

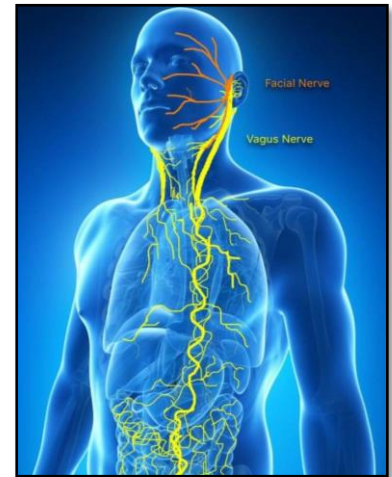


VAGUS NERVE SUPPORT

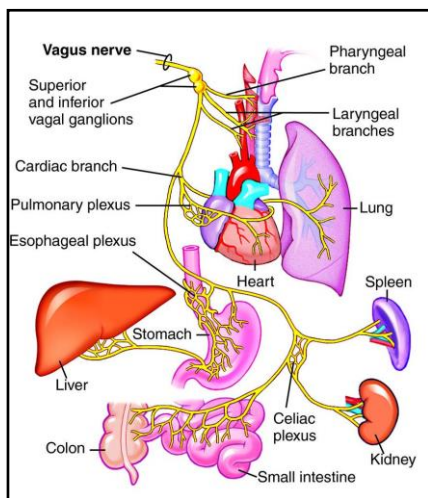
Cranial nerve 10 (CNX) aka the vagus nerve, is one of the most important nerves in your body. The CNX is why your heart races when you sense a threat, why you feel “butterflies” in your gut when excited or anticipating something, why your mouth goes dry and your throat tightens before giving a speech, why your breathing slows, and your body relaxes when in a happy and safe environment.

Your vagus nerve is critical for many functions of our physiology. It is the key player in the autonomic nervous system (ANS). The ANS controls your internal organs.

There are actually two vagus nerves, one on the left and one on the right of the head, and they have multiple branches that diverge from the brainstem and ‘wander’ to the lowest viscera of your abdomen, touching most major organs along the way.



Vagus nerve representation of innervation



It begins at the base of the brain at the medulla oblongata, then branches down and supplies innervation to our major blood vessels, the mouth and throat, the larynx, oesophagus, heart, airways and the lungs, the diaphragm, the digestive tract / gut, liver, gallbladder, and pancreas.

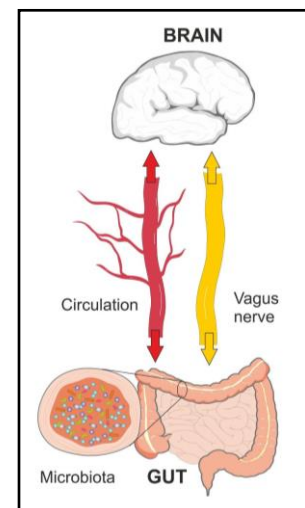
The vagus nerve is the main connection of your brain to your gut. It carries important sensory and motor information to and from the gut and brain – called the gut-brain axis (our first or second brain ?).ⁱ

The branches of the vagus nerve enable the organs to adjust instantly to the demands of a person’s surroundings.

Stimulation of the vagus nerve can affect digestion, memory, hyperactivity disorders such as ADHD and can also be used in the treatment of anxiety and depression.ⁱⁱ

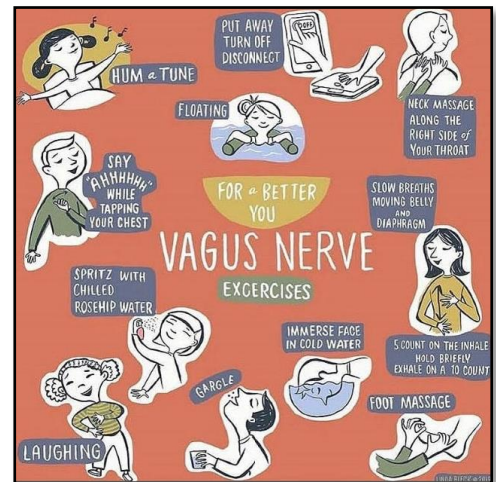
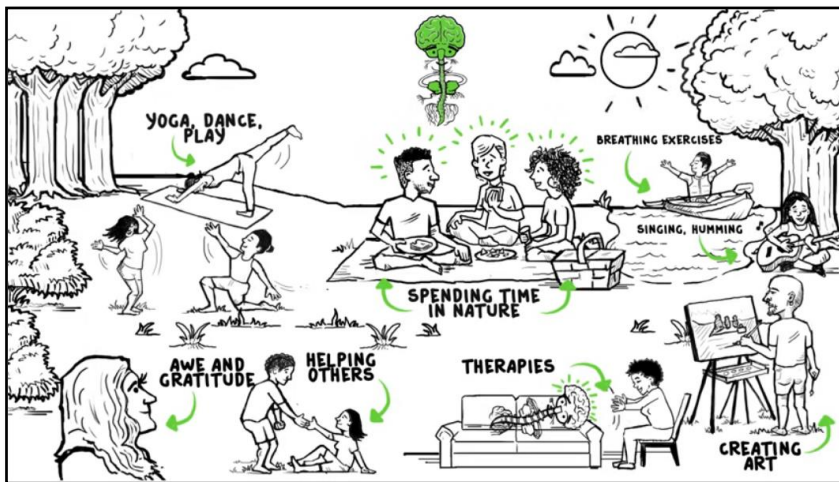
VAGUS NERVE SUPPORT EXERCISES:

- Hum, Sing
- Laugh
- Gargle, Gag
- Cold water immersion (body or face), Splash/Spritz face, Float
- Abdominal breathing
- Say “Aaahhh” and tap or pat your chest
- Massage – especially feet, ears and neck (LEFT & RIGHT)





STRETCH, CONNECT, TOUCH, BREATHE, LAUGH, SING...

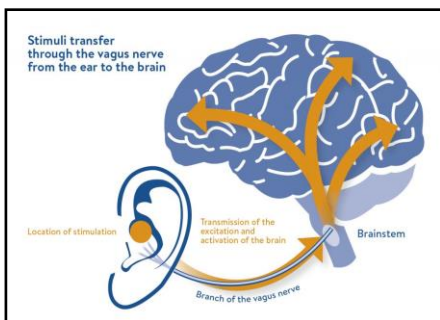


Rebounding (trampoline or up on toes), Tongue flattening (roof of mouth), Gagging, Gargling, [Valsalva Manoeuvre](#)

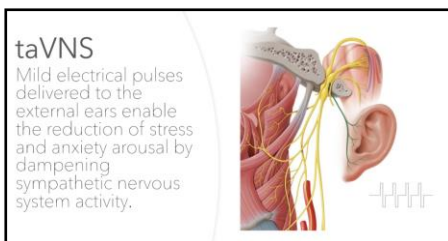
TOOLS FOR STIMULATING THE VAGUS NERVE

Transcutaneous (ie: through the skin) nerve stimulation through massage, acupuncture, or low voltage (AA battery 0.5 - 1.5V) electric stimulation.

Using an inexpensive “acu-pen” or “meridian pen” (*mild pulsed electrical stimulation*) can help relieve a sympathetic response – ie: when you get that lump in your throat sensation or start to feel anxiety building.



It is worth noting that in some cases, Vagal Nerve Stimulation may be a contraindication. The Vagus Nerve is directly linked to the heart and has a specific effect on heart rate, regulating it in times of stress response and heightened pulmonary activity. Over stimulation of the Vagus nerve in instances of high stress can drop the heart rate too quickly and result in a rapid decrease in blood pressure that could cause someone to faint.ⁱⁱ



****NOTE OF CAUTION****
Do not use this device if you have a pacemaker.

REMEMBER:
If you are in a chronic stress state you cannot fully heal the biochemistry, regardless of what protocols you are following and what supplements you are taking.

Contact Dr Adele Pelteret for more information on Vagus Nerve Stimulation treatments and how to learn to do these on your own.

ⁱ Genaro Gabriel Ortiz. Et al. (2018). Chapter from Eat, Learn, Remember. Gut-Brain Axis: Role of Microbiota in Parkinson’s Disease and Multiple Sclerosis. DOI: 10.5772/intechopen.79493

ⁱⁱ Peter Furness. Max Remedial Blog. VAGUS NERVE. Online: <https://maxremedial.com/blog/hyntwmh8l7ynb5gx4zgsjsla5nrh>