

# Digestion, Liver Function & the Nervous System

## Digestion and Liver Function Are Regulation-Dependent

Digestion and liver function are strongly influenced by nervous system regulation. The gut and liver rely primarily on parasympathetic (rest-and-digest) activation to support motility, bile flow, enzyme release, nutrient absorption, and the body's natural detoxification processes.

Chronic stress and prolonged survival responses can interfere with these processes, contributing to digestive discomfort, bloating, irregularity, fatigue, inflammation, and difficulty processing metabolic waste.

## Common Experiences Linked to Dysregulation

- Digestive discomfort, bloating, or irregularity
- Food sensitivities or poor tolerance
- Fatigue after eating
- Difficulty regulating inflammation
- Feeling “sluggish” or overloaded
- Stress-related digestive flare-ups

## How Nervous System Regulation Supports Digestion

### Nervous system regulation supports digestive and liver function by:

- Improving vagal tone and gut motility
- Supporting bile flow and digestive enzyme activity
- Enhancing nutrient absorption
- Reducing stress-related inflammatory burden
- Supporting restorative sleep and repair

Regulation does not replace medical care—but it supports the conditions in which digestion and liver processing can function more effectively.

## Gray's 3™ Insight: From Survival to Digestion

When the nervous system is in survival mode, digestion is deprioritized. Gray's 3™ supports regulation, helping the body shift into a state where digestion, processing, and repair are more accessible.