

## The brain and nervous system

The brain is made up of three parts the **cerebrum, brainstem** and the **cerebellum**. The **spinal cord** is an extension of the brain which is broken in to **cervical, thoracic, lumbar, sacral, and coccygeal**.

The nervous system is broken down into the **central nervous system** and and more diffuse **peripheral nervous system**. There are **12 cranial nerves** of the CNS and PNS broken out into **spinal nerve branches** with the **8 cervical, 12 thoracic, 5 lumbar, sacral 5** and **1 coccygeal**.

The **autonomic nervous system** which is broken into the **sympathetic** which is responsible for driving the fight or flight supporting our safety and survival. and **parasympathetic divisions** which controls our digestion, respiration, ingestion, digestion and waste discharge. They are a subset of the PNS composed of ganglia and nerves that are dedicated to visceral movement and glandular secretion. They also send messages to the spinal cord and brain.

