



QUICKSILVER  
SCIENTIFIC

## BALANCING NEW ENERGY WITH PARASYMPATHETIC SUPPORT

With the newfound energy, stamina, and resilience experienced by cleaning up metabolic health, you may feel inclined to fill your day with activities! However your body will love you back if you can help it maintain a happy

balance between activity and rest. Why? Too much activity, at the expense of adequate rest can [impair your internal immune defenses](#), which can put you at risk.

Your body also needs to offset high-energy activity in order to deal with life's daily stressors. Adding in some restorative practices that support your parasympathetic nervous system, the branch of the autonomic nervous system that promotes calm and relaxation, may do wonders.

### Simple Strategies for Parasympathetic Support

#### Make Meditation Your Own

The [science behind meditation](#) is undeniable. It is one of the most powerful tools we have to support our parasympathetic nervous system and [enhance our resilience to stress](#) in modern life. If you're not ready for traditional meditation— sitting erect on a cushion in silence with your eyes closed and “watching” your breath — there are other mind-quieting practices that can benefit your nervous system.

Focusing on meditating “right” may only add more stress. Instead, begin to pinpoint your personal Zen: moment-to-moment awareness, a mindfulness practice that begins to stick



throughout the day. It could be sparked with a ritual sunrise run, being in nature without an agenda, or 5-minute gratitude pause each evening. Arguably, anything that brings you a sense of focus, calm, and ease can fall under the umbrella of “meditation.”



### **Savor A Cup of Tea**

The simple act of enjoying a cup of tea can give your brain a boost and support the resilience of your body’s stress response system. Green tea may be particularly beneficial due to a compound it contains called L-theanine, which has been found to [support a healthy mood, focus, and attention](#) without causing jitters like caffeine.

### **Optimize Electrolytes**

Electrolytes are essential cofactors for cellular energy generation. However, rather than pushing your body into overdrive, electrolytes support even-keeled energy. By supplying soothing minerals, such as [magnesium](#), they support parasympathetic nervous system activity and can provide calming effects on the mind and body.

### **Explore THC-Free CBD**

Cannabidiol (CBD) is a phytochemical found in the hemp plant. Unlike its sister molecule, tetrahydrocannabinol (THC), CBD is non-psychoactive. Instead, it supports parasympathetic tone and [enhancing calming neurotransmission](#), which may translate to feelings of calm and wellbeing.

### **Did you know...**

That your gut bacteria can impact how calm or revved-up you feel? Gut bacteria can send signals to the brain via a “nerve superhighway” known as the gut-brain axis. [Eating fermented foods](#), which naturally contain the probiotic bacteria that leads to positive neurotransmitters like GABA, is one easy way to support calming neurotransmission in your brain.