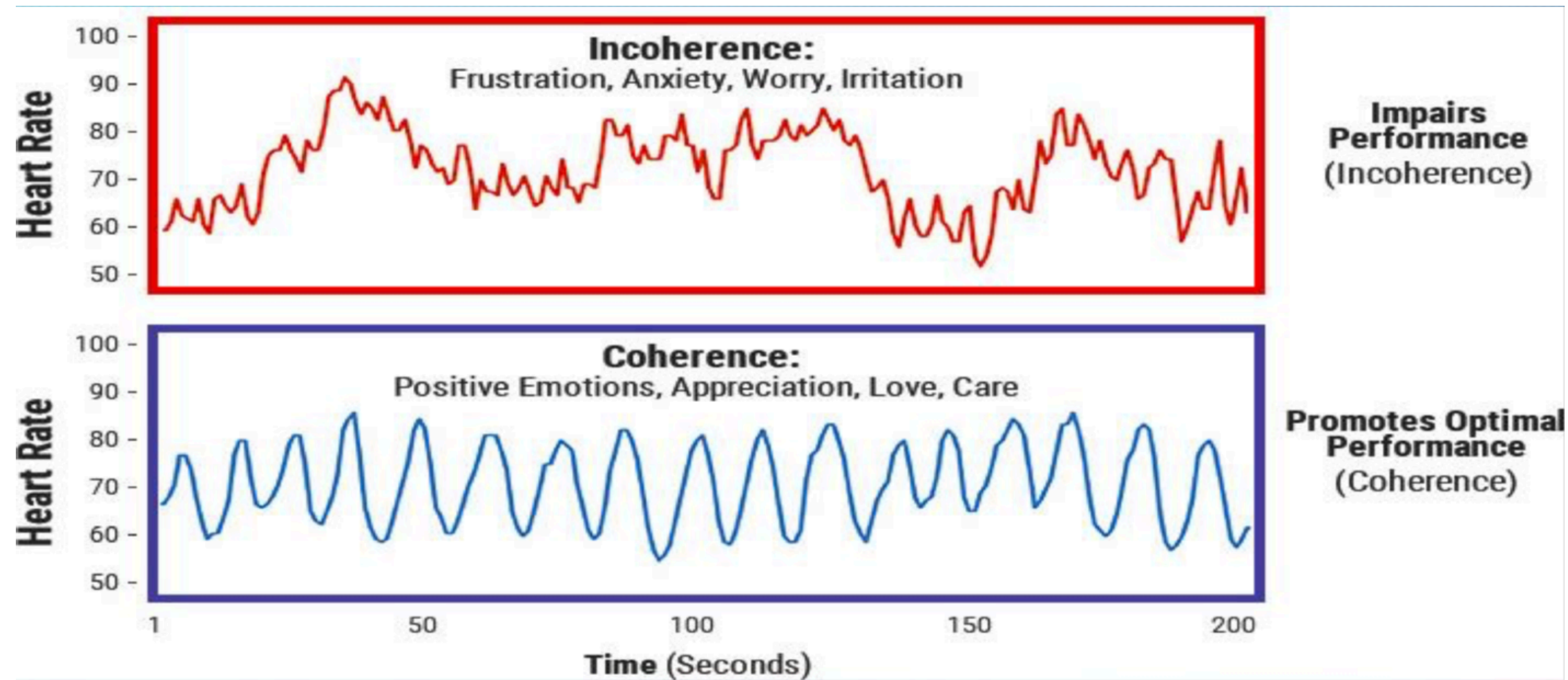
Impaired intestinal barrier function

Greater risk of immune dysfunction

Higher risk of heart diseases

# Heart Rate Variability (HRV)

## COHERENCE VS INCOHERENCE





# Vagal Tone & HRV

## WHAT CAN IMPAIR:

**Alcohol** – uncouples heart rate from vagal activity, causing nervous system dysregulation – *including acute intake*

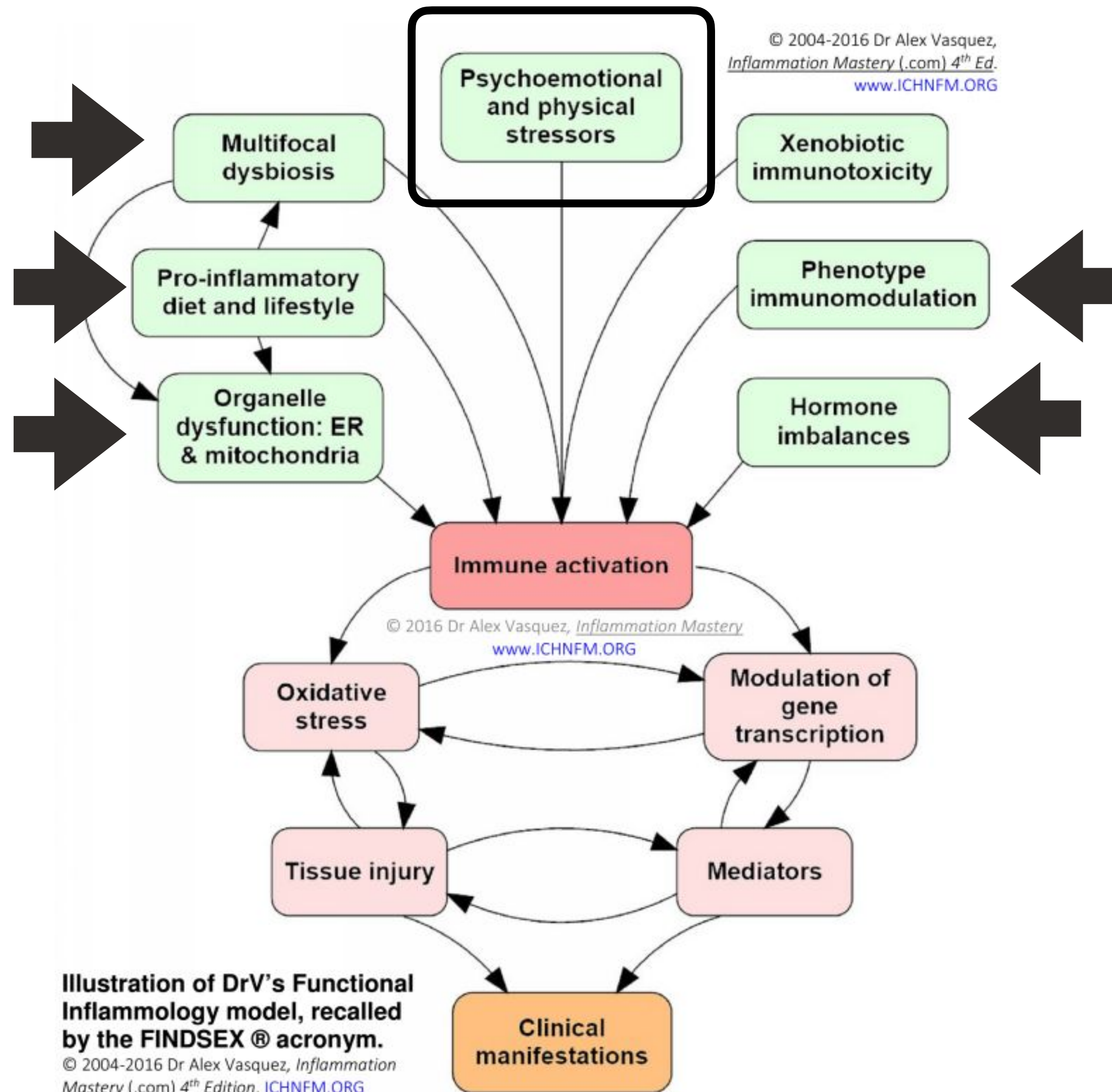
**Cigarette smoking** – *both short & long term*

**Toxin & solvent exposure**

**Poor glycemic control**

**Worrisome thinking**

**Chronic stress**





# **ALLOSTATIC LOAD & OVERLOAD**

**Physiological impact of cumulative & chronic stress**

**Affects tissues, brain structure, organ systems**

**Worsens with poor nervous system flexibility – reduces ability to reset after a stressor**

**May increase chances of many conditions, including cancer, inflammation, immune dysfunction**

***Occasional benefits, i.e. putting on fat for winter hibernation or migration***

*Goal:*

# **ALLOSTASIS**

**= Adaptation & tolerance to stressors**

**Maintenance of homeostasis & stability**

**Flexibility in nervous system responses to switch on & off**



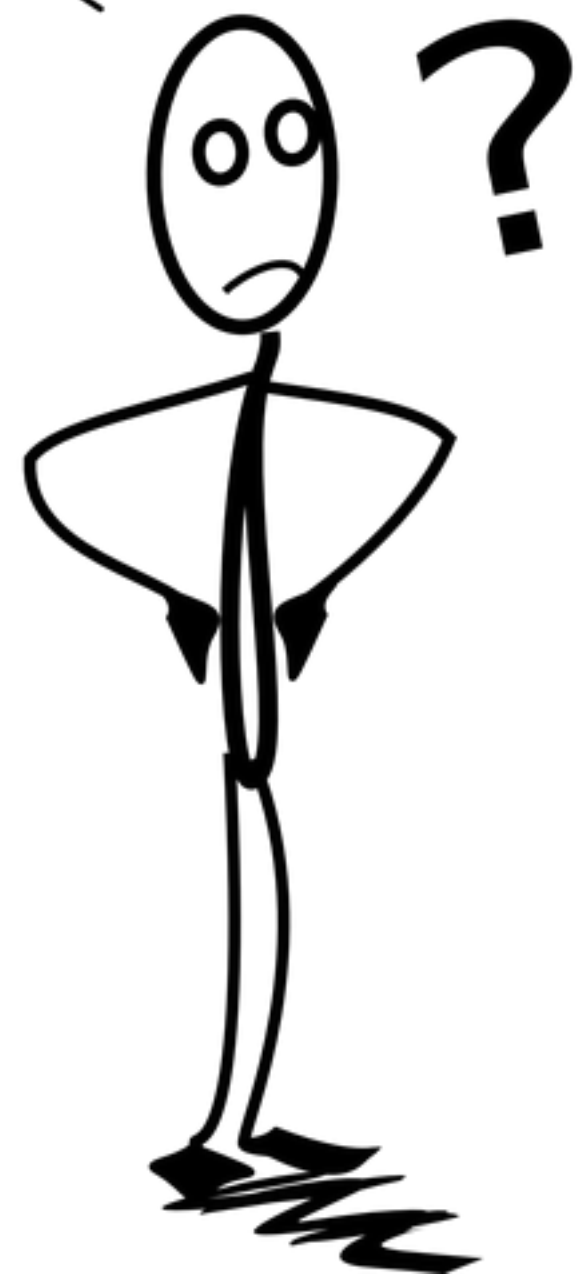
# However

“over weeks, months, or even years, exposure to elevated levels of stress hormones in an allostatic state can result in chronically high allostatic load & overload, with resultant pathophysiological consequences”

**While nervous system flexibility, vagal tone, allostasis and coherence are important, it's just the start**

**Also address chronic & toxic stress**

# HOW?



**Part two we'll learn tools to support the nervous system:**

*Vagal tone & flexibility*

*Coherence*

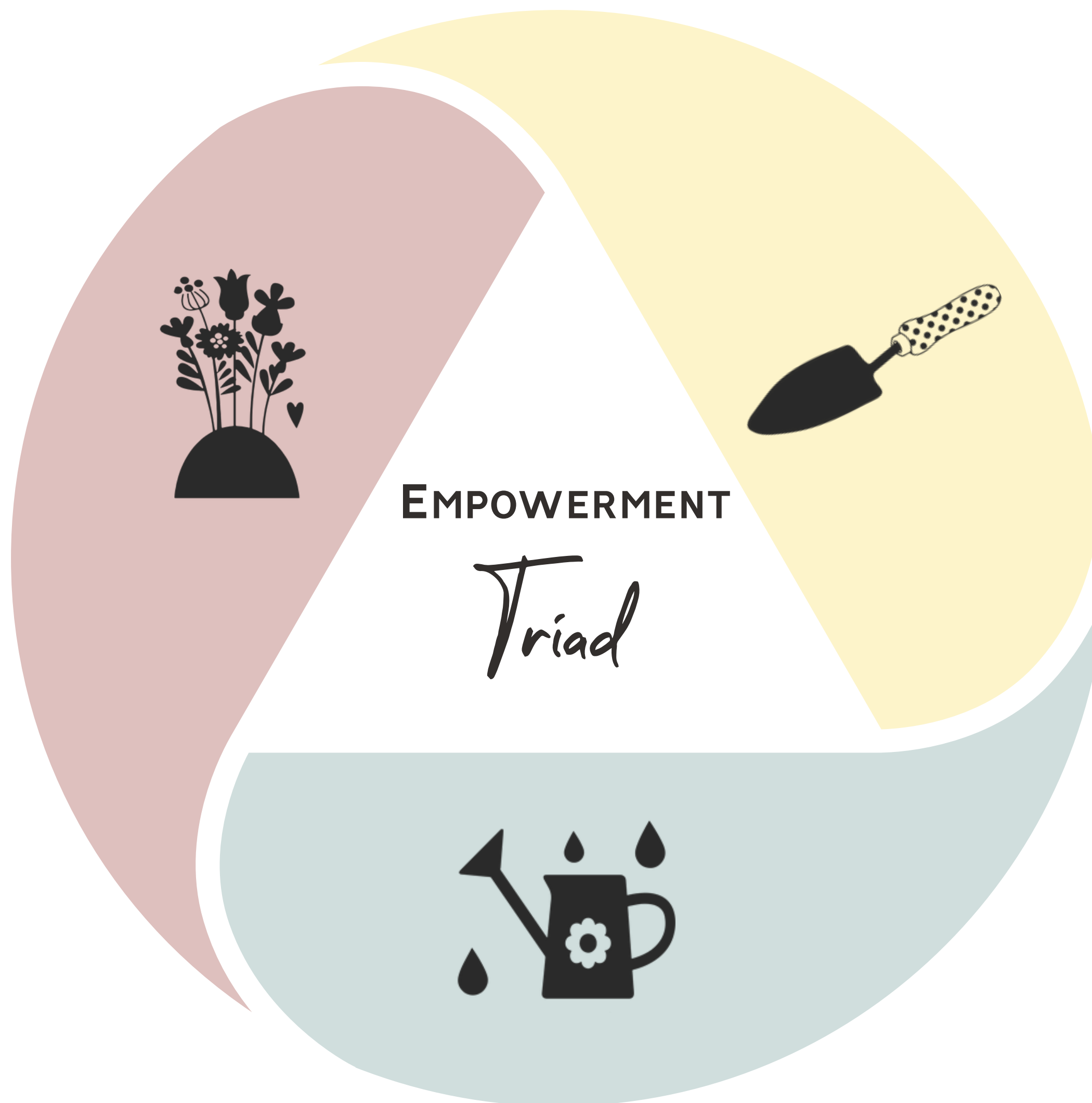
*Allostasis*

*Parasympathetic dominance*

**Part three we'll discuss how to address & heal chronic stress & trauma**

*So you can get out of survival mode & thrive*





1

## ABOLISH

Old habits & imbalanced nervous system & stress responses

That keep you stuck in feelings of anxiety, pain, stress, fatigue, brain fog, digestive issues, and more

*“pulling the weeds”*

2

## NOURISH

New & more supportive ways to see & respond to yourself & life

Heal emotional wounds & create a sense of calm control over every aspect of life, including your body, health, symptoms, relationships, career, and more

*“water & fertilize”*

3

## FLOURISH

Go from just surviving to truly thriving with joy, passion, and purpose.

Blossom into your body & bloom in the life you were truly meant to live

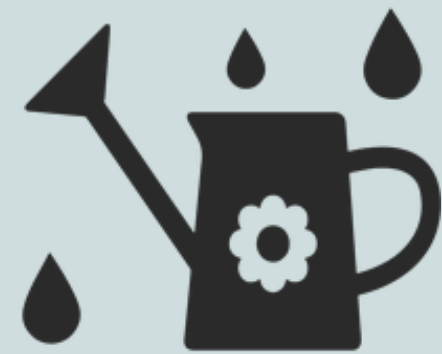
*“bloom into full potential”*

# EMPOWERED

*You Journey*



FLOURISH



NOURISH



ABOLISH

**Redesign**

Blueprint for your life  
the way you truly want

**Realign**

To your values, desires,  
purpose, and vision

**Realize**

Live the life, body, and  
health you truly desire,  
and watch it blossom as  
you grow & heal

**Reinforce**

New perspectives  
& mindset

**Recover**

Your Inner Compass

**Restore**

Relationships with  
yourself & others

**Relax**

Nervous system  
regulation

**Refocus**

Your attention to the  
present moment

**Redefine**

Boundaries,  
priorities



# GET MORE INFO



Get the Relaxing You Workshop recording to understand step-by-step how to regulate your nervous system

Instagram:

[@wellbalanceND](#)

*Questions?*

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