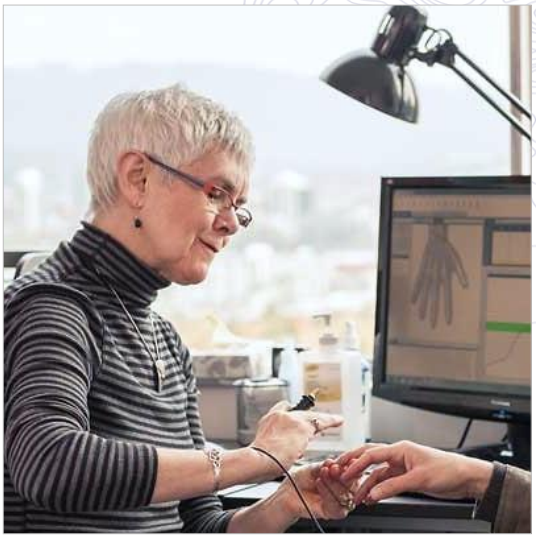
NDA / Nerve Express Test

The Nerve Express Test is a diagnostic device that quickly and easily indicates the balance between our sympathetic and parasympathetic nervous function by measuring the heart rate in supine and standing positions.

This type of testing is also called **heart rate variability and response.** It also assesses how your health changes in response to different circumstances or therapeutics as well as your overall physical fitness as indicated by your response to stress.

The technology behind this device has been tested over the past twenty years and involved more than 15,000 patients with a resulting objectivity and reproducibility that recognizes and classifies the 49 states of the Autonomic nervous system with a corresponding qualitative description of each one.



Overview

One of the most important internal regulating systems within our bodies is the autonomic nervous system. This neurological system controls all of the "unconscious" processes of our physiology such as digestion, sleep, wakefulness, sexual arousal, ability to concentrate, pupil dilation and heart rate.

The Sympathetic portion rules the active, "fight or flight" mechanism. This is the accelerated response to stress that is left over from our reptilian brain function that helped us react when we were under attack.

The opposite effect is generated by the Parasympathetic nervous system. Examples of this, in our physiology, are the promotion of digestion, cellular repair and the ability to sleep.

Understanding of the general "tone" of the autonomic nervous system is extremely helpful in assessing whether someone is in a catabolic (breaking down) or anabolic (building up) state and this would then determine the nature and effectiveness of any therapy.

What to Expect + How to Prepare For Your Test

- This may be an add-on to a Biomeridian Test, if so, avoid wearing lotion or cream on the hands and feet
- Drink lots of water
- Your results will be reviewed at a follow-up visit with your Naturopathic Doctor and a treatment will be discussed

NOTES