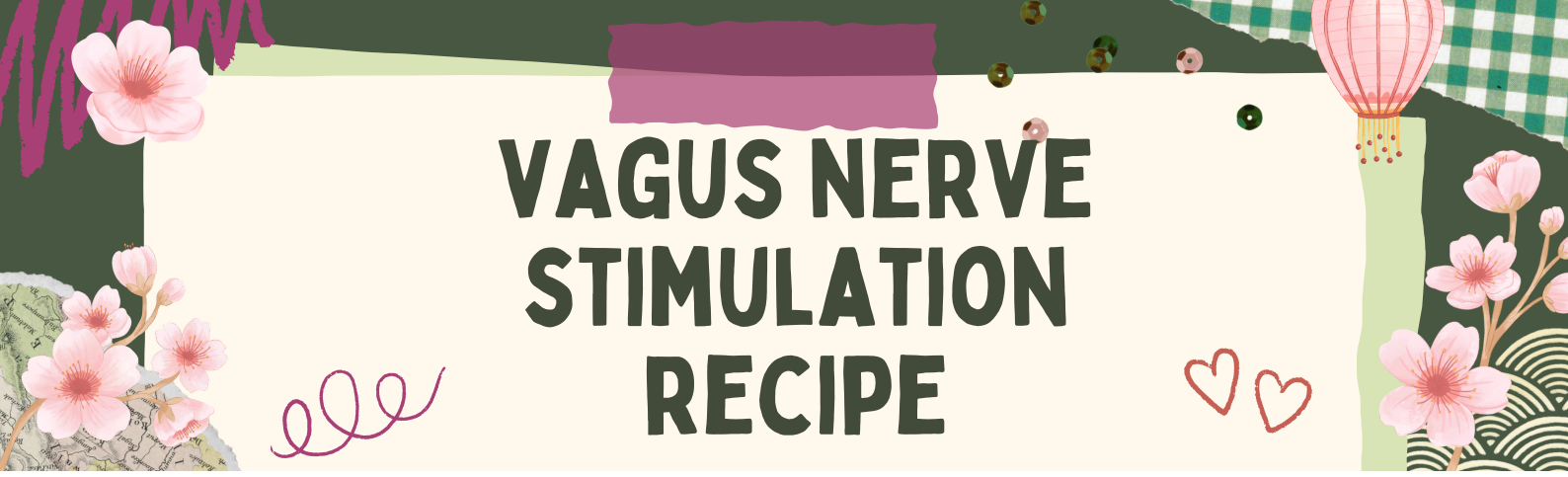




VAGUS NERVE STIMULATION RECIPE

Watch the video for more clarification.

Repeat daily to strengthen your ventral vagus nerve complex.

1. **Grounding Exercise**

2. **TMJ exercise**

3. **Diaphragmatic breathing:** pranayama rhythm (inhale for count of 6, hold for count of 7, exhale through pursed lips for count of 8 or more)

4. **Basic Exercise***

Lie comfortably on your back or sit up with your spine upright and your neck in line with the rest of your spine (head pulled back, chin tucked slightly). Interlace the fingers of both hands together and place them behind the back of your head. Keep your head straight ahead and still in line with your spine. Now moving only your eyes, look to the right as though you are gazing at the tip of your right elbow. Stay in this position for about thirty to sixty seconds until there is a sign of release from the autonomic nervous system in a form of a sigh, yawn, or softening. Move your eyes back to looking straight ahead. Now, it's time to do the left side while keeping your head still with your fingers. Look at the top of your left elbow until you notice a yawn, sigh, or softening. Repeat if needed.

5. **Trapezius Twist***

Sit comfortably on a firm surface. Keep your face looking forward. Let your arms hang down, then fold and cross your arms, with your hands resting lightly on your elbows. You will be rotating your shoulder girdle briskly, first to one side and then to the other, without stopping and without shifting the hips. Rotate 3 times in each of the three positions: arms in front of body, arms shoulder height, arms above head.

*Exercises 4 & 5 are from Stanley Rosenberg's book: "Accessing the Healing Power of the Vagus Nerve"