

NERVE EXPRESS

A COMPUTER BASED DIAGNOSTIC SYSTEM THAT ASSESS THE AUTOMATIC NERVOUS SYSTEM AND PHYSICAL FITNESS.

HOW IT WORKS

During the Nerve Express Test:

- Your heart rate is monitored via a strap around your chest, hooked up to the Nerve Express computer
- Your heart rate is measured while your body is at rest (lying down) and in motion (standing up) to correlate variations in heart rate to your autonomic nervous system activity.

WHY WE USE IT

- The Autonomic Nervous System (ANS) is one of your body's internal regulation systems.
- When your ANS is healthy, you can respond appropriately to stress, initiating the sympathetic nervous system response (fight-flight-or-freeze) when needed.
- A healthy system returns back to the parasympathetic response (rest-and-digest) once the stress has passed.

BENEFITS

- Non- invasive
- Easy and painless
- Additional health insights

WHAT TO EXPECT

1. PREPARATION

We advise wearing comfortable clothing and arriving early to ensure you are in a generally relaxed and rested state for the test.

2. EDUCATION

Before the testing procedure begins, your NDA will briefly discuss the mechanism of Nerve Express testing, as well as what to expect during the test itself.

3. TESTING

A heart monitor strap will be wrapped around your chest and you will be asked to lie down. After a couple of minutes, you will be asked to stand-up, and remain standing for a short period of time.

4. REVIEW RESULTS

Results will be reviewed in sessions and emailed to functional medicine practitioner and to the client.