

AUTONOMIC

Meaning: Autonomic refers to the part of the nervous system that controls involuntary bodily functions, including processes like heartbeat and digestion.

1. The autonomic nervous system regulates involuntary bodily functions such as heartbeat and digestion.
2. Patients with diabetes often experience complications due to autonomic nerve damage.
3. Understanding autonomic responses can help in managing stress and anxiety.
4. The autonomic control of heart rate can be influenced by factors such as temperature and emotions.
5. Researchers are studying how autonomic functions are affected by chronic illnesses.
6. Autonomic reflexes play a crucial role in maintaining homeostasis in the body.
7. Certain medications can impact the autonomic nervous system, leading to side effects.
8. Yoga and meditation may enhance autonomic regulation, promoting relaxation.
9. A healthy lifestyle can positively influence autonomic function and cardiovascular health.
10. Disruptions in autonomic balance may contribute to conditions like hypertension and anxiety disorders.

Source: sentences.whatistheurl.com

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