Your Quality of Life Reflects the Status of Your Nervous System

A Guide to the Human Experience

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“My Sincere Hope is that You Will Join Me in Bringing Balance to the World, One Brain at a Time”

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After years of working with patients suffering from pain, I’ve gained unique insights into the nervous system’s role in the Human experience. I will attempt to deliver a portion of that perspective in this document, so that you might come to understand your nervous system as a stepping stone toward truly getting in touch with yourself and your life. You CAN change the course of your life’s path if you’ll only focus upon the ONE place that really matters... YOU.

Your quality of life reflects the status of your nervous system.

Understand that you ARE your nervous system. Your brain controls your body, your instincts, creativity, logic, self awareness, perception of the world around you... Your body is but a vehicle for you to maneuver within your surrounding environment.

“You ARE your Nervous System.”

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Picture it this way: Your body is the car. Your Brain is the driver. See, your body very efficiently carries out the instructions provided by your Brain (just like your car responds to you when driving), **EVERY SECOND OF YOUR LIFE!** And, just like your car, your body doesn’t react without instructions from the driver (your brain).

We tend to think of health and wellness the other way around, that the body is in control. For a huge majority of you suffering from Chronic Pain, Anxiety, Post Traumatic Stress, Depression, Digestive problems, Traumatic Brain Injury or Unrelenting Stress, it sure feels like your body takes over and IS in control. I understand.

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The fact remains that your nervous system is in control of every aspect of your life. Your Central Nervous System (Brain, Brainstem and Spinal Cord) directs every complex action and interaction within your body, both conscious and subconscious, right down to the last detail.

When your nervous system is balanced, your physiology is also balanced and life flows easily. You are “In the Zone.” However, when your nervous system reflects a state of imbalance, your physiology and life perspective reflect this imbalance, usually resulting in long term symptom patterns associated with the conditions listed above.

HOW DOES THIS HAPPEN? (Great Question, Glad You Asked...)

The Human Brain has a storage area, like a computer’s hard drive, that stores all of the instinctive software (Survival Software) your body requires for survival. This storage area within your Brain is called the Brainstem.
Your Brainstem houses the portion of your Nervous System known as the **Autonomic (automatic) Nervous System**, which is in charge of ALL survival related aspects of your life. Your Autonomic Nervous System is the direct supervisor for the following:

- All of your internal organs.
- All of your internal systems comprised of a grouping of internal organs and tissues.
- Precise control of the inter-relationship and interactions between all of your internal organs and systems, every second of your life (24/7 – 365).
- All of your instinctive, survival related functions (including “Fight, Flight and Freeze” Protective Instincts).

This is a very important point to understand:

Your Autonomic Nervous System **NEVER** requires your permission to do its job.

It is **automatic**.

So, all of the internal functions that are controlled by this automatic portion of your nervous system occur inside your body, but outside of your conscious awareness and control.

On the next page, you’ll see a slide from a powerful FREE informative video: **Chronic Pain Explained**, which outlines all of the systems that are controlled by your Brainstem...

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Notice the sum totality of your body parts that are compromised by your Autonomic Nervous System’s Fight, Flight and Freeze instinctive responses.

When your brain perceives that you are under any kind of threat, the Survival Software stored within your Brainstem is sent coursing throughout your body. This provides your body with the instructions necessary to immediately change each system and vital organ from a state of relative balance to a mode of instinctively driven protection (Fight, Flight and Freeze).

This rapid internal change prepares you for the action(s) of escape and survival warranted in any possible situation, and when perpetually held in a state of readiness, has dramatic impact upon your bodily functions.

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Your Autonomic Nervous System is in charge of keeping you alive by regulating ALL life sustaining functions INSIDE your body AND protecting you from ALL potentially threatening circumstances / situations occurring OUTSIDE your body.

**Important Question:** What is a potentially threatening circumstance that might cause this reaction? The answer to this question might surprise you!

ANY situation that promotes a component of relative helplessness is deemed as a “potential threat” by your Brain. Think about that: EVERY situation you encounter in a position of relative helplessness engages your instincts of survival. As a Human Being, we are not “wired up” inside to be helpless. To be helpless in any situation, especially one with potential negative consequences, IS a threat to our existence.
Many of the events that trigger these reactions have come from previously encountered negative experiences. Once you “learn” how to survive a given threatening situation, your Brain remembers all the details of the experience and stores these lessons within your Survival Software.

You might not consciously remember all the details, but your subconscious Brain does. This insures that you will have an even higher rate of instinctive reactivity should you encounter a similar situation, thereby increasing your chance of survival.

A higher rate of Fight, Flight and Freeze instinctive reactivity then becomes a part of your physiology due to the consistent reinforcement of activating these patterns over and over and over in life situations.

The more it happens, the more likely it becomes to happen... now we’re talking about habits.

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Therefore, the pattern of protection engaged by any individual at any given time is a culmination of learned, often habitual responses to previous instinctive reactions encountered throughout life’s experiences.

Here’s an example of what I mean: Have you ever found yourself getting ready to deliver a speech, presentation or other venue requiring public speaking? Thinking back, can you remember how your body reacted leading up to and right before your turn to talk?

You probably experienced one or more of the following:

- Increased heart rate
- Shortness of breath
- Clammy hands
- Butterflies in your stomach
- Dry mouth
- Anxiety
- Muscular tension, sometimes including muscle spasms or twitching/shaking
- Headaches or Migraines
- Abdominal cramps or pain
- A busy mind, trying to calm your body from the reactions listed above
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Many of you have had silent conversations with yourself to try and calm down these physical reactions just before stepping up to give your speech. How well does that work? I mean, you tell yourself to calm down, breathe normally, stop worrying and relax over and over, yet your body doesn’t seem to pay attention to your wishes.

To a varying degree, these are common occurrences in this situation for all humans. **Why?**

The answer lies within our human instincts. The common link is the Brainstem, the Autonomic Nervous System and its instinctive related reactions of protection.

See, in the above example, the brain perceives speaking publicly as a potential threat. Consequently, the instinctive pattern of Fight, Flight and Freeze protection becomes engaged within the Brainstem, and **EVERY INTERNAL SYSTEM / ORGAN** (see page 8-9) you own immediately reflects this change.

"The common link (for all Humans) is the Brainstem, the Autonomic Nervous System and its instinctive reactions of protection."

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Please understand: Your Autonomic Nervous System does not require your permission to protect your life.

You will (and do) engage learned protective patterns daily, without ever realizing what you are doing.

Now, for many people who have practiced public speaking many times, these reactions no longer occur. How can this be?

Through repeated exposure, those people came to view public speaking as a positive opportunity, not a potential threat. Subsequently, their brain no longer perceives speaking publicly as a potentially threatening experience, thereby avoiding any need for protective reflexes to become engaged.

This results in the body remaining in a state of balance, or homeostasis, even when confronted with an environment or situation that previously caused an instinctive reaction of protection (Fight, Flight and Freeze).
See, once the Autonomic Nervous System has been exposed to repetitious messages that the previously threatening experience ISN’T actually dangerous, your old habits of protection can be extinguished.

And, once your nervous system is able to encounter the same situation without a need for protection, your physiology is allowed to remain relatively normal.

With enough repetitions of safe exposure to the old threats, a new habit will begin to form. A habit of maintaining neurological and physiological balance even during (and following) the stress storms of life.
Hopefully, you are getting the picture... that the automatic reactions of protection (Fight, Flight and Freeze) and their frequency of reinforcement are, in a way, learned.

Therefore, through a manner of repetitiously influencing your Autonomic Nervous System to remain balanced when exposed to previously encountered negative situations, you can reverse this process.

Read that sentence again... **YOU CAN REVERSE THE PROCESS.**

When your Autonomic Nervous System remains balanced, there is no requirement for your internal organs and systems to respond in an instinctive, protective way. Therefore, all of your internal organs and systems are allowed to remain in a state of relative balance as well.

Now, we are finally talking here... I mean, this is what **WELLNESS** is all about, right?

Living your life in a state of neurological and physiological balance is my definition of **WELLNESS.**
How can I achieve balance within my Autonomic Nervous System?

The first requirement in influencing your Autonomic Nervous System to stabilize in a state of balance is learning how to speak its language.

As we all know, thinking “relax” does little to stop the physical reactions described in our public speaking example.

See, your Autonomic Nervous System is an expert at reading and assessing a primitive form of communication: **Body Language**.
Through my deep understanding of the Autonomic Nervous System and clinical expertise with more than a decade in the fight against pain, I have developed a technique that allows you to quickly and efficiently influence your Brainstem towards balance.

This technique is called: Reflexercise™.

Reflexercise™ is simple, effective, and easy to self apply in a variety of settings.

Most importantly, Reflexercise™ is designed specifically to influence the Brain chemistry of your Autonomic Nervous System to return to balance, even in the face of a situation that previously created a Fight, Flight and Freeze response!

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Imagine, being able to actually turn off the physiological reactions to:

- **Stress**
- **Anxiety**
- **Post Traumatic Stress**
- **Chronic Pain**
- **Depression**
- **Trauma**

For Yourself... By Yourself. Without the use of medications or continued expensive treatments.

**Reflexercise™** brings this possibility into reality in a simple, fast (less than 30 seconds), yet very empowering process that ANYONE can perform successfully.

Best of All: **Reflexercise™** costs about the same as a few cups of Coffee!

Click the Book below to find out more about how you can benefit from **Reflexercise™** today!

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Remember: Your Quality of Life Reflects the Status of Your Nervous System.

When your Autonomic Nervous System is balanced, so are your Physiological systems.

When your Brain and Body are both balanced, your Quality of Life WILL Improve... BottomLine.

Click the link to find out more information about how YOU can get started with Reflexercise™ today and take control of your own quality of life... from the inside out!

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