

**Letter to the Editor****THE FIGHT OR FLIGHT THEORY IS NOT INCORRECT****Patricio Abdala-Sepúlveda***Applied Neuroscience, School of Occupational Therapy, Faculty of Health Sciences,  
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Dear editor,

The “fight or flight” metaphor to explain the functions of the sympathetic nervous system may not be quite accurate, but to claim that it is incorrect is foolhardy.

1. The authors point out that the fight or flight response is conscious and voluntary (Lobo et al., 2022). However, the polyvagal theory introduces the concept of neuroception, which is a different concept from perception, and therefore unconscious (Porges, 2004) to establish that some subcortical structures such as the superior colliculus, the pulvinar nucleus in the thalamus and the right amygdala, they have the ability to assess whether a person or a situation is safe or dangerous (Morris et al., 1999).

2. The sympathetic nervous system prepares the body for fight or flight and the same theory holds that the vagus nerve exerts control over the sympathetic nervous system through two types of fibers (Porges, 2003), unmyelinated fibers originating in the dorsal motor nucleus of the vagus with pre- and postganglionic muscarinic receptors, stimulating activity in a dangerous situation, present in vertebrates and phylogenetically more primitive and myelinated fibers originates in the nucleus ambiguus and has preganglionic nicotinic receptors and postganglionic muscarinic receptors, with inhibitory activity in a safe situation, present in mammals

and phylogenetically more evolved (Porges, 2009).

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