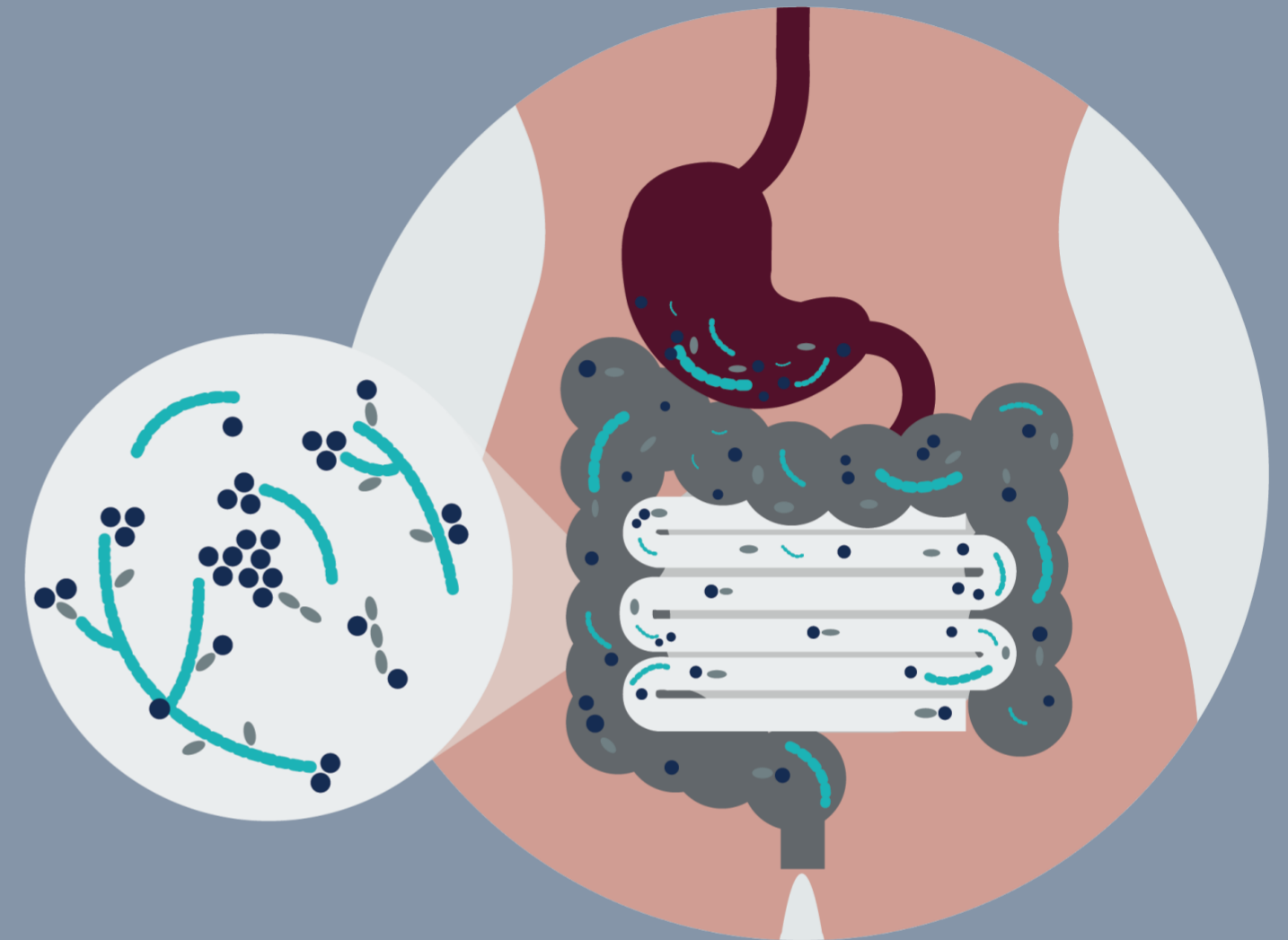


Nervous System 01: Calming Your Enteric Nervous System

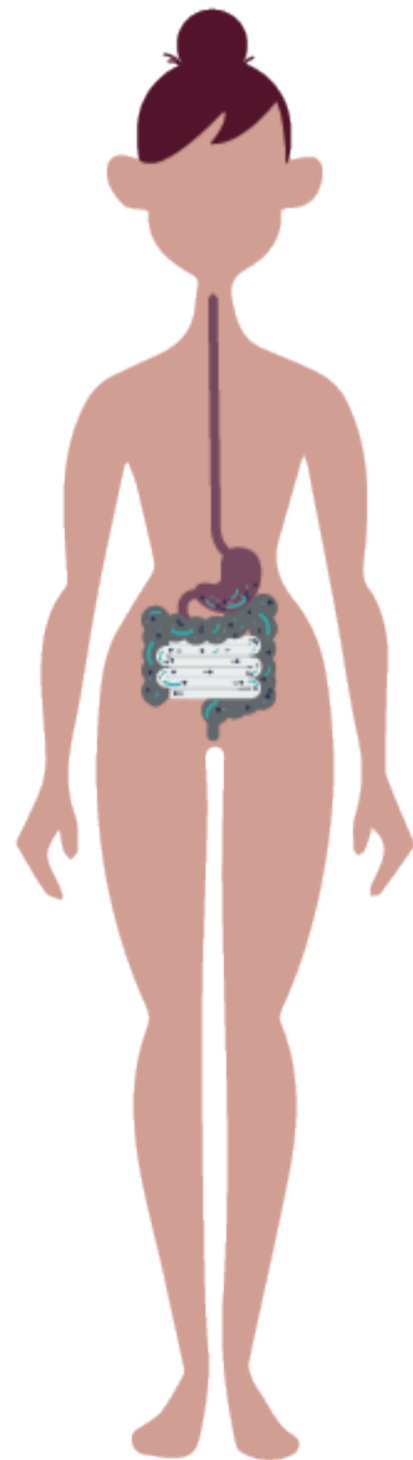
The Enteric Nervous System is located in your gut and sometimes called the second brain. It's THAT important! In this Medigraytion you will be guided to connect with the sensory neurons, motor neurons and interneurons within your Enteric Nervous System, inviting them to organize and regulate the neurochemicals being excreted in your gut to alleviate anxiety and achieve homeostasis.



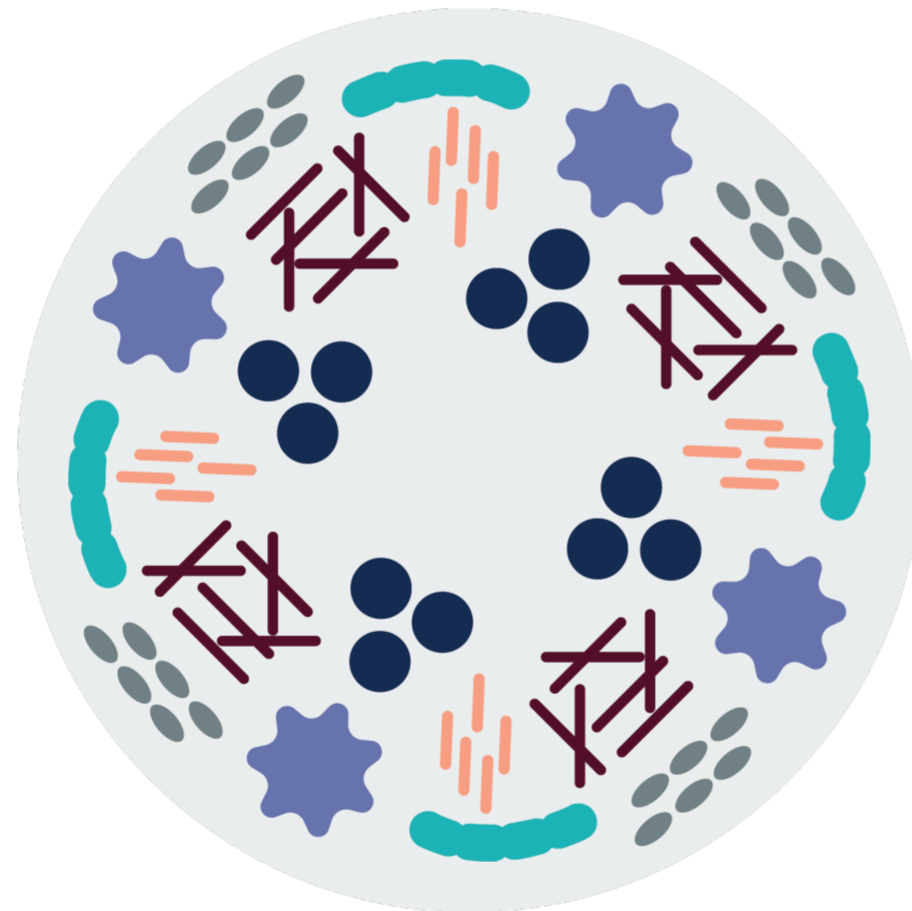
Basic Anatomy

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

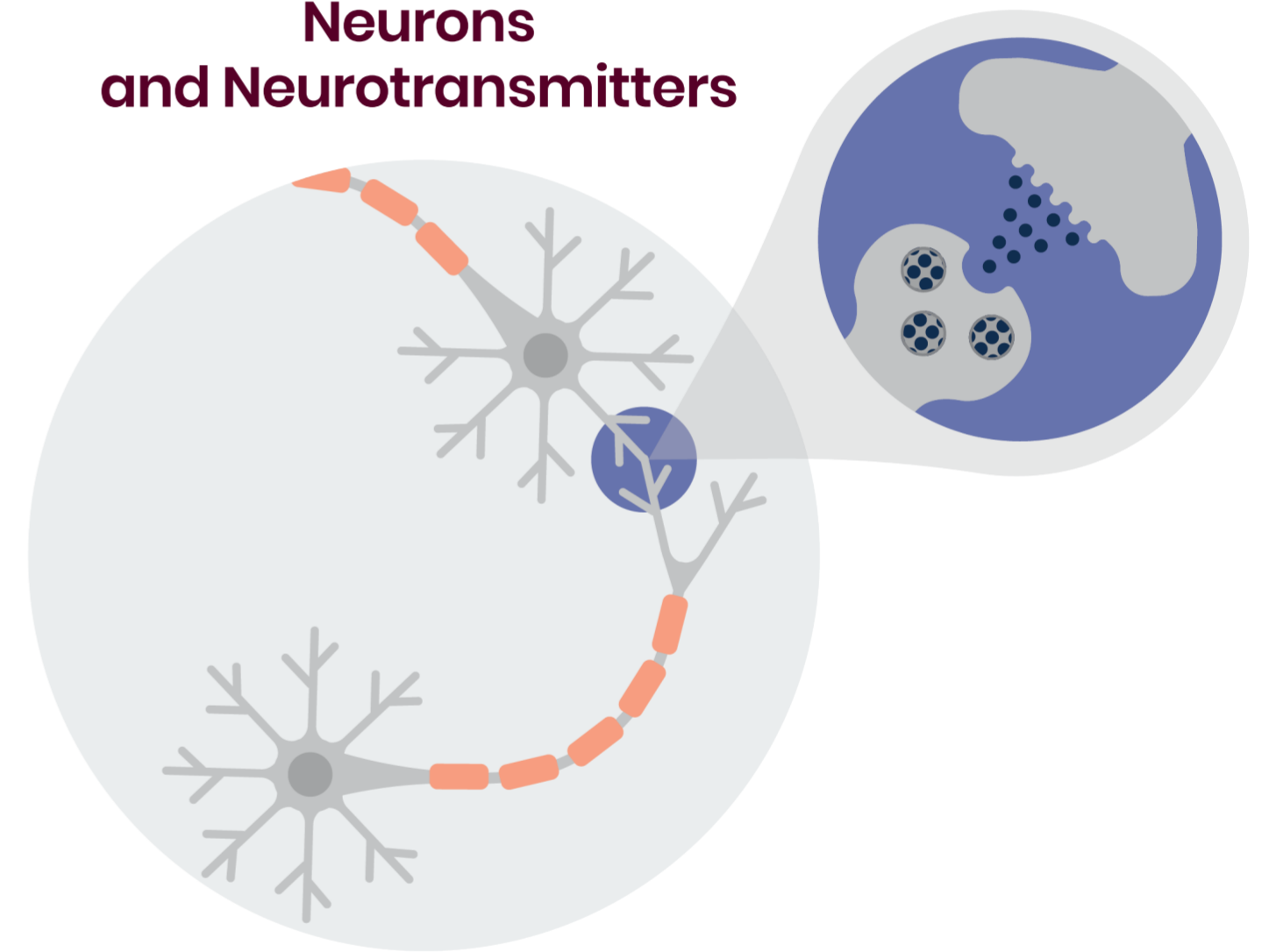
**Small Intestine
with Candida**



Microbiome



**Neurons
and Neurotransmitters**



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