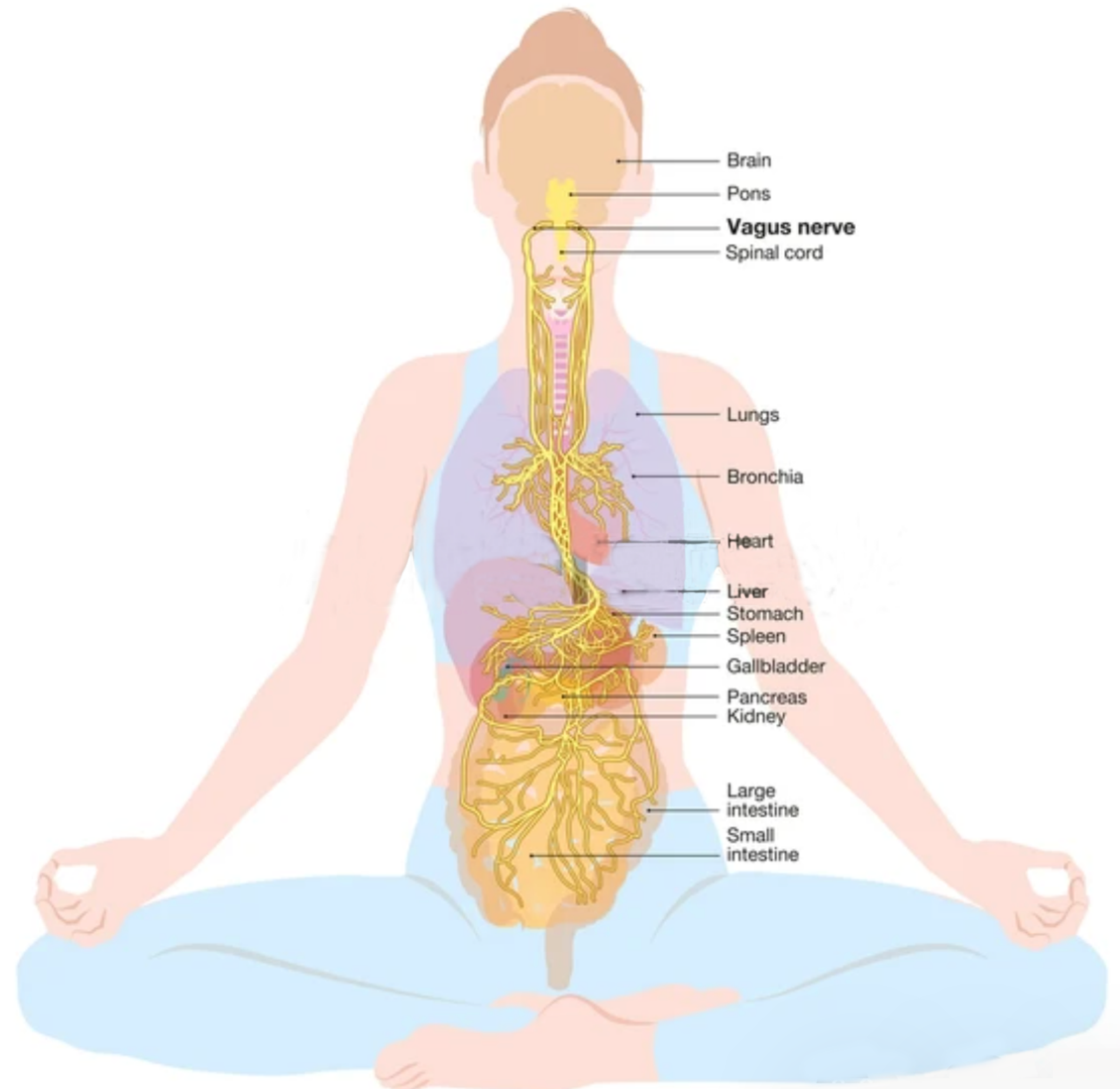


# The Vagus Nerve

The vagus nerve is the longest nerve in your body. It wanders through your body, connecting the brain stem to the rest of the body. It's how the brain communicates with the other organs and tissues.

Sometimes the vagus nerve can be damaged and low in tone. When this occurs certain symptoms can manifest including:

- Anxiety
- Depression
- Poor emotional regulation
- Lowered attention span
- Increased inflammation
- Abdominal pain
- Unusual heart rate or blood pressure
- Nausea
- Ear pain
- Loss of voice
- Lowered stomach acid



# Toning the Vagus Nerve

The good news is, we can stimulate our vagus nerve by engaging in certain activities which include:

- Deep breathing
- Meditation
- Cold water immersion
- Singing, chanting, humming and gargling
- Yoga, Tai Chi and Qi Gong
- Positive social connections
- Laughter
- Exercise
- Massage & Acupuncture
- Taking Probiotics
- Eating fibre
- Consuming:
  - Omega-3 Fatty Acid
  - Choline (to make acetylcholine, our main neurotransmitter)
  - Vitamin B12
  - Magnesium
  - Calcium
  - Good Sodium (Himalayan, Celtic Sea, Murray River)
  - Coffee :-)

