



# FOR VAGUS NERVE STIMULATION



## BREATH RIGHT

Deep and slow belly breathing through your nose, with your focus just on your breath. Deep in breath – hold – deep exhale...exhale longer than you inhale.

## BREATH HOLD

Take a deep breath, squeeze nose closed with fingers and force pressure as if you were to breath out, hold for a few seconds (like you do to relieve ear pressure during a flight).



## GET GARGLING

Loud aggressive gargling with water or loud singing – good exercise in the shower 😊

## DUNK

Immerse your forehead eyes and 2/3'd of both cheeks into cold water. This works on the vagus nerve, decreases heart rate, stimulates the intestines, and turns on the immune system.



## EYE ROTATIONS

With head facing forward, neck tilted to left shoulder, turn eyes to the right and hold for a minute, then face forward, tilt head to right shoulder and turn eyes to left side and hold for a minute.