



WEST HOLISTIC MEDICINE

# VAGUS NERVE REGULATION

TOOLS



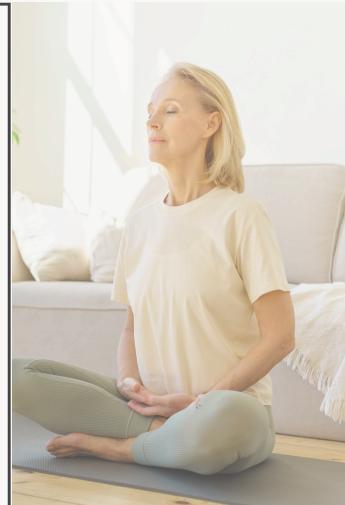
# VAGUS NERVE REGULATION

# RESOURCE LIST

## BREATHWORK

BY PRACTICING CONTROLLED BREATHING TECHNIQUES, YOU CAN STIMULATE THE VAGUS NERVE, WHICH IN TURN PROMOTES RELAXATION, REDUCES STRESS, AND SUPPORTS OVERALL WELL-BEING.

- [INSIGHT TIMER - APP WITH GUIDED BREATHWORK](#)
- [4-7-8 BREATHWORK](#)
- [6-MINUTE VAGUS NERVE BREATHING MEDITATION](#)
- [6-MINUTE STRESS & ANXIETY ERASER](#)



## EFT (EMOTIONAL FREEDOM) TAPPING

EFT TAPPING IS A GENTLE TECHNIQUE THAT INVOLVES TALKING AND TAPPING ON KEY ACUPUNCTURE POINTS AROUND THE BODY TO RELEASE NEGATIVE EMOTIONS

- LEARN MORE ABOUT EFT TAPPING [HERE](#)
- BOOK A VIRTUAL 45-MINUTE EFT SESSION WITH OUR PRACTITIONER DARBY [HERE](#) OR BY CALLING OUR OFFICE AT 512-814-0148



## PULSETTO VAGUS NERVE STIMULATOR

PULSETTO IS DESIGNED TO BIOHACK YOUR PARASYMPATHETIC NERVOUS SYSTEM SO YOU CAN REDUCE STRESS, EASE ANXIETY, SLEEP SOUNDLY, AND MORE!

- READ MORE ABOUT IT OR GET YOURS [HERE!](#)



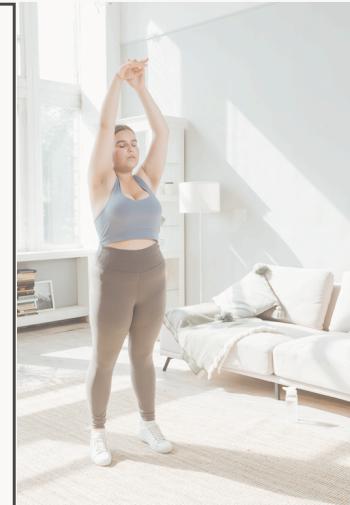
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### YOGA, STRETCHING, AND EXERCISE

PRACTICES THAT INCORPORATE BREATH CONTROL LIKE YOGA AND TAI CHI CAN HELP REDUCE TENSION, PROMOTE RELAXATION, AND REGULATE YOUR VAGUS NERVE .

- [YOGA WITH ADRIENE - YOUTUBE](#)
- [11-MINUTE CHAIR YOGA](#)
- [ONLINE YOGA CLASSES - ALO MOVES](#)
- [GENTLE STRETCHING](#)



### LAUGHING

LAUGHTER ACTIVATES THE VAGUS NERVE, PROMOTING A RELAXATION RESPONSE IN THE BODY AND HELPING TO REDUCE STRESS.



### SINGING, LOUD HUMMING, OR CHANTING

THESE ACTIVITIES INVOLVE THE VOCAL CORDS AND MUSCLES IN THE THROAT, WHICH ARE CONNECTED TO THE VAGUS NERVE, HELPING TO ACTIVATE IT.



### GARGLING

RIGOROUS GARGLING WITH WATER ALSO ACTIVATES THE MUSCLES IN THE BACK OF THE THROAT THAT ARE CONNECTED TO THE VAGUS NERVE.

