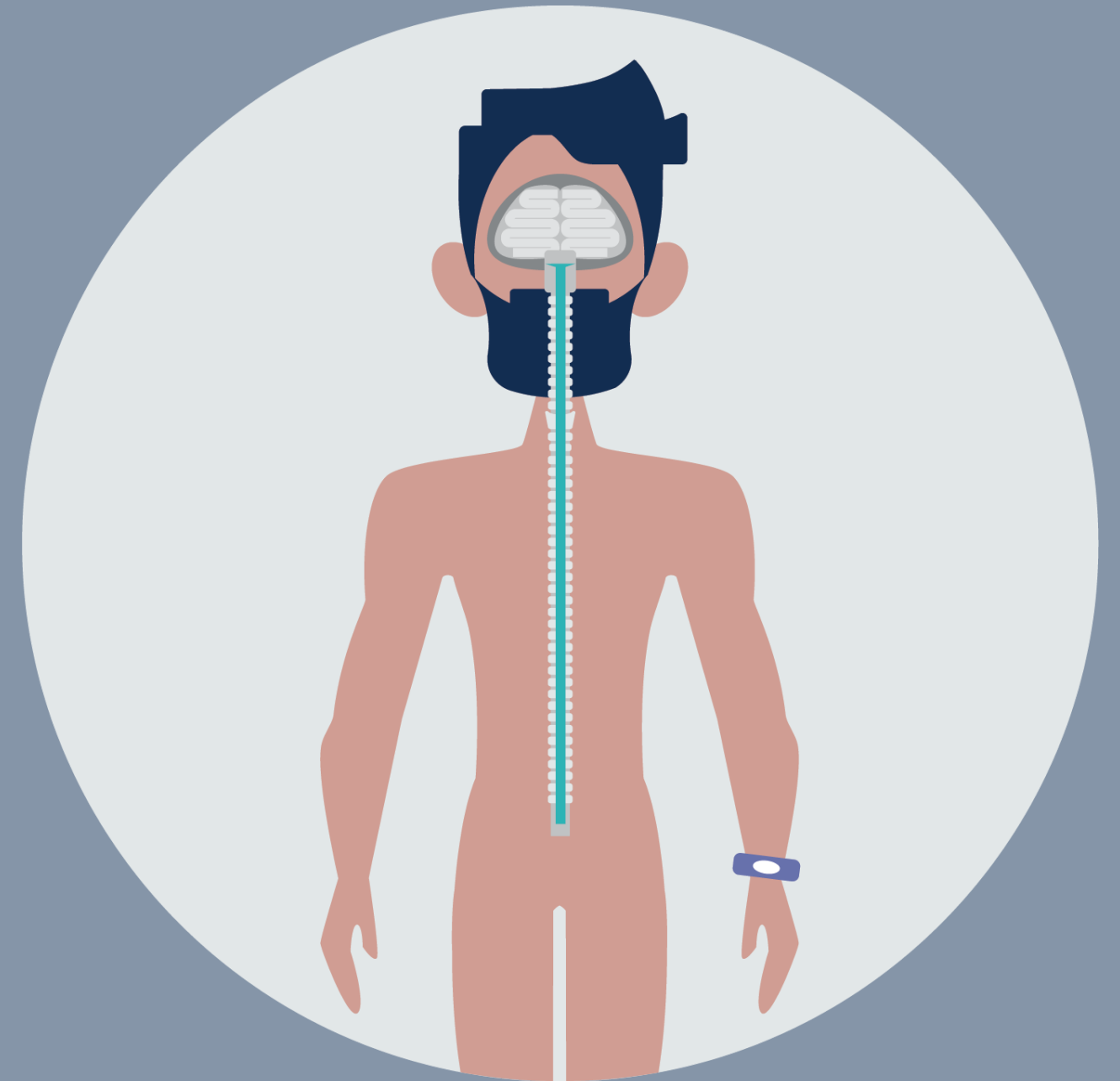


Anxiety 01: Calming Physiological Symptoms

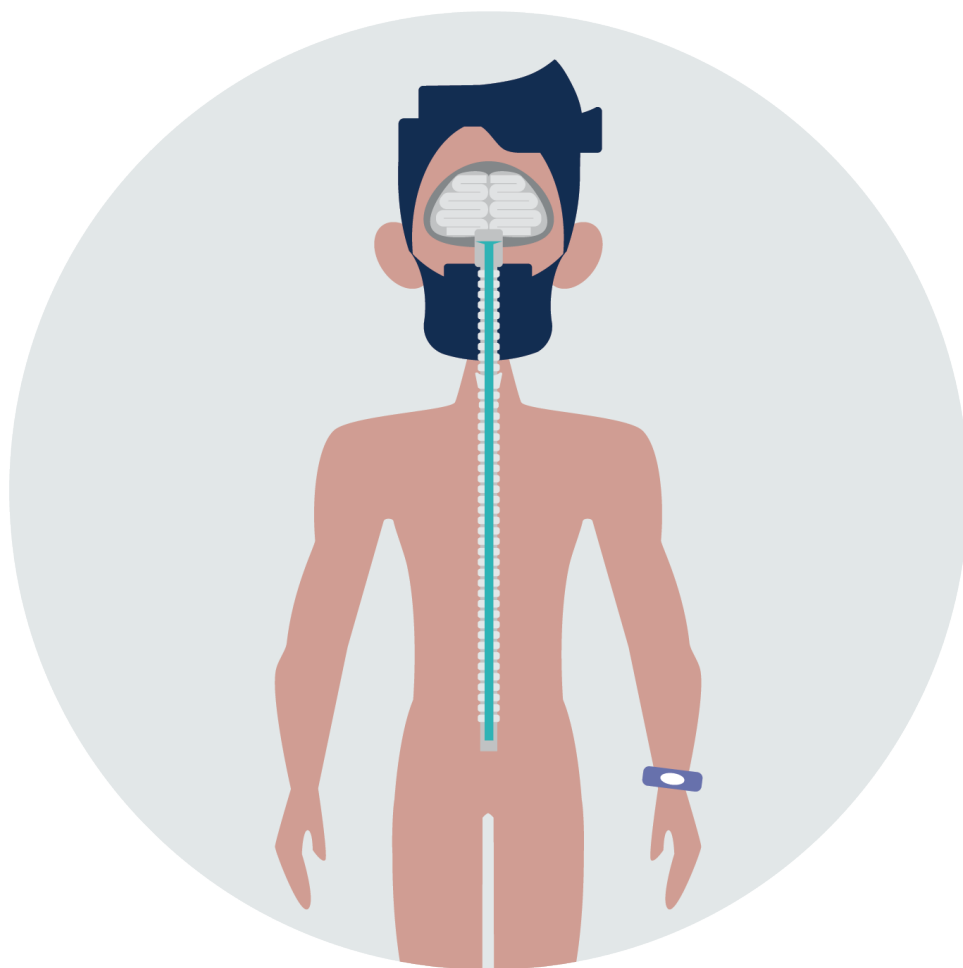
Various systems in the body contribute to the physiological factors of anxiety. Optimal functioning of these systems can eliminate anxiety symptoms in the body. This Medigraytion calms the physiological factors of anxiety by bringing consciousness to your enteric, sympathetic and parasympathetic nervous systems, as well as your endocrine system, reminding each system of its ability to perfectly regulate neurotransmitters, achieve balance within your microbiome and regulate hormone function.



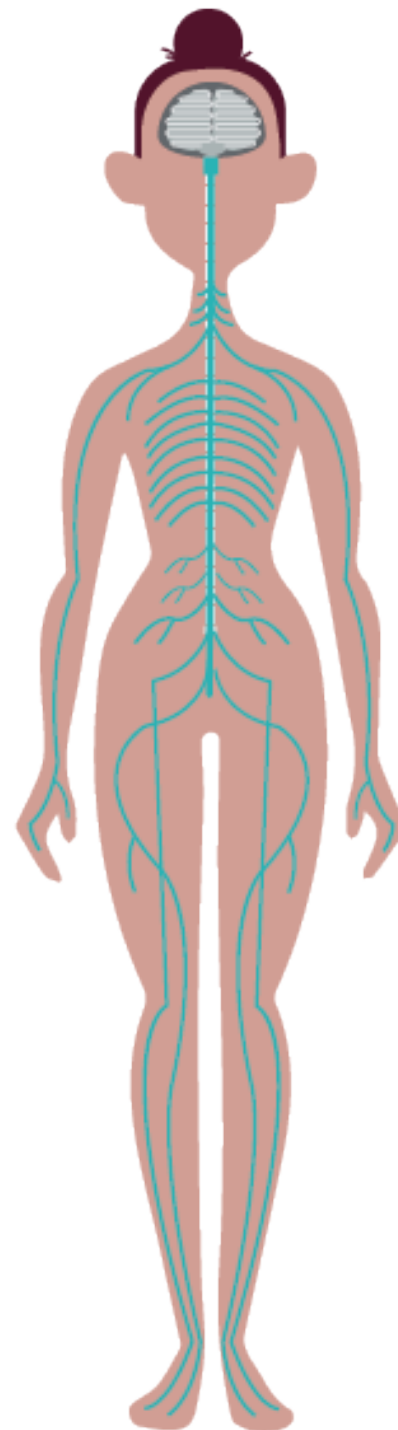
Basic Anatomy

Take a glance at these basic anatomy images. You don't need to study them a ton; just know their shapes and locations.

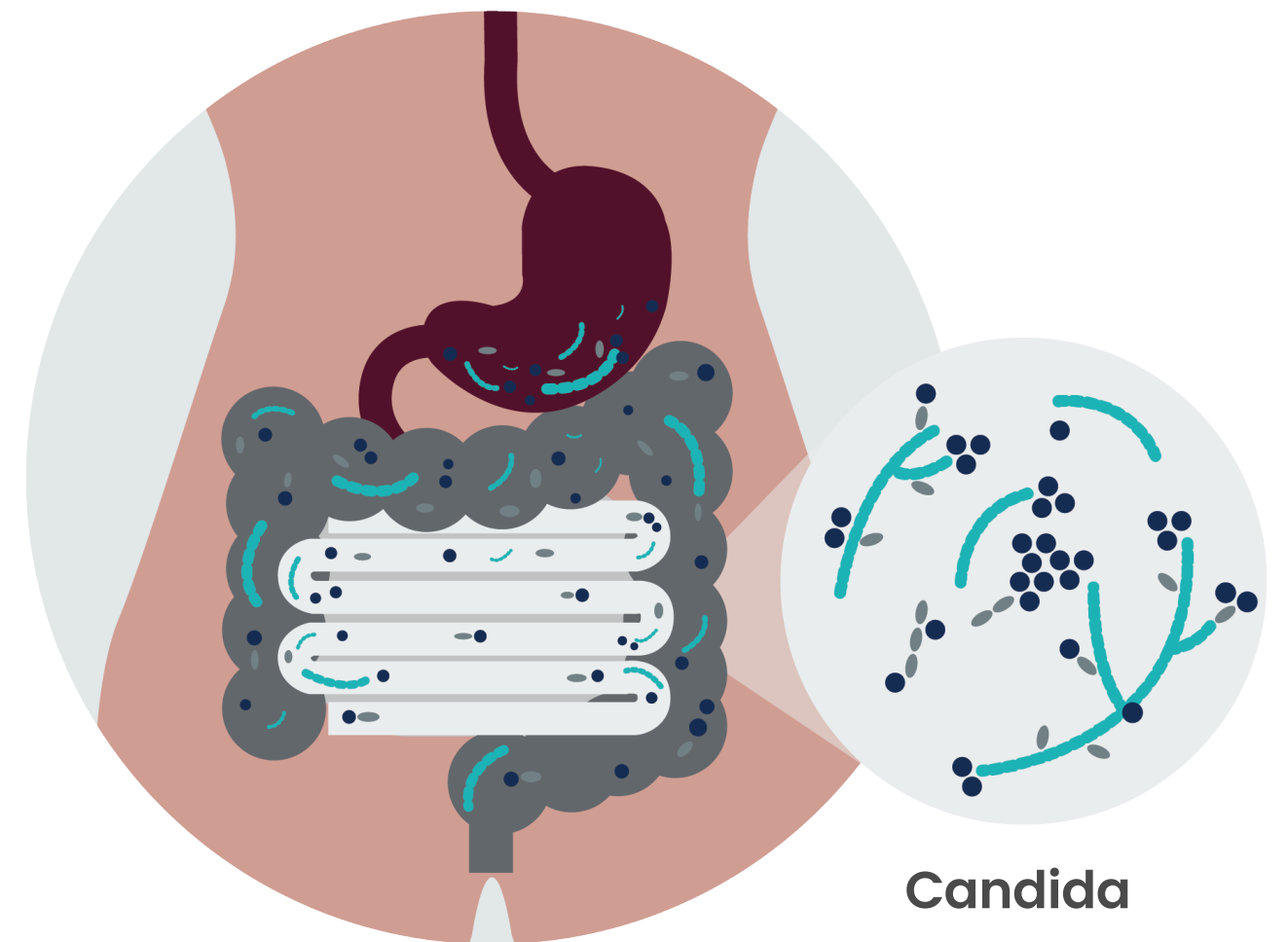
Central Nervous System



Autonomic Nervous System



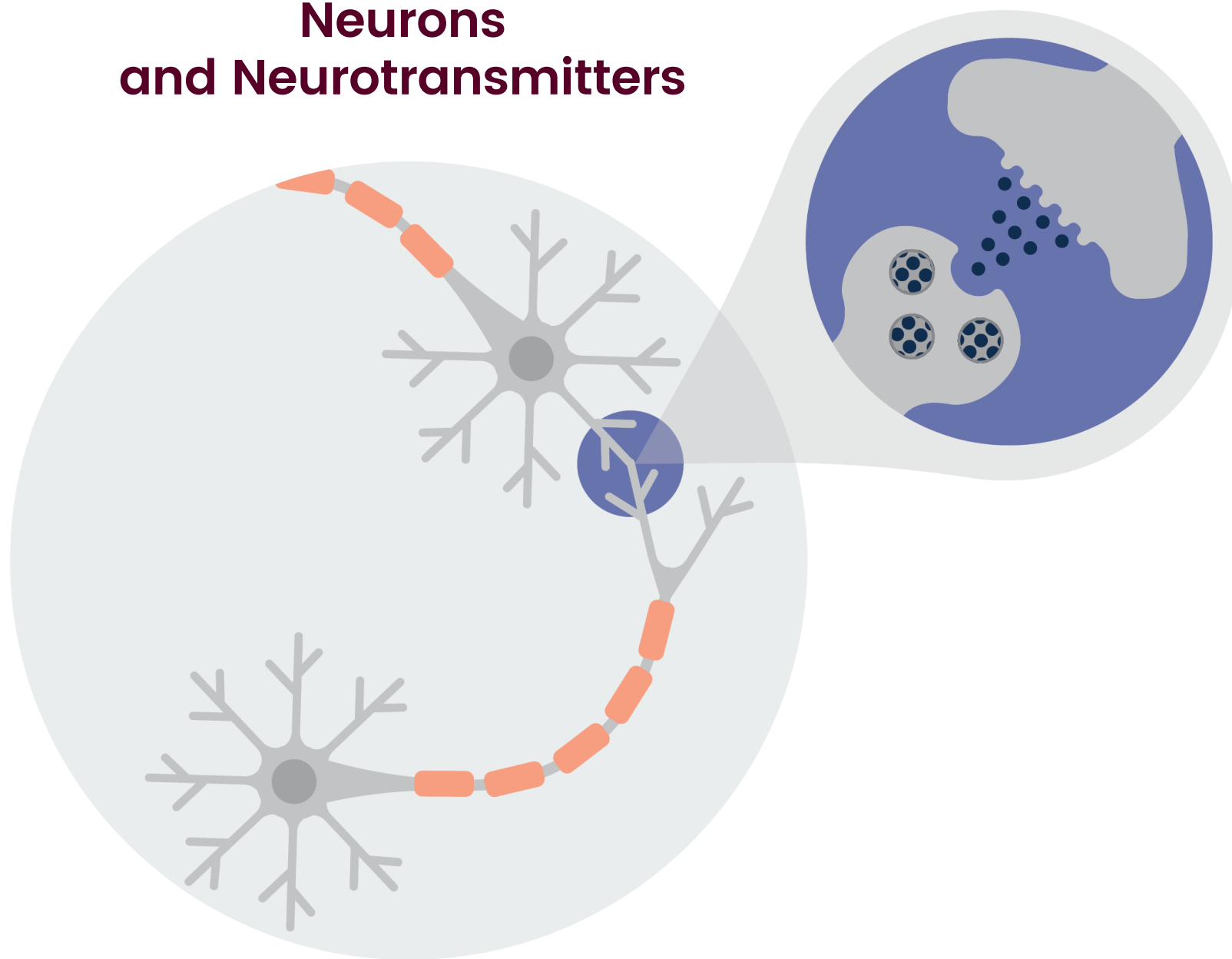
Enteric Nervous System



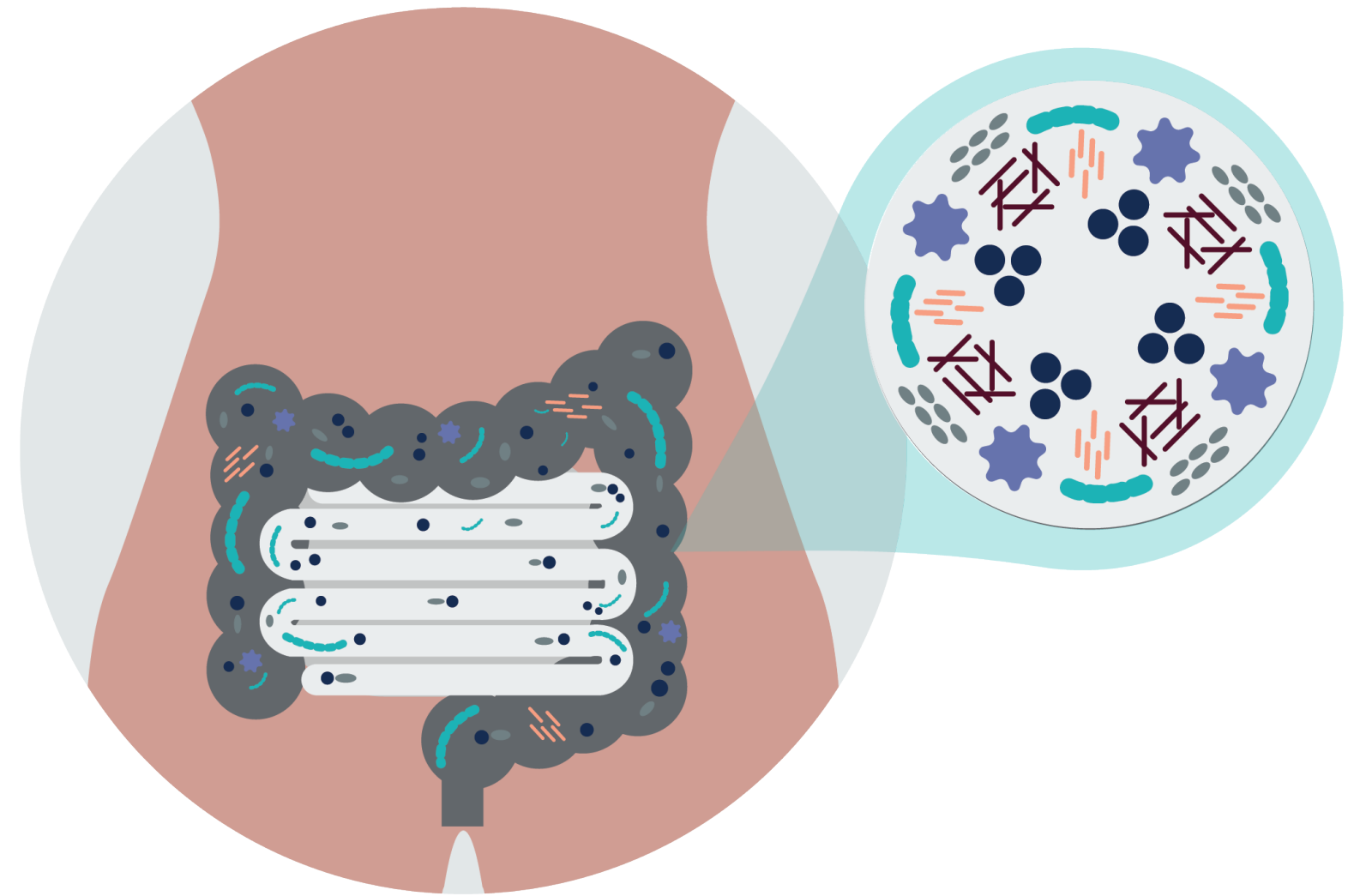
Basic Anatomy

Take a glance at these basic anatomy images. You don't need to study them a ton; just know their shapes and locations.

**Neurons
and Neurotransmitters**



Microbiome



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medigraytion.com/the-science-behind-it

