



## Are you unwell or suffering pain?

The Autonomic Nervous System is the control mechanism... and is divided into the sympathetic branch and the parasympathetic branch. These two branches operate in opposition to one another: when one turns ON the other SHUTS DOWN and visa versa.

**The sympathetic branch activates the glands and organs that defend the body against attack. It is called the fight-or-flight system.** Its nerves direct more blood to the muscles and the brain. The heart rate and blood pressure increase, while it decreases the blood flow to the digestive and eliminative organs. It gets turned on if:

- You really are in danger of being hurt
- Trauma, either physical, mental or emotional
- You feel in danger or feel like a victim
- Your blood Ph is too acidic
- You become allergic to what you eat

**The parasympathetic system of nerves is concerned with nourishing, healing and regeneration of the body... rebuilding the body.** Its nerves stimulate digestion, and the immune and eliminative organs. These organs include the liver, pancreas, stomach and intestines. The parasympathetic nervous system, when activated by natural healing therapy, relaxation and happy thoughts, is essential for balanced living and for all healing.



### How to speed up the return to wellness and pain free living?

Treatment with Scenar Therapy, Bowen Therapy, or Trinfinity8 can accelerate your return to a naturally healthy, pain free and happy self. Call us now on 03 215 6744 for an appointment.

## Quotes

*"Don't feel sorry for yourself if you have chosen the wrong road - turn around."*

Edgar Cayce

*"Smile, it increases your face value."*

Unknown

*"Worrying is using your imagination to create something you don't want."*

Abraham

*"All things in moderation - except laughter!"*

Anonymous

## Do you wonder...

*Why do banks charge a fee on "insufficient funds" when they know there is not enough?*

## For a laugh

<http://www.boreme.com/boreme/funny-2010/paul-zerdin-ventriloquist-without-dummy-p1.php>

## Awesome skipping!

<http://blip.tv/play/Ae+9MJOSSA>

## Great website

[www.phkillscancer.com](http://www.phkillscancer.com)