

# Inflammation, Detoxification & the Nervous System

## Inflammation Is Often a Nervous System Issue

Inflammation is the body's protective response—but when the nervous system remains in prolonged stress or survival mode, inflammation can become chronic and disruptive.

Nervous system dysregulation influences immune signaling, digestive function, hormone balance, and the body's natural detoxification pathways.

The liver, gut, lymphatic system, kidneys, and immune system work continuously to process metabolic waste and inflammatory byproducts. Chronic stress can interfere with these processes by elevating cortisol, impairing digestion, and increasing inflammatory load.

## Common Signs of Inflammatory & Detox Overload

- Fatigue or low energy
- Brain fog or slowed recovery
- Digestive discomfort or bloating
- Increased sensitivity to foods or environments
- Chronic pain or stiffness
- Frequent illness or prolonged recovery

## How Nervous System Regulation Supports Detoxification

Nervous system regulation supports the body's natural detoxification pathways by:

- Reducing stress hormone output
- Supporting liver and digestive function
- Improving sleep and cellular repair
- Supporting immune balance and inflammatory regulation

Regulation does not “detox” the body—but it creates the conditions in which detoxification systems function more effectively.



## Gray's 3™ Insight: From Defense to Repair

When the nervous system is stuck in survival mode, the body prioritizes protection over processing and repair. Gray's 3™ supports regulation, helping the body shift toward balance, recovery, and efficient immune and detox function.

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