

# YOUR BODY IS DESIGNED TO HEAL!

(AS YOUR BRAIN & BODY WORK TOGETHER)

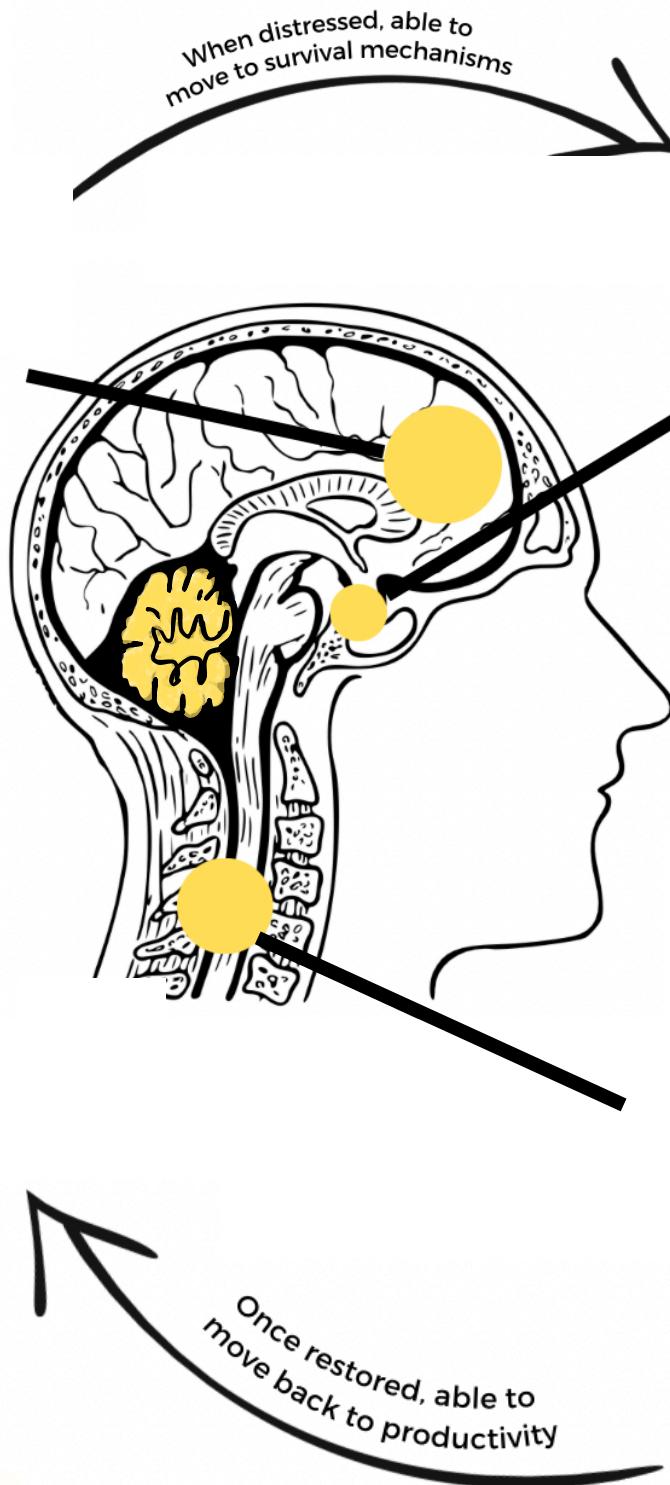
## THRIVE

### RATIONAL BRAIN: HIGH FUNCTION/PRODUCTIVITY

#### HUMAN CAPACITY FOR:

- Rational thought
- Moral judgment
- Creativity
- Learning/problem solving
- Complex relational interactions/LOVE

Controlled by Prefrontal Cortex of the Brain



## SURVIVE

### DISTRESS/EMERGENCY RESPONSE: SYMPATHETIC NERVOUS SYSTEM

- Overrides rational Brain when threatened
- Automatically triggers increased energy for:
  - Flight/escape (anxiety)
  - Fight/aggression (anger)
  - Freeze/overwhelm (trauma)

Controlled by Amygdala of the Brain

## RECOVER

### RECOVERY ZONE: PARASYMPATHETIC NERVOUS SYSTEM

#### FUNCTIONS TO ALLOW FOR:

- Rest/sleep/decreased stress
- Digest/process/cleanse/detox
- Recover/restore/nourish/HEAL

Controlled by Brain Stem & Vagus Nerve



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