Sympathetic Nervous System: The Gas Pedal Of Your Body Transcript

(Transcripts are generated by AI and may contain errors)

Sympathetic Nervous System Basics

So let's talk a little bit about the sympathetic nervous system, AKA your body's gas pedal. 80% of those sympathetic nerve fibers exist on the surface of your skin.

How Scars Disrupt Signaling

And this is what allows the brain to send and receive signals throughout the body. So if you think about it like this, you have your vacuum plugged in and your vacuums working really good.

If I come and cut that cord, You know the vacuum just worked because you were using it, so it's not broken. And you know, the outlet that it was plugged into is working because it is just working.

But if you cut the cord, you remove that electrical signal, You now have two useless ends. That's what scars can do to our body and the role that plays on the sympathetic nervous system.

So if can heal the damage to the surface of the skin, let's say we took our two ends of cord and put some electrical tape on it.

Restoring Function After Skin Damage

It now works again.