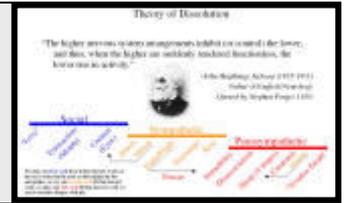


# How Health Happens

## The Autonomic Nervous System and Human Health



**Western Science:** Galen [A.D. 130-200]: Began the cataloging & measuring of aspects of health that were outside conscious human control. History of the ANS is colored by dominant world views. Consistent w/ Ayurveda and TCM acumeridian understandings of human connection with energies and processes outside ourselves. Much is yet to be discovered [ref. quantum physics etc.]

**Autonomic Regulation** is a powerful aspect of human health. I draw upon results of modern neurobiology and insights of Dr. Klinghardt. **An important doorway:** Above ANS Regulation is **Generation/Creativity** [makes us human]. This realm is in **4th & 5th levels:** Klinghardt's "Map". More and References: see Autonomic Science section at [www.NaturalWorldHealing.com](http://www.NaturalWorldHealing.com)

### Some Implications of the Autonomic Nervous System (ANS)

**"It is more important to know what sort of person has a disease than to know what sort of disease a person has."**  
~ Hippocrates (460-377 B.C.)

Each person has a healthy core we can support [typology: physiology/personality]. We all "feel"/sense things; our ANS is at work 24/7, doing the best it can. Our job: Add what is lacking; Remove toxins; give Information; optimize Body Energies. Body can be "hijacked": Toxic memories, toxic Energies (Chronic Miasms); block our true Self, unleash fear/ greed/ hatred.

- Milieu/Terrain: Beyond Epigenetics.

Body as Community: Microbes inside us (need to take probiotics). Collaborations.

We are at the frontier of a person's internal world, and the boundary of their belief system. Help them give themselves permission to change (and to let others also change). To see themselves in a new way >> Empowering.

- "Change": Most difficult to accomplish

Little changes >> may make a Big difference. Recognize something greater than oneself. Once you understand ANS: health/illness/ all human history >> makes sense.

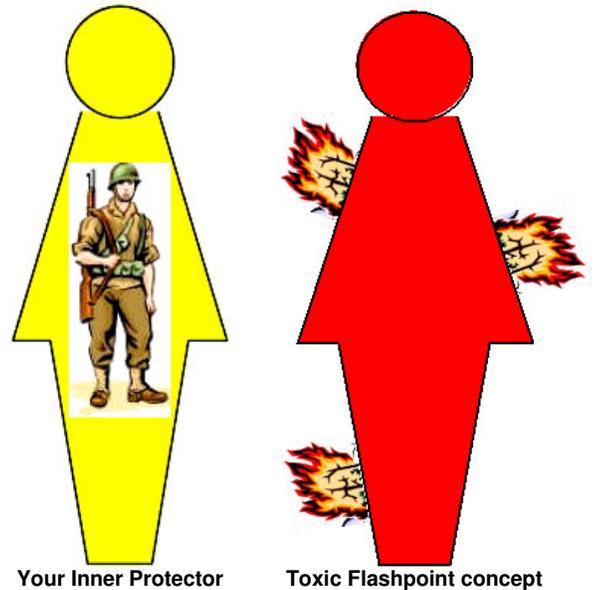
**Appreciating America:** Read The Invention of Air: A Story of Science, Faith, Revolution, and the Birth of America. Our freedoms are breaking barriers and bringing discoveries that can change the world. **We can do it!**

### Some ways to describe the Autonomic Nervous System [aspects of levels 1, 2 & 3: Klinghardt's 5-level Map/Model]

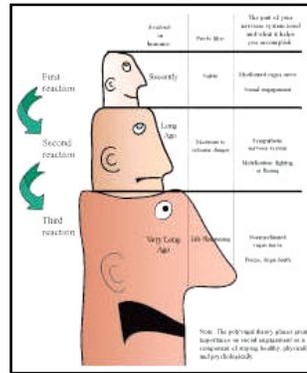
Do online internet searches for:

- Neurobiology Polyvagal System
- Autonomic Triune System
- Autonomic Nervous System
- Neural Therapy Klinghardt
- PsychoNeuroImmunoEndocrinology
- Homotoxicology ANS
- Dissipative Structures ANS
- Energy Medicine ANS
- Orgone Reich Breathing
- Integrative Homeopathy ANS

### Autonomic Nervous System (ANS)



Our Experience Method (at this level)	Assessment & Concept	Related Science	Diagnostic Methods	Related Healing Ex.
• The "Five Senses"	• Taste • Smell • Sight • Hearing • Touch	• Sensory • Motor • Reflex	• Vision • Hearing • Taste • Smell • Touch	• Sensory • Motor • Reflex
• The "Three Systems"	• Sympathetic • Parasympathetic • Enteric	• Nervous System • Endocrine System • Immune System	• Heart Rate • Blood Pressure • Digestion • Breathing	• Heart Rate • Blood Pressure • Digestion • Breathing
• The "Three Layers"	• Physical • Mental • Emotional	• Body • Mind • Heart	• Physical • Mental • Emotional	• Physical • Mental • Emotional
• The "Three States"	• Awake • Asleep • Anesthetized	• Conscious • Unconscious • Anesthetized	• Awake • Asleep • Anesthetized	• Awake • Asleep • Anesthetized



### Dr. Wilson's Practice

#### Naturopathic Consultations | Autonomic Assessments | Team Collaborations & Referrals

### Autonomic Assessments and Support: Some of the many options

#### Some Assessments:

- HRV • Acugraph Digital Meridian Imaging • Autonomic Response Testing • Craniosacral ANS sensing • Iridology • TCM exams (tongue, pulse, auriculotherapy) • appropriate labs

#### Some treatments (based on the existence of three [3] aspects of the ANS):

- Educate patient about Social Nervous System and the mental aspect of protection and healing. • Biofeedback. • Breathing and Focus training • Hypnotherapy • Acupressure • Tapping therapies (MFT/EFT, etc.) • Klinghardt's Applied Psycho-Neurobiology • Remove "Toxins" of all kinds (dental, petrochemical, heavy metals, toxic relationships, toxic self-talk, etc.) • Homeopathy

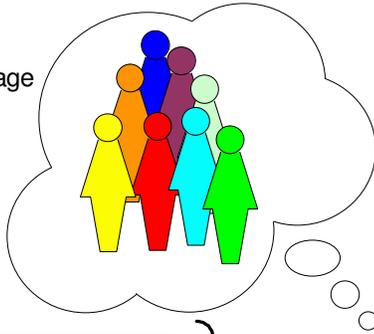
#### Refer to Dr. Klinghardt's diagram: Five Levels of Healing in the Human Body

More Information:

[www.NIHAdc.com](http://www.NIHAdc.com) | [www.NaturalWorldHealing.com](http://www.NaturalWorldHealing.com)

## Five Ways to Supercharge your Inner Protector\*

Effects of Family Lineage and Memories of past events both Positive and Stressful



Inner Protector:  
Autonomic  
Nervous System  
ANS - 3 Levels



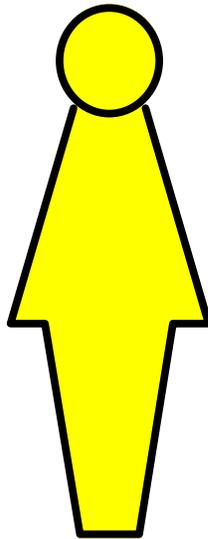
**Social N.S.**  
Seek friendly smile,  
reassuring voice.



**Sympathetic N.S.**  
Fight or Flight; "foot  
on the gas pedal."



**Parasympathetic N.S.**  
Rest, Repose, Repair;  
disconnect like possum.



You

The Autonomic Nervous System is a key to good health. It is always on-the-job to protect your health.

The ANS is like an Internal Protector managing your blood pressure, heart rate, temperature, allergy and hypersensitivity and many other functions that you do not need to think about. The ANS even affects glands like the thyroid and adrenals and what is called the immune system.

Science has recently shown that the Autonomic Nervous System is influenced by higher brain activity including our thoughts and our perceptions of things that happen to us. This means a major expansion of our understanding of the ANS: it has Three (3) levels. Earlier models described only two, the Parasympathetic and the Sympathetic systems. Now the Social Nervous System is included based on the value of Social Engagement as a protective function of the ANS. [See "Polyvagal Model" information on the Internet.]

"Psycho-Neuro-Immuno-Endocrinology": You may have heard this description of the complex Autonomic Nervous System. The "mental environment" can be a big help or it can hurt health. More discoveries will certainly be made as we continue to study the intricacies of Life. You can find more information on the Internet.

### \*Supercharge your Autonomic Nervous System

- 1) ASSESS:** Learn about your Autonomic Nervous System's current state of function: Heart Rate Variability testing; Autonomic Response Testing; Craniosacral Therapy assessment; Iridology photographs; Biofeedback; Acugraph Digital Meridian Imaging and more.
  - 2) Allergy Elimination Technique:** An important way to tell your ANS to reduce hypersensitivity.
  - 3) Biofeedback training:** Prepares you for home care that gives you increasing control over your ANS. Can be done with a variety of devices, some inexpensive. Several computer software programs are available.
  - 4) Breathing and Focus training:** Autonomic health is boosted by breath techniques as well as regular times of mental focus. Training for home care in both of these is available from Dr. Wilson.
  - 5) Deal with fears and stresses that block healing:** Applied Psycho-Neurobiology (APN), Counseling, and Integrative Homeopathy improve the "mental environment" and remove obstacles to your inner healing abilities.
- In Addition--Nourishment plus Detoxification:** This handout can contain only a limited number of the powerful treatments available. A key to ANS health is to **supply** things that are missing (hormone treatments, nutritional supplements, etc.) and also **remove** toxins.

Virtually any treatment or home care approach that supports the Autonomic Nervous System can help your body do a better job of healing and maintaining health. Integrative Medicine offers many options to increase the effectiveness of your self-healing abilities. You are invited to learn more about these important choices.

Dr. Ralph Wilson [www.NaturalWorldHealing.com](http://www.NaturalWorldHealing.com)