



WEST HOLISTIC MEDICINE

VAGUS NERVE REGULATION

TOOLS



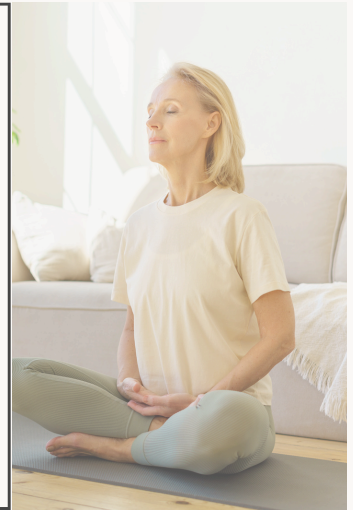
VAGUS NERVE REGULATION

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.

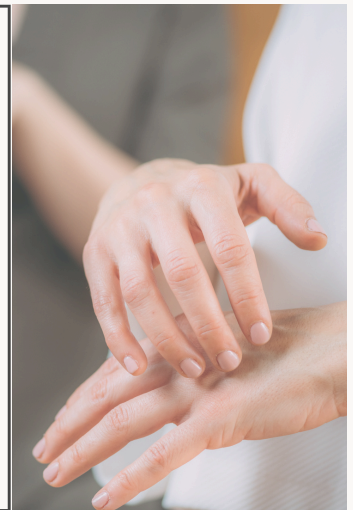
- [INSIGHT TIMER - APP WITH GUIDED BREATHWORK](#)
- [4-7-8 BREATHWORK](#)
- [6-MINUTE VAGUS NERVE BREATHING MEDITATION](#)
- [6-MINUTE STRESS & ANXIETY ERASER](#)



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!](#)



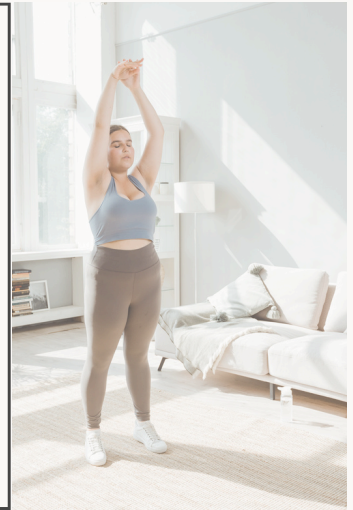
VAGUS NERVE REGULATION

RESOURCE LIST

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.

