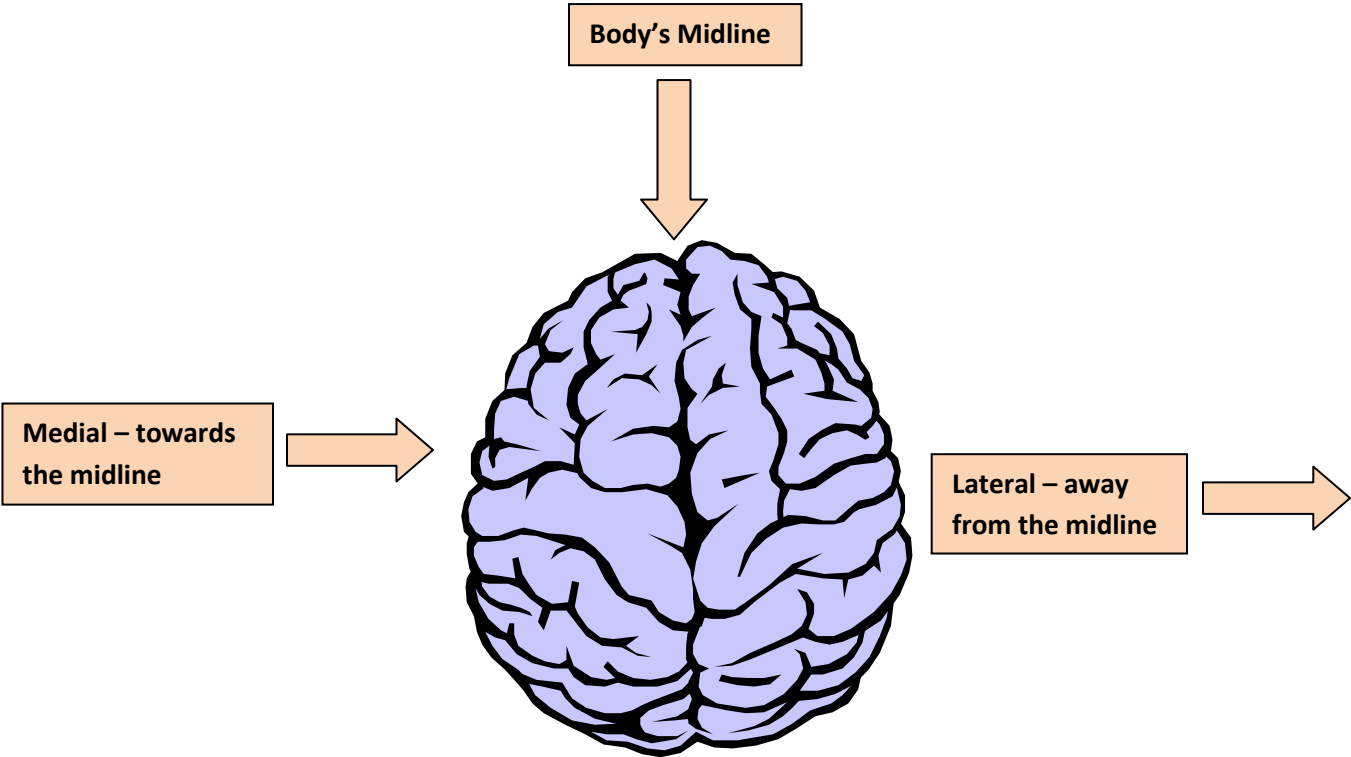
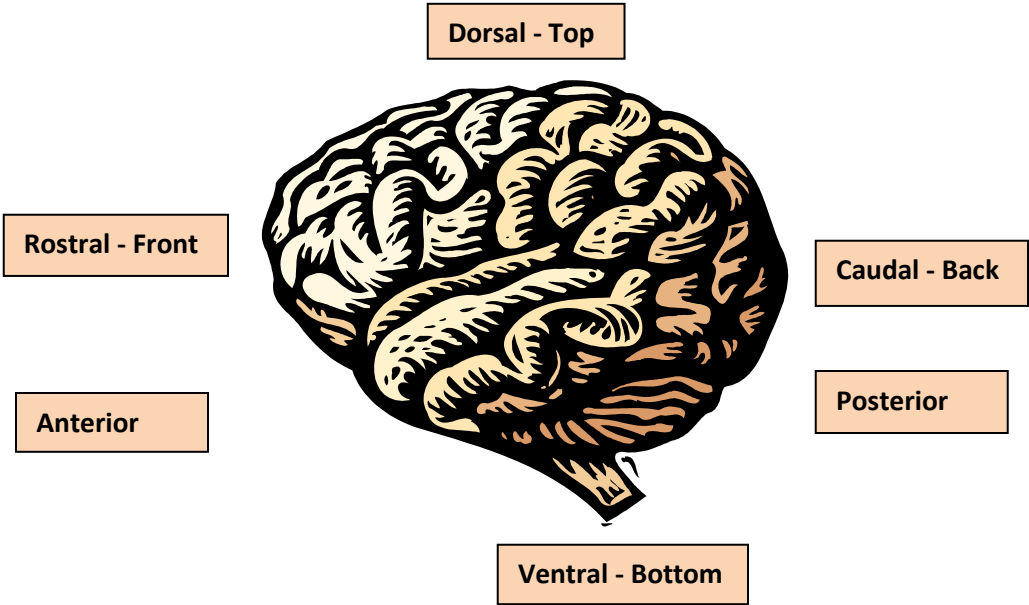


# Brain and Body Directional Terminology



# Afferent and Efferent Nerves

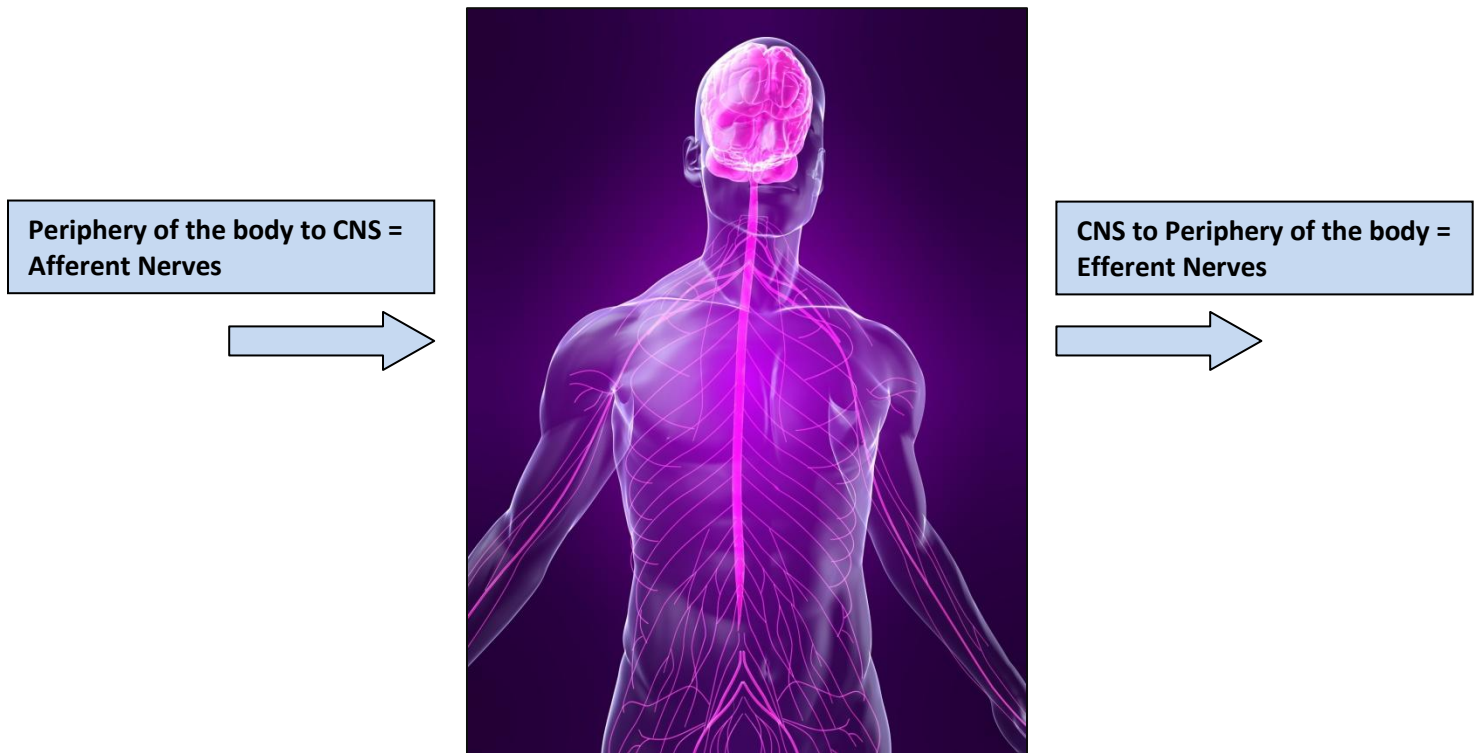


Image by Eraxion

CNS = Central Nervous System (Brain and Spinal Cord)

Memory strategy

**A**fferent = "**A**pproach the CNS"

**E**fferent = "**E**xit the CNS"

Kathy A. Bobula, Ph.D.  
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