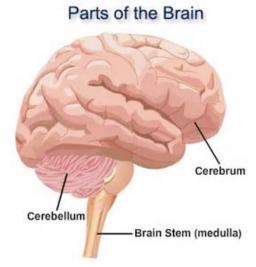
## The brain and nervous system

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.