**Parasympathetic vs. Sympathetic Mode**

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We have heard hundreds of weight loss success stories from people using the Isagenix Cleansing and Fat Burning System, yet from time to time we are still hearing that some people simply are not having success using the Isagenix system.

*Why is that? Why does Isagenix seem to work for some people but not for others?*

How many of those people who are not seeing the results they want to see, are experiencing stress in their lives? Any stress will trigger the adrenal glands to produce cortisol. The adrenal glands cannot differentiate between “good stress” (marriage, new home, travel for vacation) and “bad stress” (divorce, loss of a job, loss of a loved one). No matter what the source of the stress, the adrenals will pump out extra cortisol. And as we know, elevated cortisol levels decrease weight loss results. Consistently elevated cortisol levels wreak even more havoc. Metabolic stressors such as caffeine and alcohol also play a role.

But here’s the kicker, the science behind the stress. Our bodies are so neurologically complex; did you know that our wiring comes with two very important life-and-death “switches”? These switches are the **sympathetic** and the **parasympathetic** nervous systems. When we are running to appointments, vacuuming, working out, arguing with people, thinking of arguing with people, blaming people, watching an on-the-edge-of-your-seat movie, driving, playing video games, eating foods that stimulate our nervous system or cause inflammation, yelling at our kids, etc., our nervous system is in the **sympathetic**state. When we are sleeping, meditating, practicing deep breathing, doing yoga, relaxing or light walking, our bodies are in the **parasympathetic** state.

There are 2 bodily functions that occur ONLY in the parasympathetic state. Those two functions are *digestion* and *detoxification*. The liver has an innate ability to cleanse itself, but it cannot function as it was intended if we are constantly in sympathetic mode. The stomach cannot break down food and assimilate it properly if it is in sympathetic mode.

When we sit down for a few minutes to quiet our minds & settle our bodies, when we breathe intentionally, we are bringing our bodies into parasympathetic mode. When we are in parasympathetic mode, then our bodies are prepared to receive the nutrients we are about to provide it. When we are quietly eating, or drinking our delicious IsaLean shake, breathing, relaxing, then our bodies are perfectly prepared to digest, providing that our stomachs are producing adequate amounts of hydrochloric acid with the proper acidic pH.

The same is true for cleansing. Let’s talk about the liver. Every tiny nutrient or toxin that enters our body will end up in our blood stream. That blood is ultimately filtered through the liver. The liver has an amazing innate ability to perform cleansing functions, such as filtering the toxins, transforming nutrients from fat-soluble to water-soluble form, & breaking down excess estrogen, all to be excreted via the kidneys or the bowels. When the body is in sympathetic mode, then the liver cannot perform this function. The liver must also be in parasympathetic mode to cleanse. It’s so important on a cleanse day - a day of rest for the digestive system - to practice activities that will bring the body into a deeper state of relaxation, not a higher state of stress.

Isagenix is such an amazing, flexible, grab-&-go option for us, that I think many of us tend to forget that we really should be sitting and breathing while we eat, paying attention to every bite of food, and chewing every bite. And when we cleanse, if we are working out vigorously, if we are even working our 9-5 jobs, we aren’t allowing our bodies to enter the parasympathetic state. We simply are not allowing the liver's cleansing process to work as it was intended, and we are not allowing the Cleanse for Life juice to work as it was designed to work.

So when you grab that shake as you run out the door and get the children in their car seats as they kick and scream, and then you start driving down the road and people are honking their horns, and you’re sipping that shake as you continue to drive down the street, paying attention to all the vehicles around you, answering your phone, dropping the kids off at day care, still sipping your shake, still driving, pulling into the parking lot at work and chugging down that last drink of your shake... do you think your body is in parasympathetic mode? No. You may feel in control because you're a busy working individual and you know how to get through the day. You’ve got this! You’re in control! But your BODY is reacting differently. Your adrenals are constantly pumping out that cortisol. Your body is in chronic sympathetic mode.

I am sharing this with all of you, but especially with those who are just not seeing the results they would like to see. Don't give up now. Give it more time, do things a little differently and start relaxing your body, start letting go, start breathing through your day rather than rushing through your day. Let your body do what it was intended to do... let your body be the miracle it was intended to be!

Blessings and Good Health!