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## DAN

DAN is the abbreviation of Dysfunction Autonomic Nerves. There are two main nervous systems that medical science recognizes. One is the voluntary nervous system, and the other is the automatic. The former is when our brain tells our body what to do. If the brain wants to lift an arm, the brain tells the arm to lift. The other nervous system, the automatic, is technically termed the *autonomic*. This is not under our control and responds to the internal and external environment through various connections that ultimately will lead into a small area in the brain called the hypothalamus. This controls the volume or impact of what we sense. There are two subdivisions to this, the sympathetic



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and parasympathetic. The sympathetic enables our body to function in the flight or fight mode and the parasympathetic allows us to relax, heal and enjoy. I have written about this before and now medical doctors are recognizing whether the patient has more sympathetic or parasympathetic tone. A heart rate variation, which I have done for the last 12 years and which was performed by many research centers is now creeping into the private practice of medicine, particularly the cardiologists.

Disorders of the autonomic nervous system are not totally accepted by most medical doctors, but is well known to psychiatrists, some cardiologists, and a few practicing *avant garde* primary care physicians. It is recognized in other countries such as Germany and Japan, where it is diagnostically coded and is paid for by insurances. In our country, we refer to this as a functional disorder. There is no definite structural change, initially, in the various organs of our body with DAN. However,