



A Path To Wholebeing

Holistic Healing Through Energy Healing & Mindfulness



The Vagus Nerve

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The vagus nerve is the longest cranial nerve in the body, extending from the brainstem down to the abdomen. It is a key component of the autonomic nervous system, which controls many involuntary bodily functions.

There are various ways to tone the vagus nerve, such as:

- Deep breathing exercises: Slow, diaphragmatic breathing activates the vagus nerve and promotes relaxation. Focus on long exhalations to stimulate the relaxation response.
- Cold exposure: Brief exposure to cold water or cold showers can activate the vagus nerve and stimulate its function.
- Singing or chanting: Vocal exercises like singing, chanting, or humming can stimulate the vagus nerve and promote its tone.
- Meditation and mindfulness: Practices that cultivate relaxation, present-moment awareness, and mind-body connection can indirectly benefit the vagus nerve.
- Yoga and exercise: Engaging in yoga, particularly practices like gentle twists, inversions, or restorative poses, can stimulate the vagus nerve. Regular exercise, in general, can also positively impact vagal tone.
- Exercises as listed on the next page.

Benefits of a strong vagus nerve:

- Stress reduction: A well-functioning vagus nerve helps regulate the stress response, reducing anxiety and promoting relaxation.
- Emotional wellbeing: The vagus nerve plays a role in emotional regulation, contributing to improved mood, emotional resilience, and overall wellbeing.
- Digestive health: The vagus nerve influences digestive processes and promotes healthy gut function, aiding in digestion and nutrient absorption.
- Heart health: Proper vagal tone supports heart health by regulating heart rate and blood pressure.
- Inflammation reduction: Activation of the vagus nerve can help reduce inflammation in the body, supporting overall health and immune function.

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List of Vagus Nerve Exercises

Name of Exercise	Method
Polyvagal Basic Eyes only	Hands clasped behind your head. Without turning your head - eyes only - look first to the right then to the left. Start by doing 30 secs each side and build to 2 mins.
Polyvagal Basic Eyes and Neck	As above but bend at the waist with head straight and eyes looking at your elbows. Start by doing this for 30 secs each side and build to 2mins.
Rocking the Baby	Clasp your elbows with the opposite hands. Rock the baby 3 times at stomach level; 3 times at shoulder level; 3 times above the head. Do this again for a total of 3 times.
Tennis ball Window of Tolerance	Take a tennis ball or stress ball and throw it from hand to hand, without looking at it. Do this for at least 2 minutes.
Voo Meditation	Breathe in through your nose and "VOO" it out of your mouth. Make the Vooooo loud and as long as possible until you need to take the next in breath.