The vegetative nervous system: New approaches in the treatment of symptoms relating to vital functions

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Ladies and Gentlemen,

Thank you very much for your time today and for allowing me to give some insight into the 'vegetative nervous system'.

Time and again I am fascinated by the vegetative nervous system and today I would very much like to introduce you to this area of the "unknown".

When I became ill with Crohn's disease 28 years ago, it was the first time that I had come across an autoimmune disease. The greatest shock for me was that something was happening inside my body over which I had no voluntary control.

Of course as long as we are healthy we rarely give any thought to the processes taking place inside our bodies. I was convinced that every illness could be remedied, by resorting to surgery if need be.

When conventional medicine offered me no other options apart from even more surgery, I started to look into what "pulls the strings" in our bodies. Every conscious process triggers millions unconscious processes. That which we consciously control is by far and away the smallest part.

Joseph Murphy wrote a classic with his book "The Power of Your Subconscious Mind". It clearly demonstrates the ways in which we can consciously control subconscious processes.

Today I would like to show you why the vegetative nervous system should never be overlooked when structuring a programme of bioresonance therapy.

Let's look first of all at what the vegetative nervous system incorporates and which areas it regulates.

Definition "Vegetative Nervous System"

The vegetative nervous system is also referred to as the "vegetativum", "visceral nervous system" or "autonomic nervous system".

According to the classic anatomical definition, it forms, together with the somatic nervous system, part of the peripheral nervous system (PNS) in humans.

It is subdivided into three components:
1. The sympathetic nervous system (sympathicus)
2. the parasympathetic nervous system (parasympathicus)
3. the enteric nervous system — the nerve system of the gastrointestinal tract

Compared with the sympathetic and the parasympathetic systems the enteric nervous system is less subject to control from the central nervous system.

Some authors define the enteric nervous system as a separate independent system.

The dividing line between the autonomic and somatic nervous systems is somewhat blurred since there are some parts of the somatic nervous system too that are not subject to control from the brain, e.g. the motor reflexes. Also, there are a number of vegetative control centres in the brain including the respiratory centre, so that the vegetative nervous system is by no means merely part of the parasympathetic nervous system.
The sympathetic nervous system (sympathicus)
It increases:
- cardiac activity
- blood pressure
- circulation and tone of the heart and skeletal musculature
- metabolism
It inhibits:
- intestinal activity
In addition it also affects:
- lung function
- bladder function
- the sex organs
- the inner eye muscles
- glandular function

The parasympathetic nervous system (parasympathicus)
It increases (activity of):
- the gastrointestinal tract
- liver function
- salivary glands
- urinary bladder
It inhibits:
- cardiac activity
- blood pressure
- the circulation and the tone of the heart and skeletal musculature

The sympathetic and parasympathetic system has an antagonistic effect on its target organs. Expressed in simple terms, the sympathetic nervous system is responsible for a rapid reaction to environmental stimuli and the mobilisation of the body's "fight or flight" mechanism, while the parasympathetic is responsible for dampening outwardly directed activity ("rest and digest" mechanism). The term "antagonism" however is only applicable in part. For many of the body's functions e.g. the sexual functions, the simultaneous interaction of both systems is needed.

The enteric nervous system
The enteric nervous system consists of a complex network of nerve cells, running through virtually the entire gastrointestinal tract. In humans it has four to five times more nerve cells than the spinal cord. This is more than the brain and spinal cord combined.

This independent nervous system if found as a thin layer between the muscles and the digestive system. Its task is to control digestion. It is able to function completely autonomously but is subject to the influences of the sympathetic and parasympathetic nervous systems.

Functions of the vegetative nervous system
The vegetative nervous system controls the vital functions, those functions vital for life and which maintain an internal balance.

These include the heart beat, respiration, blood pressure, digestion and metabolism. Other organs too or organ systems are influenced by the vegetative nervous system, including the sex organs, endocrine and exocrine organs such as the sweat glands, the blood vessel system (blood pressure) and the inner eye muscles (pupillary response).

If we look at those areas the autonomic nervous system influences, then we realise that this is the source of a high proportion of our patients' symptoms when they present in our practices.

The following symptoms can be an expression of a vegetative disorder:
- Nervousness, restlessness, irritability, insomnia, dizziness, menopausal symptoms, shortness of breath, shallow breathing, headache, muscular cramps (leg cramps, toe cramps, muscle tremors, muscle twitching), heart problems (irregular heartbeat, palpitations, rapid heartbeat, angina pectoris, feeling of tightness in chest, high blood pressure), spasms in the
blood vessels (cold hands), stomach cramps, stomach ache, intestine and bladder, constipation, liver and gallbladder complaints (severe bloating), loss of sexual desire.

I am convinced that many of these illnesses arise from dysregulation in the vegetative nervous system.

But how do you learn to recognise involvement of the vegetative nervous system? And when is it crucial to start with treatment of the vegetative nervous system? The answer is really quite simple:

I could easily say "always".

At any rate whenever a patient reports the described symptoms and during the medical examinations nothing was found.

Often tablets are then administered to alleviate symptoms but which however only trigger other problems because of their side effects.

Let us now look at how to treat the vegetative nervous system.

**Treatment of the vegetative nervous system**

In what ways can we influence the autonomic system?

The Bicom has one program and two program series for treating and balancing the vegetative nervous system

960 Vegetative disorder

10170 Vegetative disorder

10169 Vegetative dystonia

Let's take a closer look at the program series.

10170 contains the programs:
- 3021 Improve blood count
- 960 Veg. dysregulation

10169 contains the programs:
- 915 Remove energy blockage
- 940 CNS disorder
- 960 Veg. disorder
- 900 Activate vitality

You will see that the "Vegetative dystonia" series also includes a blockage program and a program to activate vitality.

I recommend that with the BICOM optima you select the field "Remove blockages" and test all those programs on the patient. You will be astounded how many programs test in the blockages field.

In my practice these include in particular the following programs:

3017 Clear deep blockages (also good for patients with blocked response)

127 Compensate excess therapy, harmonise

900 Eliminate scar interference

910 Eliminate scar interference

125 Activate right side of the brain

432 Shock treatment

3093 Shock treatment

911 Nervous problems calming

580 Lack of energy

630 Injuries of any kind

700 Geopathy balance

701 Radiation stress

530 TMJ correction

Whenever patients list symptoms which indicate a vegetative disorder I like to use, as a basic program, the series 10169 just described. Especially if the cause of the patient's symptoms is unclear.

At this point I would like to let you in on a little trick. To achieve success quickly with a patient, in the first sessions I always carry out treatment using two programs for the vegetative nervous system, two programs to open the eliminating organs and two programs for food intolerances or allergic stress.
Very quickly there is a general improvement in symptoms and the patient gains faith in the treatment.

Finally, I would like to tell you about a second but not insignificant treatment option for the vegetative nervous system — and that is the power of positive thinking.

When at the age of 23 I had undergone a total of twelve operations on my bowel, was severely disabled and was supposed to retire, I decided to change my life. A further four years followed with meditation, autogenic training and other relaxation methods. By the time I was 27 I was free of symptoms and have remained so for the last 20 years.

I have become convinced that:

Vegetative nervous system = psychosomatic response

Patients are often told that a particular condition is "psychosomatic". Our task is then clear.

We treat the vegetative nervous system and if you like, you can give your patient positive affirmation as well. For instance this might be:

- The way I do things is just right.
- I love and accept myself for what I am.
- I am completely healthy
- I can do anything
- I will always do what it is right at the right time and in the right place.
- I am wonderful
- I am happy

Albert Einstein once made a very important statement. He said given that the centre of the universe had not yet been found, each and every one of us can claim that for ourselves. So today I can happily say "the universe revolves around me".

I am convinced that the treatment of the autonomic nervous system is an important component of the successful treatment of our patients and I would like to thank you all for listening today.