

The **adrenal gland**, of which there is one on top of each kidney, could be said to be the enforcer of the **sympathetic nervous system**.

The secretion of **adrenaline** causes the following effects:

- Pale face
- Increased muscle tone
- Increased heart rate
- Increased breathing rate
- Chest may feel 'tight'
- Heightened vision, hearing and sense of smell
- Relative 'tunnel vision' which enhances visual concentration, but peripheral vision can be reduced
- Dilation of the pupils
- Hair follicle muscles contract, (giving the feeling of your hair standing on end)
- Shakes, your limbs may shake uncontrollably
- Dry mouth
- Voice quiver
- Difficulty swallowing
- Butterflies in the stomach
- Profuse sweating, especially the palms and the forehead
- Nausea, vomiting
- Bowel loosening, the sudden urge to go to the toilet
- Panic, a sense of impending doom
- Time distortion, everything seems to go into slow-motion