

Most reflexes don't have to travel up to your brain to be processed, which is why they take place so quickly. A reflex action often involves a very simple nervous pathway called a reflex arc.

A reflex arc starts off with receptors being excited. They then send signals along a sensory neuron to your spinal cord, where the signals are passed on to a motor neuron. As a result, one of your muscles or glands is stimulated.

{<http://www.bbc.co.uk/science/humanbody/body/factfiles/reflexes/reflexes.shtml>}

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