

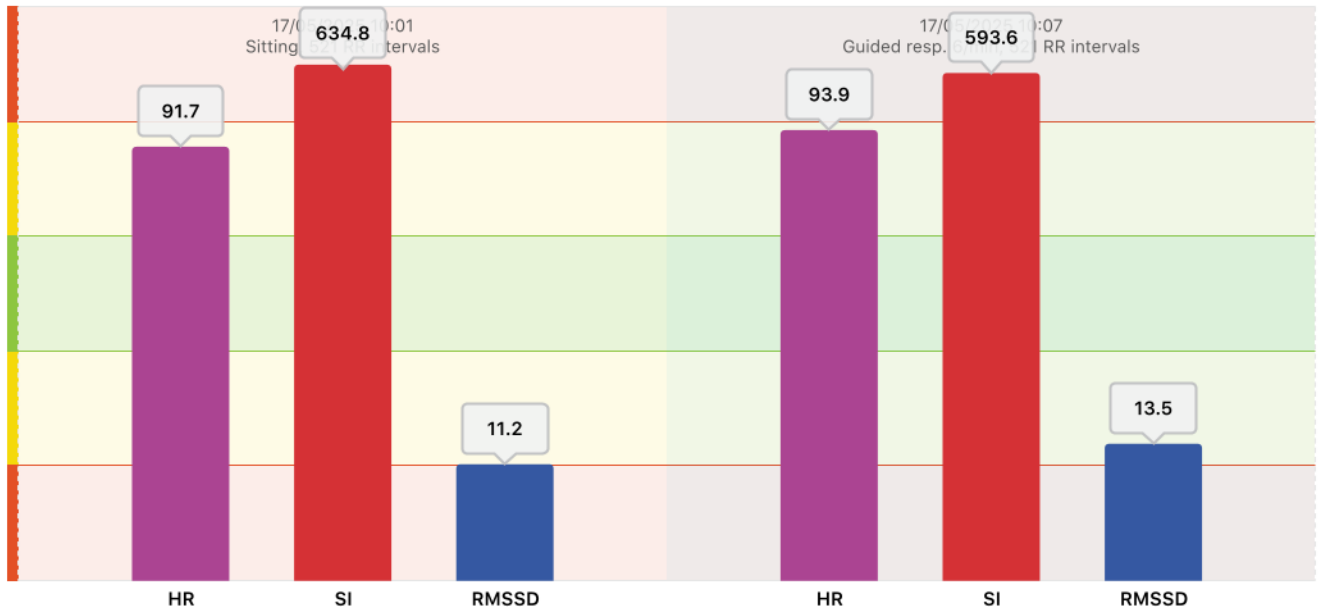
ANS Analysis from 17/05/2025 10:07

Comparison

(* 17/05/1969)

Patient ID: (null)

ANS Analysis Main Parameters



The autonomic nervous system (ANS) is the body's top level control center responsible for overall control and regulation of our organs and organ systems. All of those organs whose actions lie beyond our conscious control are the responsibility of the ANS. To put it simply: The ANS regulates all vital functions.

Without this regulation by the ANS, our organs and organ systems would not be able to function. This means that organic disorders are the consequence of previous control and regulatory disorders of the ANS. A regulatory disorder therefore always precedes a functional disorder.

In combination with the resting heart rate, the state of the highly complex and complicated ANS is shown by means of two simple bars that allow you to answer the following question yourself:
Does the body demonstrate the required balance between physical tension and physical relaxation?

The sympathetic nervous system (red bar for tension) is responsible for physical performance. It is also referred to as the »stress system« or the »tension system«.

The parasympathetic nervous system (blue bar for relaxation) is responsible for rest, relaxation, repair and regeneration. It is also referred to as the »relaxation system« or the »rest system«. The relaxation system, for example, is responsible for the regulation of blood pressure, insulin production and blood thinning. The consequences of impaired relaxation system activity are seen in the large number of related disorders.

Ideally, the body's relaxation system should be dominant when a person is sitting and at rest. The readings tell you whether the relaxation system was active during the measurement or whether the tension system was the more active part of the ANS even when the patient was resting.

ANS analysis is the diagnostic procedure that will detect oncoming illnesses first, even when other laboratory readings and tests reveal no abnormalities.