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Working independently of our conscious mind, the autonomic ner
essential to survival. It consists of two components: the parasyn
systems. The parasympathetic system is responsible for stimulat
is at rest, especially after eating including sexual arousal, saliv
sympathetic nerve system is responsible for stimulating activitie
fight-orflight response to perceived danger. The vagus nerve is
nerve system and inhibits the flight-or-fight response. It contain
sensory neurons (also called afferent neurons), which provide in
system and brain from organs and other parts of the body.

The Polyvagal Theory of Autopilot

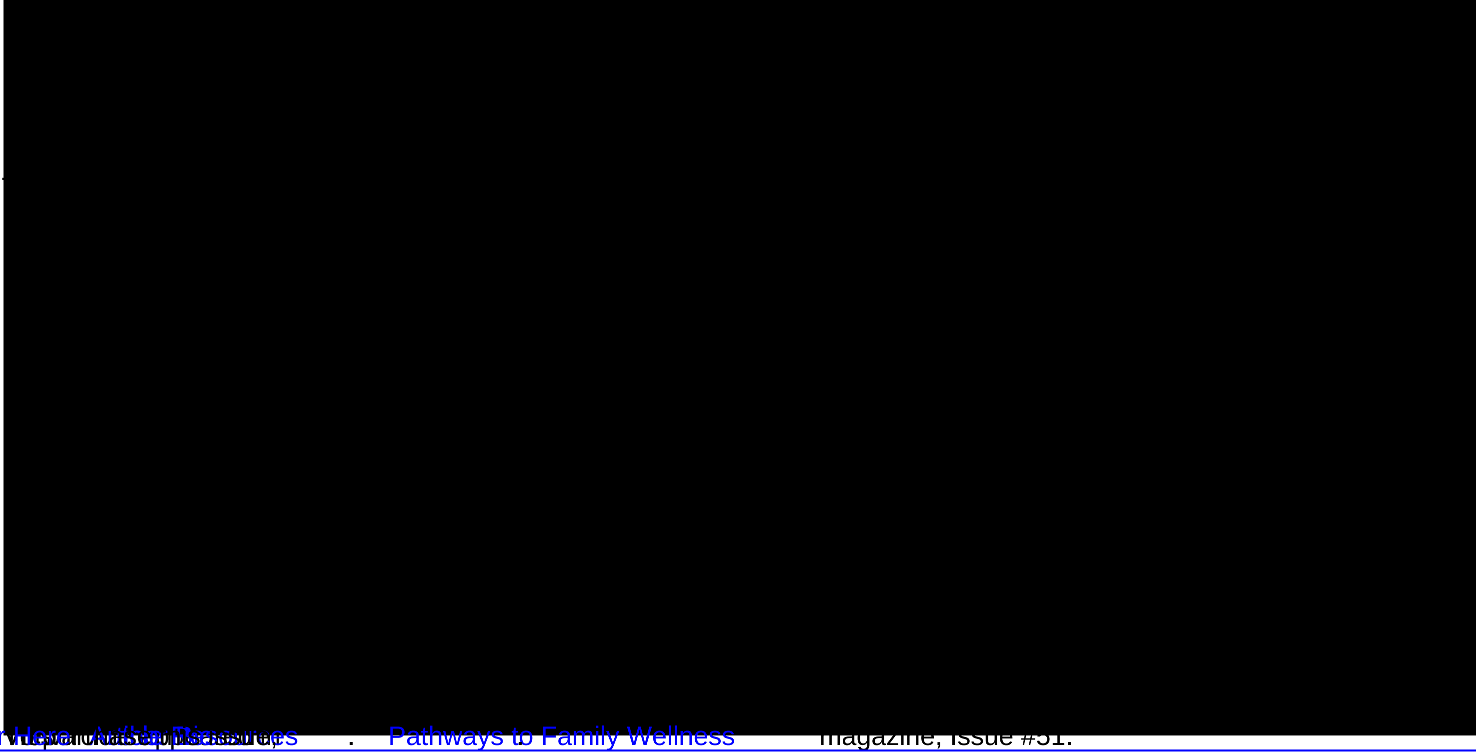
University of Illinois researcher Stephen Porges proposed a poly
our autonomic nerve system actually consists of three overlappi
independently control autonomic functions, which evolutionarily
years.

Porges identifies our three nerve systems as:

Myelinated vagus: When we are not threatened, we use our most evolv
system, which Porges refers to as the myelinated vagus. This sy
more primitive nerve systems and enable high-functioning mamm

other people and works in conjunction with oxytocin receptors in the brain, which stimulate feelings of bonding, attraction, and love.

The vagus regulates heartbeat, lung expansion, and digestion, and stimulates the production of digestive and anti-stress enzymes and hormones (such as acetylcholine, vasopressin, and oxytocin). Interestingly, the vagus nerve uses the neurotransmitter acetylcholine. The vagus



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