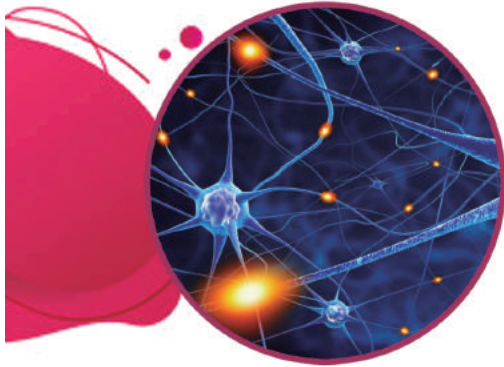


The Vagus NERVE

WHY DOES IT MATTER?



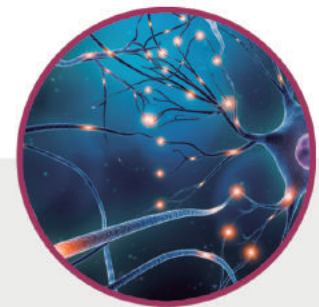
The vagus nerve is the longest nerve in the body and the most important nerve for wellness, good health, and allows our body to function at an optimal level if it's not compromised in any way.

If you've ever heard the term gut-brain connection, it is this nerve that directly connects the brain to the gut. It sends information back and forth between the two. For those of us who suffer from TMJ/TMD, the health of the vagus nerve is of utmost importance. When the jaw is misaligned it can disturb the trigeminal nerve, which is connected to the vagus nerve through a series of fibers.

Other conditions that impact the vagus nerve are: birthing trauma, adverse childhood events (ACE's), surgeries to the stomach and gallbladder, and accidents especially ones that have impacted the neck.

What does it do?

1. It regulates the parasympathetic response of the nervous system. This is the "rest and digest" portion of our nervous system. When this nerve is affected it can cause: low stomach acid, constipation, diarrhea, diabetes (due to pancreatic dysfunction), and lead to gallbladder removal.
2. It works to regulate our heart rate.
3. It governs the optimal function of our digestive system, liver, and pancreas.
4. It governs the vocal chords as well as our gag reflex



3 WAYS TO TONE THE VAGUS NERVE

1. **Humming and/or chanting** – anything that creates vibration in the throat
2. **Activate your gag reflex** with your toothbrush when brushing your teeth
3. **Gargle day and night with warm salt water.** You want this to be vigorous enough to tear up