

Nervous System Types

Parasympathetic Dominant

Sympathetic Dominant

(PD)

(SD)

General demeanor	calm, relaxed, can sit for long periods of time, which can lead to sedentary lifestyle	always thinking, overthinking can turn minor stress into anxiety
Blood chemistry	acidic	alkaline
Body balancing exercise needs	aerobic movement helpful to stimulate circulation	yoga is good to balance and relax both body and mind
Diet choices-		
animal protein	eggs, fish, poultry	eggs, fish, poultry
red meat	yes, ~ once a week	no, not at all
vegetables	yes	yes
fruits	yes	occasionally, preferably apples or berries
Coffee? Caffeine?	okay - activates brain, acidity fine for blood	no - this and other stimulants may seriously impede ability to sleep
Sleep tendencies	comes easily most of the time, but adrenaline due to deficiency in animal protein intake can cause sleeplessness	can be a struggle both to get to sleep and stay asleep; brain activity must be slowed through relaxation long before time to sleep
Sleep aid	protein powder	magnesium may help as sleep aid