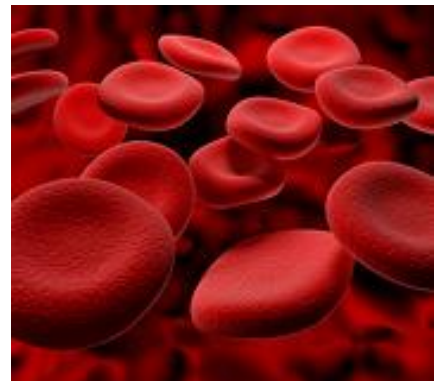




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*Parasympathetic Nervous System Imbalance*

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*I further request and accept the use of any tools of the "health trade," and at my sole discretion under retained right, in whatever form available in a free market that may be provided for my use to further my health education be it software, workshops, testing or health auditing apparatus, clinical or laboratory equipment.*

*I understand that Mark Hathaway has received certification in Flow Systems technology for health auditing through professional training programs from Biomedx (Chicago), but is neither offering nor providing a service under this agreement under any official government certification and/or license as a health, or diet professional.*

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*I understand that I assume all risks from the use, non-use or misuse of information, materials or opinions provided by Mark Hathaway during my health coaching sessions or presentations.*

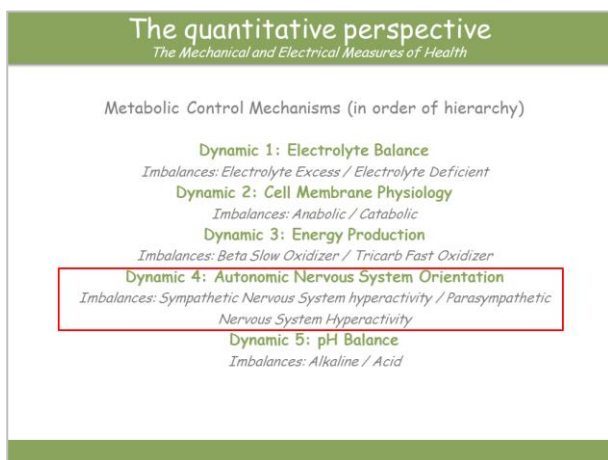
# Autonomic Nervous System Metabolic Control Mechanism

## Parasympathetic Imbalance

### Overview

What is Sympathetic Dominance? What is Parasympathetic Dominance?

Sympathetic Dominance refers to the autonomic nervous system (ANS). The ANS is a mechanism in the body that takes place without you consciously thinking about it. We don't have to think about whether our heart is beating, it just does. The other side of the nervous system is the Parasympathetic Dominance or the part of the nervous system that you can control.



A Parasympathetic Imbalance is often where I find individuals who suffer from allergies or asthma. This can be a tricky imbalance because if an individual has a strong ANS imbalance, especially on the parasympathetic side, that person can often see a response that is opposite of what is expected when working to balance the body. For example, if a specific food or supplement tends to push one measurement, like urine pH, down for most people, that same food or supplement could

actually push up that measurement for a parasympathetic person. I've never heard a good explanation as to why this can occur for some, but it seems the defence system and immunological issues affect this anomaly. It is seen frequently enough in parasympathetics that you need to know this anomaly exists.

That is why learning to monitor your body is so important. Monitoring your body will also alert you when the time has come to get the help of a professional who understands the wide variety of nuances that can occur when looking at layer upon layer of imbalances in the body.

Key to the control of the ANS is minerals, notably magnesium, calcium, potassium, and sodium. The two big ones are potassium and calcium. Calcium in the body can be complexed or ionized; which one dominates is a function of blood pH and what is ultimately going on with the blood buffers. Ionized calcium has major control of the parasympathetic system. Magnesium offers a balance of the calcium and sodium a balance to the potassium.

### Some common symptoms of a Parasympathetic Imbalance

- Small Pupils
- Pulse Pressure < 37 (The pulse pressure is a measurement found by subtracting your Resting Diastolic BP number from your Resting Systolic BP number. This number is your pulse pressure)

- Gag Reflex Increased (If you brush your teeth and your toothbrush goes a little further back, do you gag? When you go to the dentist, do you gag?)
- Red Dermographic Line (With this test, you run the non-ink, round end of a pen across the inside of your arm and then wait 20-30 seconds to see if your skin turns red, white, or the mark just disappears.
- Low Body Temp
- Warm Dry Hands
- Fingertips Warmer than Triceps (This is too hard to test on yourself since your triceps are the back of your upper arm, but you can have someone grab your fingertips and your triceps at the same time and tell you which is warmer.
- Allergies
- Asthma
- Saliva and tear quantity increased
- Increased white blood cells
- Osteo-arthritis
- Weak heart
- Indigestion
- Frequent urination
- Muscle cramps at night
- Eyes or nose watery
- Eyelids swollen

## Parasympathetic Supplements

- **Auto P** – 1-3 caps with breakfast and lunch
- **Ammonium Phosphate** – 1-3 caps on an empty stomach (not if urine pH below 5.5)
- **Beet Flow** – 1-3 caps with each meal

- **Digesti-zyme** – 1-3 caps with each meal
- **Betaine HCl** – 1-5 caps with each meal
- **Mito NRG** - (3 caps before breakfast and lunch (good if also beta slow oxidizer or alkaline imbalance)
- **Sodium Glycerophosphate**
- **Calcium Aspartate**
- **Phenylalanine** - (especially when experiencing fatigue). Not if you also have a catabolic imbalance.
- **Glutamine**
- **Phos Drops** – (phosphoric acid) will give a very nice boost to a Parasympathetic who shows a tendency toward Alkalosis
- **L-Tyrosine** - An amino acid - Avoid with a Catabolic Imbalance. (Avoid at night.)
- **MSM** – 1-3 tsp before breakfast and before tea (not too late)

NOTE: Most of these supplements can be ordered by contacting Mark (when ordering in Australia) or via Naturalreference.com (when ordering in the USA). You will need to enter practitioner code 40551240 to order from NR.

## Avoid with this imbalance

- Excessive Vitamin B6 supplementation must be avoided.

## Contact Mark

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