

# Autonomic Autopoiesis and Health

Health is a state of balance maintained by a perpetual adjustment to forces from within and without, adjustments being mediated by your autonomic nervous system.

Throughout life we continually respond:

to the conditions of life,  
to hunger and food,  
to cold and heat,  
to fatigue and rest,  
to anger and pleasure.

*Autonomic Nervous System  
Capacity to Sustain Autopoiesis*

We must also deal with:

our ambitions and our fears,  
jealousy,  
grief,  
feelings of inferiority,  
defeats as well as victories,  
the inevitable acceptance of aging.

Health depends on how well the individual as a whole can maintain balance through all these changes. It is the autonomic nervous system, and its responsive patterns to the many environments that impact it (and its capacity to sustain autopoiesis) which is pivotal to this health-promoting balance.

Autopoiesis – the internal process of continual destruction (autophagy) and rebuilding the body to higher levels of functional complexity.

Autonomic impulses regulate autopoiesis, inflammation, and apoptosis.