

How does our brain, spinal cord and nervous system work to protect us from the hot and cold elements in our lives?

Linda Guay

Beal College

Our brain and spinal column react from getting messages from the reflex arc. A reflex arc starts off from the receptors being excited. They send signals to the sensory neuron to your spinal cord, where the signals are passed on to the motor neurons and as a result one of your muscles is stimulated. The brain stem, which contains the medulla which is a larger portion of the spinal cord, Pons and midbrain. The brain stem controls the reflexes and automatic functions of the heart rate, blood pressure) a limb movement. The reflex arc it consists of sensory nerve usually with more interneurons within the central nervous system and motor neurons most reflexes have several synapses in the reflex arc. The beginning of if we touch something hot or cold; the afferent neurons send the message up through our nervous system to the brain through the spinal reflex back down to our efferent (motor neurons) to our hands or what ever part is touching the hot or cold and our brain tells our body part to move it ,because it is not good for us and will cause damage to that body parts.

BBC.UK Sciences Body. Facilities

Lumen learning. Boundless Anatomy and Physiology-Lumen Learning



References

Last Name, F. M. (Year). Article Title. *Journal Title*, Pages From - To.

Last Name, F. M. (Year). *Book Title*. City Name: Publisher Name