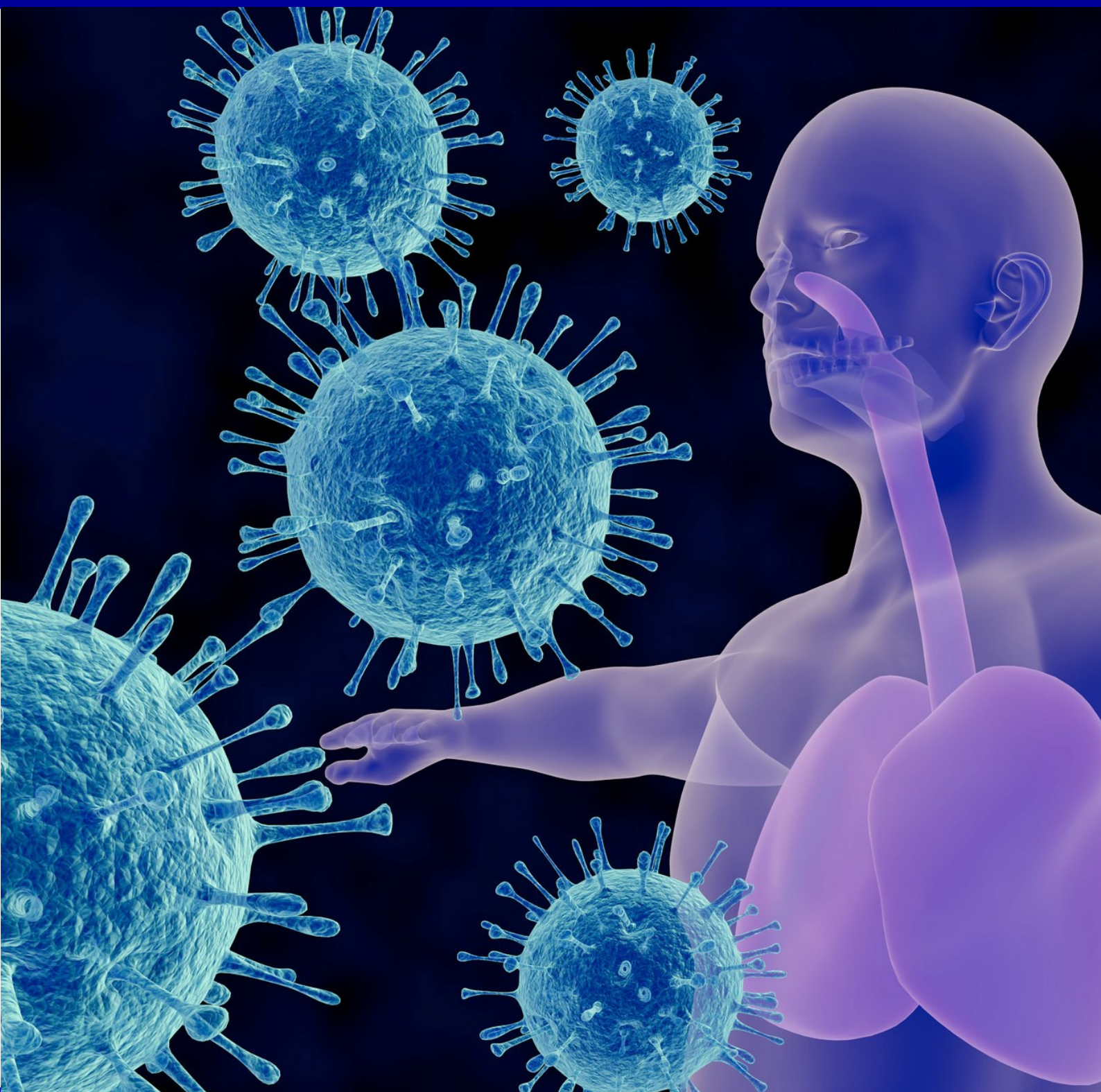


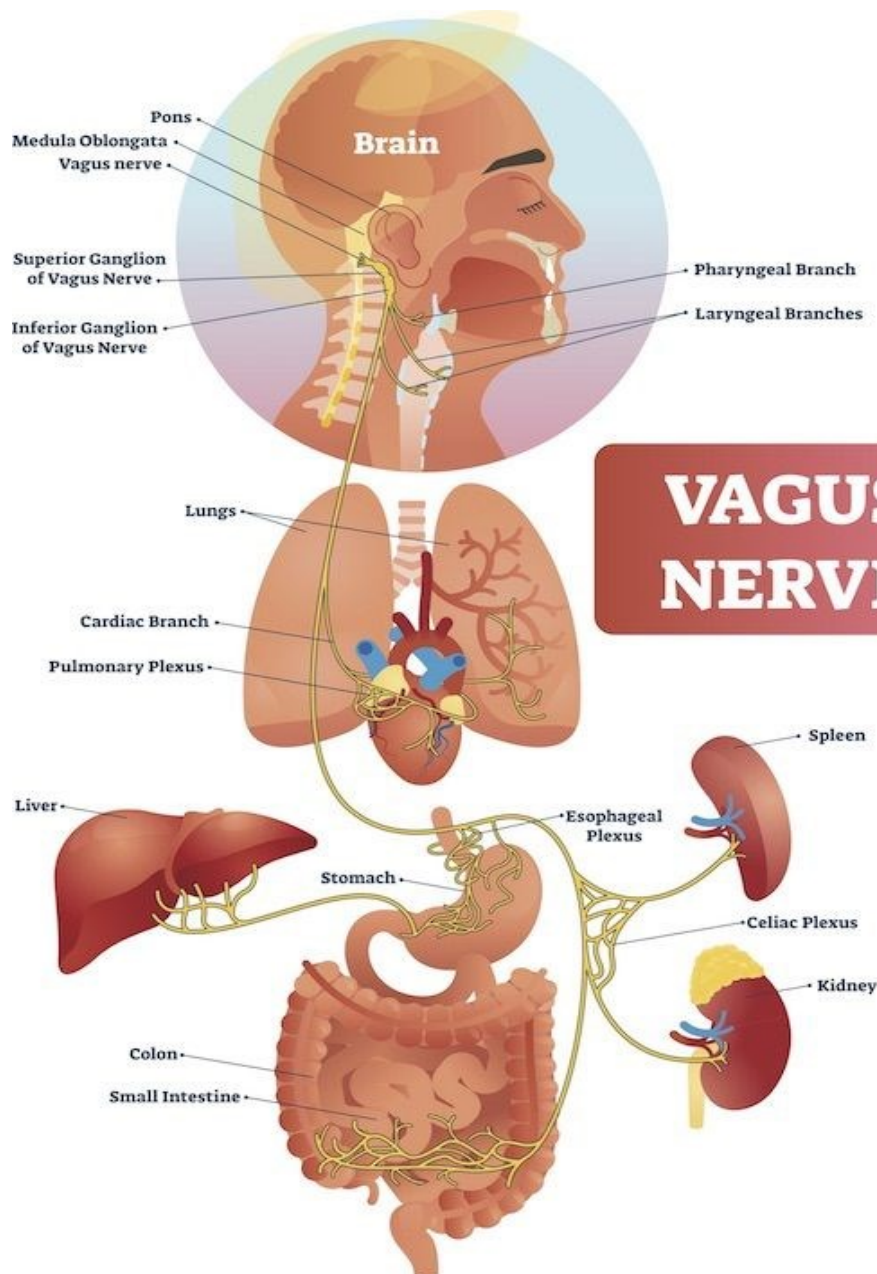
4-WEEK PROGRAM TO STRENGTHEN YOUR VAGUS NERVE & BOOST YOUR IMMUNE SYSTEM



By Dr. Eva Detko, PhD

What Is the Vagus Nerve?

The vagus nerve, also called X cranial nerve or 10th cranial nerve, is the longest and most complex of the cranial nerves, and one of the most important nerves in the body. The vagus nerve helps to regulate many critical aspects of human physiology, including the heart rate, blood pressure, sweating, digestion, and even speaking. That is right, the vagus nerve connects the brain with almost every organ in your body! For more information, you can check my other free eGuide: "Vagus Nerve 101".



So Why Are We Talking About the Vagus Nerve?

The vagus nerve is part of the autonomic nervous system. The system that takes care of our body's physiology without us consciously having to do anything, e.g. breathing rate, heart rate, pupil dilation/constriction, etc. The autonomic nervous system has the gas pedal (sympathetic nervous system or fight-or-flight) and the brakes (parasympathetic nervous system). The vagus nerve is a key component of the parasympathetic nervous system.

The key thing to remember is that you can't be in the sympathetic and parasympathetic response at the same time. Only one part of the system is activated at any one time. It is one or the other. That is important. Why?



Because any healing and regeneration of the body tissues occurs **ONLY** when the correct part of the parasympathetic nervous system is switched on. You may have heard of the rest-and-digest response. I actually call it: rest-digest-detoxify-heal response to further stress that there are many basic housekeeping functions that the body must carry out daily for a human organism to be healthy and function well. If that doesn't happen, the body is in trouble. And yet, how many people are living their lives constantly activating their fight-or-flight response? Most.

This is one of the fundamental reasons why people get sick. That imbalance within the autonomic nervous system means that the sympathetic branch is strong and activates readily but the rest-digest-detoxify-heal side (the ventral vagus nerve) is weak and doesn't activate very well. Poor vagus nerve function is one of the key reasons why people struggle to heal from chronic illness. That autonomic imbalance also means that your immune function is dysregulated, which is bad news when an infection comes along. In contrast, people with a stronger vagus response recover more quickly after stress, injury, or illness.

REMEMBER!

If you are in a chronic stress state you cannot fully heal the biochemistry, regardless of what protocols you are following and what supplements you are taking.



How Does This Link To Immunity?

The immune system is our defense system comprising many biological structures and processes that protects us against disease. The process to keep the immune system in check is mediated through the vagus nerve. Only when the vagus nerve is functioning well, is it able to activate the cholinergic anti-inflammatory pathway. This is the pathway that puts the brakes on inflammation (more about this later). The vagus nerve innervation of the immune organs, such as the spleen, the thymus and the gut is key here. Those organs require strong vagus activity to keep them active. Constantly activating the fight-or-flight response shuts down the activity of these organs. Let's repeat this again.

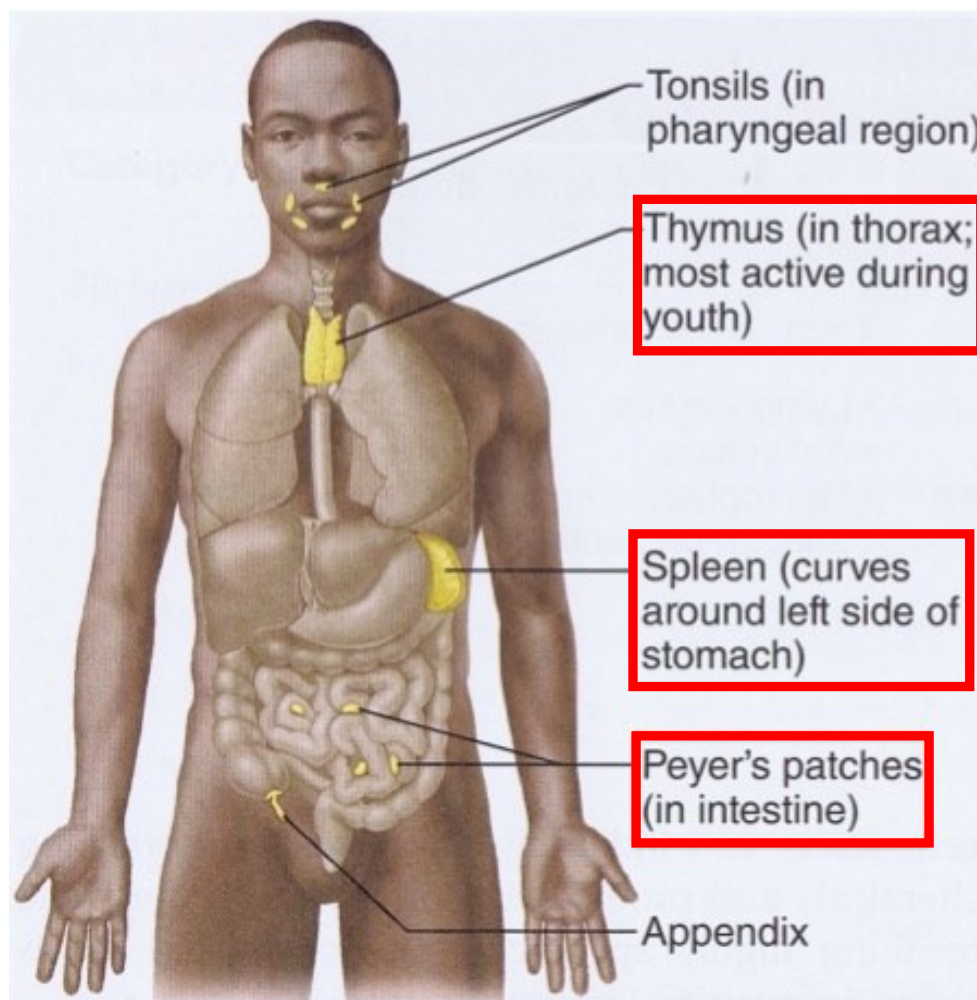
Constantly activating the fight-or-flight response shuts down the activity of your immune organs.

Decreased activity of the spleen means poor filtration of white and red blood cells. An underactive spleen also stops being effective at detecting viruses, bacteria and other potentially harmful micro-organisms, which is one of the key jobs of this immune organ. Some of the infections that poor splenic activity makes you more vulnerable to include: the flu, meningitis, tetanus, shingles, chicken pox, human papilloma virus, measles and pneumonia.

As for the thymus, this immune organ is primarily involved in the production of T cells. The body uses T cells to destroy infected or cancerous cells. T cells also help other organs in the immune system grow properly. So you can probably guess what the consequence of poor thymus activity resulting from weak vagus function might be?

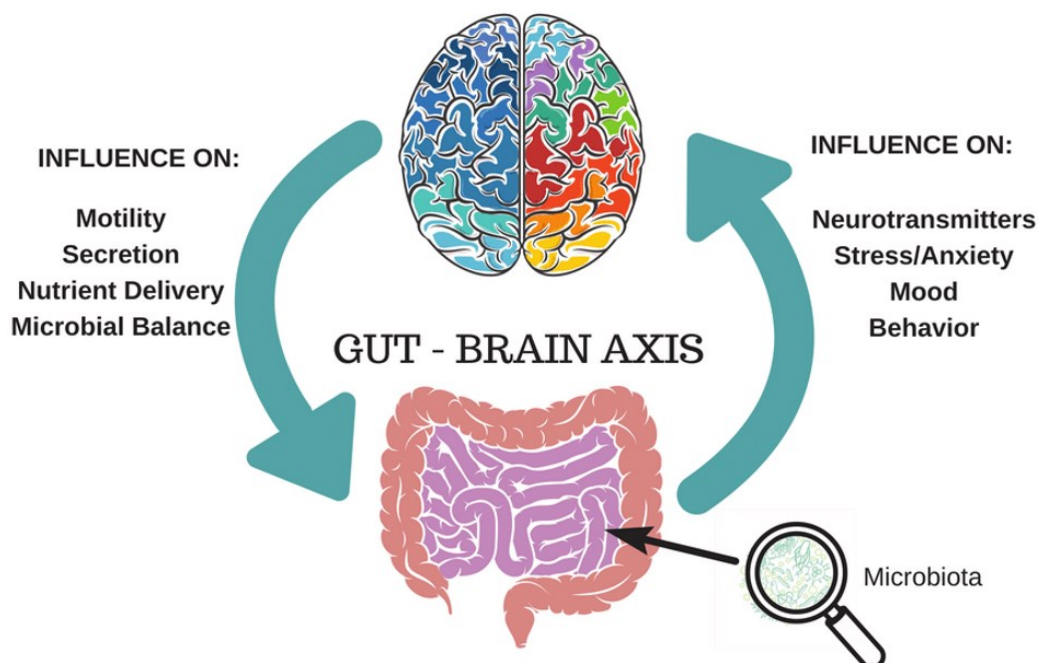
It is true that we lose thymus activity as we age (involution of the thymus) but people's chronically stressful lifestyles, leading to sympathetic dominance and poor vagal tone, cause the thymus to deactivate earlier than it should. This again results in increased risk of viral and bacterial infections. It is also one of the root causes of autoimmunity.

And then, there is the gut. Most people would have heard that 70-80% of our immune system is in the gut. Why? Because this is the easiest way to enter the body for any pathogens due to the direct link to the outside environment. So therefore the great majority of our immune cells are found in the lining of the gut, known as gut-associated lymphoid tissue (GALT). The microbiome helps regulate the inflammatory response and it affects the brain. This is why you often hear that gut health is the basis of health and that gut dysfunction is the root cause of many chronic diseases. I will argue that this is only partially correct. And here is why I say that.



Elaine N. Marieb. Essentials of Human Anatomy and Physiology 11th ed. p.403

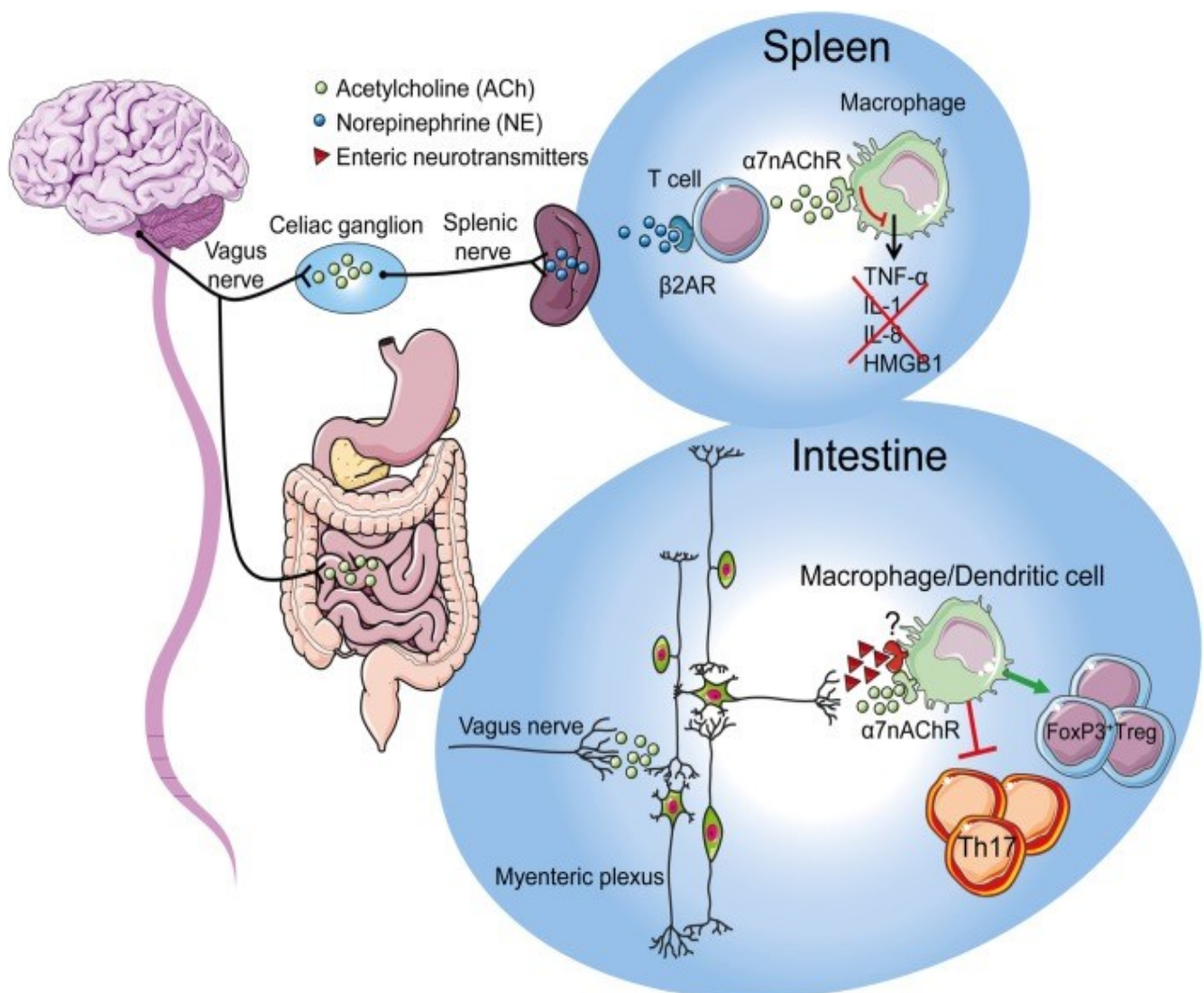
The way that gut communicates with the brain is via the vagus nerve as this nerve is a key component of the gut-brain axis. The vagus nerve is the information super-highway and without it the gut and microbiome impact is limited. This has been demonstrated in studies by cutting the vagus nerve. This includes studies that have been done with specific strains, *Bifidobacterium longum* and also *Lactobacillus rhamnosus*. They have showed the vagus nerve involvement clearly because when the vagus nerve was cut the effect of the microorganisms and the gut-brain communication was drastically reduced (almost ceased).



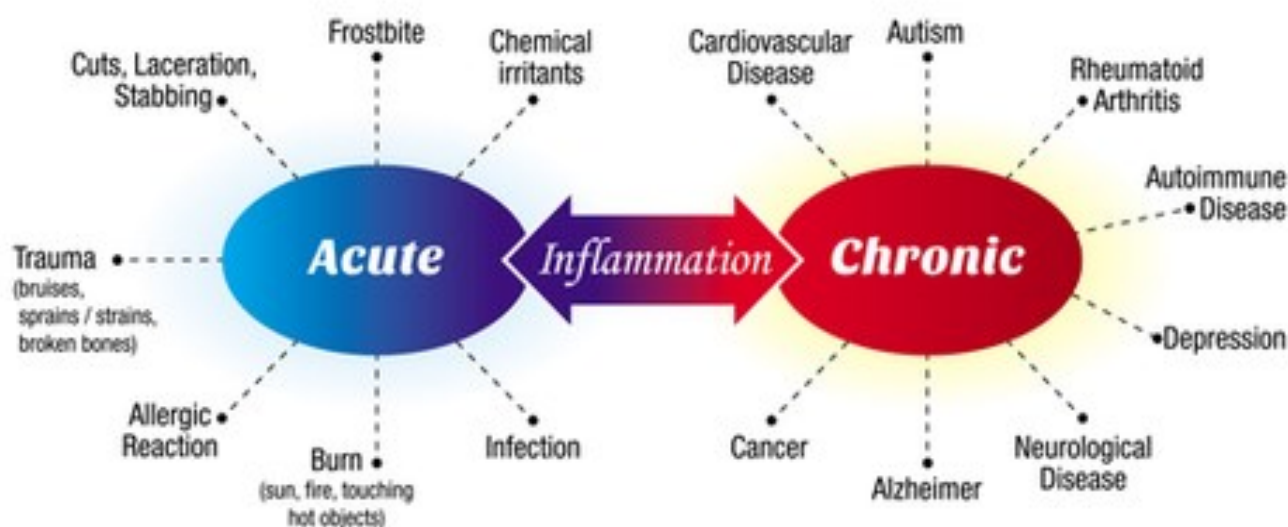
When immune cells first detect the presence of pathogenic or toxic agents in the gut, vagus nerve stimulates the thymus and the spleen to increase their activity. At the same time a stress response and the sympathetic nerves are activated, which causes the release of the neurotransmitter norepinephrine. This in turn causes the immune system to be highly reactive to the threat. When the threat has been dealt with, the reactivity is halted by the vagus nerve that is supposed to turn off that immune response since it is no longer needed. The vagus nerve sends out the neurotransmitter acetylcholine in the gut and other parts of the body. This is what keeps the immune reactivity in check and this system only works well when there is enough capacity to turn the response off.

So when next time you hear: “It is all about the gut”, you must ask: “Is it? Is it ALL about the gut?” Low vagal tone has been associated with irritable bowel syndrome, inflammatory bowel disease, gut dysbiosis, leaky gut and SIBO. We have seen in research and I can 100% confirm that from my clinical experience (and I know many other practitioners who can as well) that strengthening the vagus nerve improves and often completely eliminates those issues.

This explains why many people have tried to heal their gut for years, have tried every protocol and every supplement, and they are still not that successful. This is most of the time the link they are missing. I have seen many clients who were in that exact situation and the moment they have put emphasis on healing their autonomic nervous system and improving their vagus function, they finally get the health transformation they have been waiting for.



So earlier I have mentioned that the vagus nerve is instrumental in activating the cholinergic anti-inflammatory pathway. Again, only when the vagus nerve is functioning well can it act on turning chronic inflammation off. It is important to remember that a certain amount of inflammation after injury or illness is normal. But an overabundance is linked to many diseases and conditions, from sepsis and autoimmune conditions, such as rheumatoid arthritis, to cancer.



Neurosurgeon Dr. Kevin Tracey was the first to show that stimulating the vagus nerve can significantly reduce inflammation. Results on rats were so successful, he reproduced the experiment in humans with stunning results. The creation of implants to stimulate the vagus nerve via electronic implants showed a drastic reduction, and even remission, in rheumatoid arthritis. Please bear in mind that rheumatoid arthritis has no known cure and is often treated with toxic drugs.

Research has also been done with fibromyalgia patients. In one study, implanting a vagus nerve stimulator in fibromyalgia patients resulted in significant clinical improvement in seven of the patients and another five no longer qualified for a fibromyalgia diagnosis. In other words, their fibromyalgia was gone. You should know that you do not need a vagus nerve stimulator implant to strengthen your vagus function.

Different Triggers of Inflammation and the Vagus Nerve Connection

Chronic Stress

If you are chronically stressed, your autonomic nervous system is going to be out of balance. As a consequence, your vagus nerve will be weak and not able to control inflammation properly. When your sympathetic nervous system (fight-or-flight) is constantly activated, your stress hormone levels never clear sufficiently out of the system. Chronic cortisol exposure damages the tissues over time. This is why you often hear that chronic stress is pro-inflammatory.

As previously described, the vagus nerve plays a central role in coordinating the parasympathetic relaxation response, helping to slow down breathing and heart rate, promote relaxation, stimulate digestion, and bring about a sense of peace and calm. To help coordinate this relaxation response, the vagus nerve releases the neurotransmitter acetylcholine, which assists in controlling the inflammation in the body.

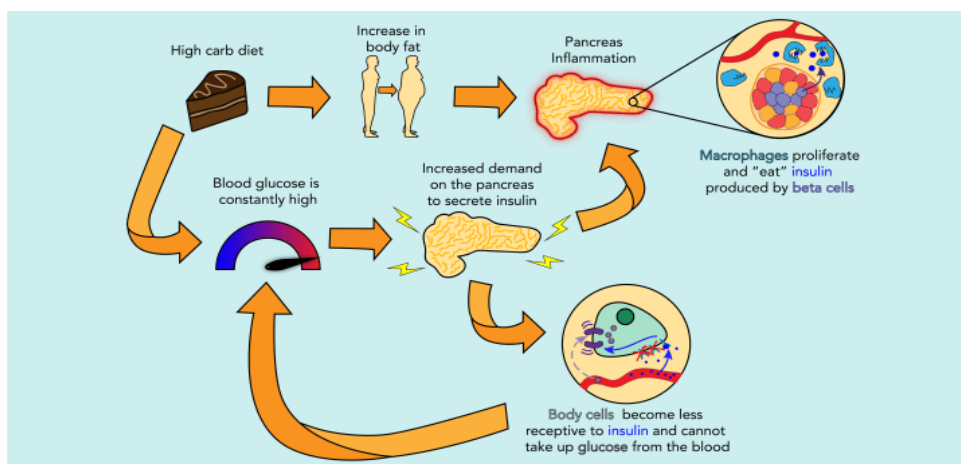
At this point, I would like to emphasize that chronic stress is not just a result of your everyday stress. It is a function of your early exposure to stress, childhood trauma, negative beliefs and resulting chronic negative emotional states, negative behavioural patterns developed over time, poor relationship with yourself, toxic relationships, feeling socially isolated, and then your everyday challenges. I call this collectively emotional toxicity.

If you want to check your emotional toxicity score, you can take my **Emotional Toxicity Questionnaire**. In particular, early exposure to stress and trauma re-wires your nervous system to become more hypervigilant. Luckily, this is something that can be reversed. It is never too late to build neuroplasticity and neurological resilience.

Hyperglycemia and Hyperinsulinemia

You would have also heard that excess sugar contributes to inflammation in the body. Chronic high blood sugar (glucose) levels are linked to insulin resistance and eventually diabetes. So what does that have to do with the vagus nerve?

A research team helmed by Theodoros Zanos, head of the Neural & Data Science Lab, discovered how the vagus nerve relays signals from the periphery to the brain to help regulate glucose. Now, this discovery could have implications in revealing a new way to measure blood glucose levels in people. “The vagus nerve is one of the major information conduits of the body with an average of 100,000 nerve fibers. We're excited to demonstrate in this most recent study that the vagus nerve of a mouse transports important signals from the periphery to the central nervous system related to glucose homeostasis.” The vagus nerve connection with glucose metabolism explains why vagus nerve stimulation reduces insulin resistance.



Excess sugar also messes up your microbiome and your gut, which in its own way contributes to the chronic inflammatory processes in the body. Again, if the vagus nerve is strong and works well, it can dampen that inflammation but if it is weak, that will not happen.

Clearly, if you don't want to have inflammation associated with excess sugar, the obvious thing to do is to reduce your sugar intake. But when the body has been already damaged and reducing sugar intake alone is not enough, strengthening your vagus function will help you greatly towards repairing your metabolism.

Environmental Toxicity

Toxins (in our food, water, air) are a stressor to our system. Whether it is a chemical, biological or emotional stressor, your body's stress response is the same. The main detoxification organ in the body is the liver and of course it is one of those organs that is innervated by the vagus nerve. Liver function is critical to our health and well-being and many people whose liver doesn't function well assume that that must be because of genetic SNPs (single nucleotide polymorphisms). That may well be part of the problem for some people but by far the biggest issue, alongside a sheer overload of toxins we have to deal with in our super toxic world, is low vagal tone.

Again, if the liver cannot detoxify the body correctly, we are going to have a problem with chronic inflammation, which will only weaken the vagus nerve further over time. Naturally, our immune function will be impacted negatively too. So we need to approach it from both angles: limit toxins that are going in and encourage the toxins to leave the body but also make sure that the vagus nerve supports the liver in the way it is supposed to.

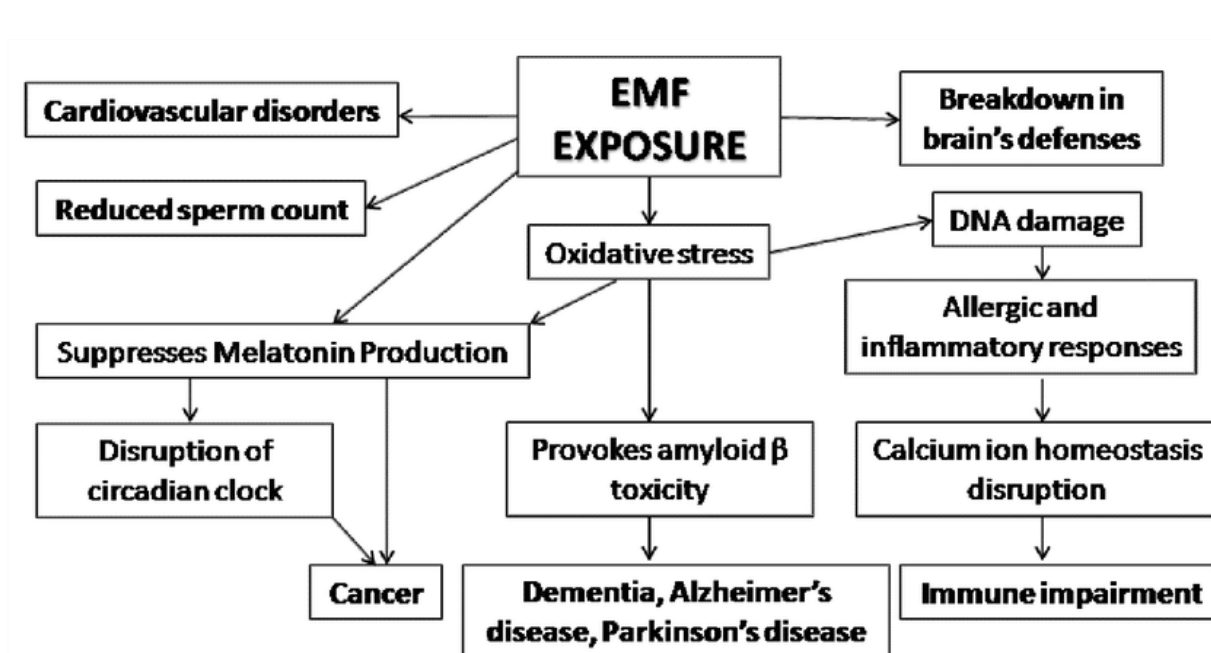


Electromagnetic Fields (EMFs)

Man-made EMFs are without any shadow of a doubt a toxin to the human body too. Regardless of how much the mainstream media are skewing and censoring the debate right now because more and more people are expressing their concerns about 5G (which is not allowed because it does not support the mainstream narrative), there is now almost 50 years of research that says that EMFs are a stressor to the body.

It has been found that radiofrequency EMFs (so your mobile, Wi-Fi and so on) can induce changes in central nervous system nerve cells, including neuronal cell apoptosis (cell death) and changes in the function of the nerve myelin and ion channels (Ju Hwan Kim et al. 2019). Repeated Wi-Fi studies show that Wi-Fi causes oxidative stress, sperm/testicular damage, neuropsychiatric effects including EEG changes, apoptosis, cellular DNA damage, endocrine changes, and calcium overload. Each of these effects are also caused by exposures to other microwave frequency EMFs (Pall, 2018).

The effects of EMFs will be more impactful if our autonomic nervous system is already dysregulated and our vagal tone is weak. Realistically, we cannot eliminate EMFs out of our lives anymore but we can keep our bodies in a better shape if we strengthen the vagus nerve regularly.



Why You Should Commit To Vagus Nerve Stimulation

Let me ask you, if you knew that your car engine needed repairing or servicing, would you just paint the car or change the brake pads and expected the car to be working perfectly? No. You would make sure the engine is in good shape, as without that those other things do not matter as much. So why don't most people apply the same philosophy to their health? So many have an approach that is far too superficial to make a real difference to their healing: they jump from symptom to symptom, from practitioner to practitioner, from supplement to supplement.

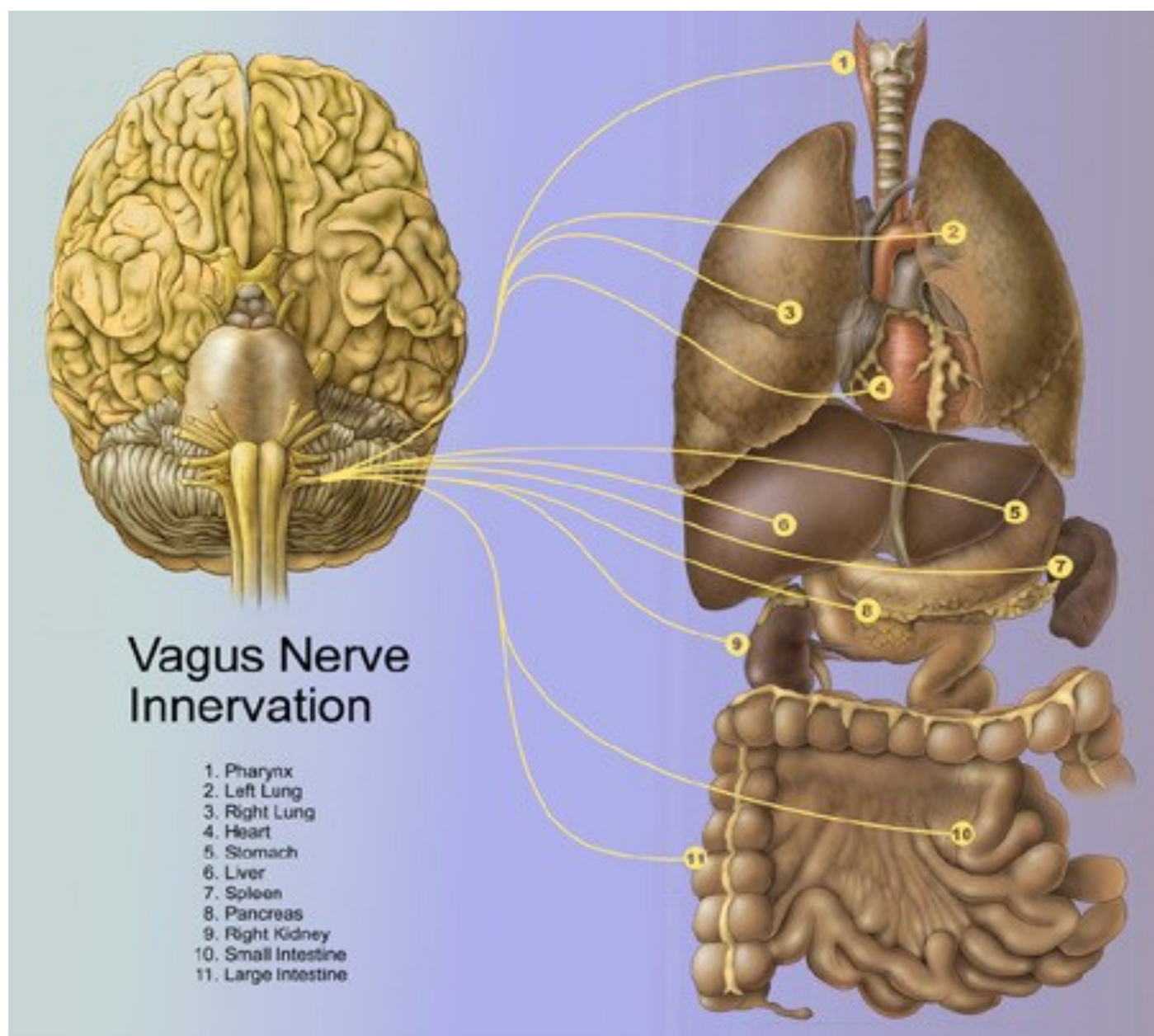
What does this have to do with the vagus nerve? As you already know, the vagus nerve innervates most of your body's organs and low vagal tone has been connected to many different disease states, including: chronic fatigue, depression / anxiety, fibromyalgia, Alzheimer's, Parkinson's, heart disease, diabetes, migraine / cluster headaches, PTSD, autoimmune disease, obesity, cancer, ADHD, chronic inflammatory states, IBS / IBD / SIBO / leaky gut, asthma.

So if you have for example IBS, anxiety and an autoimmune disease, you now know there is a common denominator in all these and that common denominator is low vagal tone. So does it make more sense trying to resolve all these issues separately or does it make more sense to approach it more holistically and treat them as one bigger problem?

I am not saying you will not have to do take specific supplements to address your autoimmunity or follow a specific dietary protocol to help your IBS. But working on your vagus nerve at the same time will mean a) addressing all three issues simultaneously from the nervous system angle (which will have a massively positive impact on your immune function and your inflammation levels) and b) your diet and supplement will have more of an impact because now your nervous system is more balanced and you can access a healing state (rest-digest-

detoxify-heal response) more easily. Remember, without spending more time in rest-digest-detoxify-heal response, you will not be able to heal from anything.

So how else do you know if your vagus nerve function is compromised? In addition to the different health issues that low vagal tone has been linked to, we have also mentioned emotional toxicity as a big contributing factor to the vagus nerve dysfunction. Other big warning signs include: difficulty speaking, loss of voice, a voice that is hoarse or wheezy, trouble drinking liquids, loss of the gag reflex, abnormal heart rate and/or blood pressure, decreased production of stomach acid and/or digestive enzymes, abdominal bloating or pain, bowel transit time less than 10 hrs or more than 20 hrs (often resulting in diarrhea or constipation).



Ideas For Implementation

To have a meaningful impact on your health, vagus nerve activation needs to become part of your daily routine. This is not the kind of thing that you do once or twice and then forget about it. Just like you don't go to the gym for a few weeks, strengthen your muscles and then stop going to the gym and expect to "keep" the results. But if you incorporate simple tasks into your daily routine, you will build a habit that will continue to serve your health both short- and long-term.

There are many different ways to do this so do not feel that you need to torture yourself with something you really dislike. **THIS IS IMPORTANT!** If performing a task is causing you anxiety or you have some sort of a negative response to it for whatever reason, this will actually put you in fight-or-flight and the result will be the opposite to intended.

Take for example seated meditation. That is a great tool to stimulate the vagus nerve but it is NOT for everybody. There are many people who are not at a point in their life, for whatever reason, where they can benefit from seated meditation. They will come away from it more wound up and irritated than they were before they started. If that is the case, if that is your experience, you are not achieving vagus nerve activation with this particular modality. I encourage you to look into why (there is always a reason) but the bottom line is, you need to do something else to stimulate your vagus nerve until you have resolved this.

I have called this a "program" but I am purposely not keeping this rigid because of the reasons explained above. We are all different and have different likes and dislikes. I want to honour that. In the end, the objective here is that you commit to 4 weeks of vagus nerve stimulation and feel the positive impact on your health. I then want you to continue to make sure you can enjoy long-lasting benefits of having a strong vagus nerve and that is only possible if you make this sustainable for yourself.

Build Your Program

1. Commit to stimulating your vagus nerve 5-6 times per day for 4 weeks. You can pick your activities from the “menu” presented further in this section. They can be all different or you can repeat some of them (it is good to have some variety though). For example, you can gargle every time you clean your teeth. You can gradually get used to lowering the temperature of your shower until you can stand a few minutes of cold water running down your body at the end. You can diffuse essential oils when you work. You can also schedule short deep breathing sessions into your day and set reminders on your phone.
2. Set your intention for success and make yourself a promise to prioritize this for the next 4 weeks. Choose what is beneficial for your health and stick with it.
3. Plan what you are going to do each day in advance. This is important for your success. Put the tasks in your calendar and set reminders in advance.
4. I recommend that you pick gratitude practice as one of your vagus nerve stimulating activities. I encourage you to do it before you go to sleep. You can simply write down what you are grateful for that day (list 5-10 different things), or go through the list in your mind. These could be small things, e.g. I got to go for a walk in the sun. This is not only a proven way to activate your vagus nerve but by focusing on positives in your life, you are training your brain to notice positives more.
5. Reward yourself at the end of each successful week. Ideally pick something relaxing as a reward (e.g. bubble bath, having fun with friends, watching something that makes you laugh, having a massage)

Please remember that you are probably going to have more of an impact if you activate your vagus nerve more regularly for shorter periods of time than once for a longer period. Plus, for most people this is more sustainable, particularly if they build new habits. This is because as you carry on with your day and you have

different things going on that activate your fight-or-flight (e.g. bad traffic, running late, annoying email from your boss or co-worker, realising you have another bill to pay you have forgotten about), you can bring yourself back to your calm state, which is supposed to be your baseline.

What that would do over time is make you more resilient to stressors. So for example, it is more impactful and sustainable to choose to gargle twice a day after cleaning your teeth, and set yourself reminders to do 2-3 min of deep breathing throughout the day (e.g. before a meal) than try to meditate for an hour. This is not to say that meditating for an hour is not effective, if you can do that, or won't make you resilient to stress. It will. It is just not achievable or sustainable for many people, particularly at the beginning.

“MENU”: Vagus Nerve Activation that is completely FREE

- ◆ **Deep breathing** (you will find a couple of techniques in the Resources section)
- ◆ **Singing/chanting** (must be enthusiastic enough to cause your voice box to vibrate, can be done in your car)
- ◆ **Gargling** (must be vigorous, 2 min at a time)
- ◆ **Gag reflex** (stimulate the reflex by touching the back of your tongue or your soft palate with your toothbrush, must be strong)
- ◆ **Cold showers** (start with 5-10 seconds at the end of the shower and build up to a few minutes, 1-2 min is very good)
- ◆ **Sunlight** (expose your skin to sunlight first thing in the morning and/or during the day)
- ◆ **Yoga / thai chi / gongxi** (15-20 min is sufficient to get the benefits provided this is done regularly, remember that breath is more important than the movement in these practices)
- ◆ **Meditation** (in the Resources section you will find a link to my Relaxation For Sleep)
- ◆ **Prayer**
- ◆ **Walking in nature** (at least 20-30 min at a time)

- ◆ **Havening Techniques / EFT / EMDR / Somatic Experiencing** (you can find instructions how to use Havening and a link to one of my Havening videos in the Resources section)
- ◆ **Positive Social Interaction** (emphasis here is on “positive” and feeling safe)
- ◆ **Gratitude practice** (as I said earlier, I recommend you pick this as one of your activities)
- ◆ **Laughter**
- ◆ **Exercise**
- ◆ **Acupressure** (look at the Resources section for some ideas)
- ◆ **Sleeping on your side**
- ◆ **Fasting** (unlike the other activities this is obviously not something that can be utilised every day unless it is intermittent fasting)

Vagus Nerve Activation that has cost associated with it:

- ◆ **Supplements** (probiotics, Essential Fatty Acids)
- ◆ **Essential oils** (check the Resources section for some ideas)
- ◆ **PEMF (Pulsed Electromagnetic Field) therapy**
- ◆ **Frequency Specific Microcurrent therapy**
- ◆ **Biofeedback**
- ◆ **Craniosacral therapy**
- ◆ **Massage**
- ◆ **Colon hydrotherapy** (the frequency is agreed between therapist and client)
- ◆ **Coffee enemas** (not more often than once a week)
- ◆ **Acupuncture / Auricular acupuncture**
- ◆ **Auricular stimulation**
- ◆ **Psychotherapy**

Here is an example of how you might want to structure your WEEK 1:

MONDAY

GARGLING	X 2	morning and evening after cleaning teeth (1-2min each time)
DEEP BREATHING	X 2	5 min before lunch and 5 min before dinner
EXERCISE	X 1	20-30 min before lunch
GRATITUDE JOURNALING/MEDITATION	X 1	before bedtime

TUESDAY

GARGLING	X 2	morning and evening after cleaning teeth (1-2min each time)
AFFIRMATIONAL HAVENING	X 1	10 min in front of the mirror
WALK IN NATURE	X 1	20-30 min before lunch
DEEP BREATHING	X 1	5 min before dinner
GRATITUDE JOURNALING/MEDITATION	X 1	before bedtime

WEDNESDAY

GARGLING	X 2	morning and evening after cleaning teeth (1-2min each time)
MEDITATION+ESSENTIAL OILS	X 1	20 min before bedtime
EXERCISE	X 1	20-30 min before lunch
COLD SHOWER	X 1	after exercise
GRATITUDE JOURNALING/MEDITATION	X 1	in the evening

THURSDAY

GARGLING	X 2	morning and evening after cleaning teeth (1-2min each time)
AFFIRMATIONAL HAVENING	X 1	10 min in front of the mirror
WALK IN NATURE	X 1	20-30 min before lunch
DEEP BREATHING	X 1	5 min before dinner
GRATITUDE JOURNALING/MEDITATION	X 1	before bedtime

FRIDAY

GARGLING	X 2	morning and evening after cleaning teeth (1-2min each time)
DEEP BREATHING	X 2	5 min before lunch and 5 min before dinner
EXERCISE	X 1	20-30 min before lunch
GRATITUDE JOURNALING/MEDITATION	X 1	before bedtime

SATURDAY

GARGLING	X 2	morning and evening after cleaning teeth (1-2min each time)
DEEP BREATHING	X 2	5 min before lunch and 5 min before dinner
MASSAGE	X 1	60 min before lunch
GRATITUDE JOURNALING/MEDITATION	X 1	before bedtime

SUNDAY

GARGLING	X 2	morning and evening after cleaning teeth (1-2min each time)
DEEP BREATHING	X 2	5 min before lunch and 5 min before dinner
WALK IN NATURE	X 1	60 min before dinner
GRATITUDE JOURNALING/MEDITATION	X 1	before bedtime

IMPORTANT!

Please remember that when it comes to addressing the nervous system dysregulation and improving your vagal tone, it is not just about what you do.

IT IS JUST AS MUCH ABOUT WHAT YOU DON'T DO.

You really are not going to be able to have a healing effect on your nervous system, if you put garbage in your mind on a daily basis via:

- ♦ watching the news and other doom and gloom (in which case you are subject to very sophisticated methods of mind control that are designed to instill more fear in you and make you feel like a caged animal — I guarantee this is 100% true and if you don't believe that is the case, you have some research to do)
- ♦ spend more time on social media, which is mostly toxic
- ♦ surround yourself with toxic people (people who are negative, put you down, with whom you do not feel safe or good about yourself)
- ♦ watching violent movies or movies that produce a fearful or angry response
- ♦ playing violent computer games.

Remember, that all this work is about making sure that you spend most of your time in the relaxation response. Every time you are not relaxed, you enter the stress response, even if you are not consciously aware of that. From the point of view of your nervous system, you cannot be “a little bit relaxed” or “a little bit safe”. You either are relaxed or not, and if your brain perceives something as stressful based on stimuli you are pumping or allowing in, you are stressed.

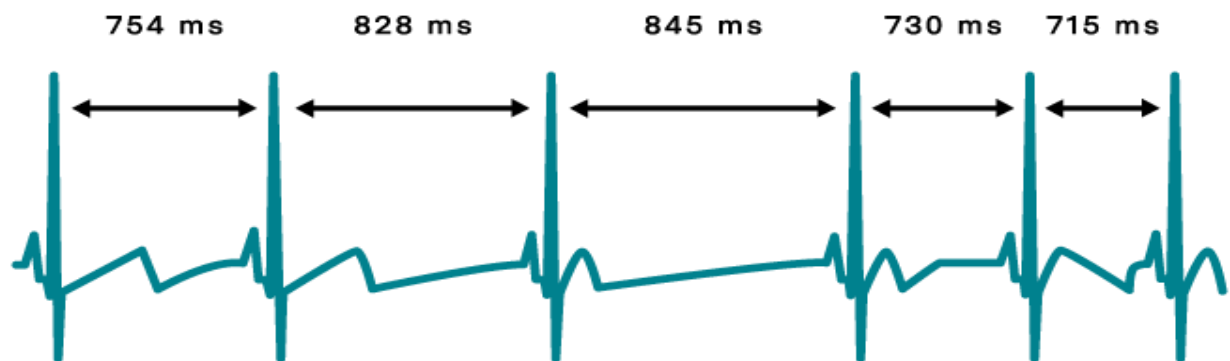


How You Can Measure Your Success

When you increase your vagal tone, you notice. Everything functions better, you are more relaxed and more resilient, your brain is sharper, your digestion is more efficient, any supplements that you take have more of an effect, your immune system is better balanced.

Some people like measuring though so let's look at that briefly. The best way of measuring vagal tone we have is HRV (Heart Rate Variability). This is NOT the same as heart rate. HRV measures time between consecutive heartbeats (in milliseconds). So we want our resting heart rate to be low (50 - 70 bpm) but we do want our HRV to be high (we do NOT want our heart to be like a metronome).

The normal variability in heart rate is due to the synergistic action of the two branches of the autonomic nervous system. The sympathetic nerves accelerate heart rate, while the parasympathetic (vagus) nerves slow it down. This constant interaction is designed to maintain cardiovascular activity in its optimal range.



The higher the HRV, the more variability, the more adaptable the system is. Monotonously regular rhythm is actually bad news for your health and longevity. In fact, HRV is the best predictor of mortality from all known causes of death. There are many tools to measure HRV. If you are interested to learn more about HRV and how to measure it, look up the HeartMath Institute.

Resources

SIMPLE DEEP BREATHING TECHNIQUE

1. Sit up or stand up straight so that your breathing is not restricted by your posture.
2. Exhale fully to empty your lungs.
3. Take a deep breath into your belly through your nose for 4-6 seconds. Do this without forcing. You may want to put your hand(s) on your belly to make sure it expands. Your belly should rise first, not your chest. If your chest is rising more than your belly, this is a pattern of breathing that needs to be corrected. With enough practice it will correct. Mouth taping at night can be helpful correcting it.
4. Hold the breath for a couple of seconds.
5. Exhale through pursed lips slowly for 6-8 seconds allowing the belly to deflate. The exhale should be slightly longer than the inhale.
6. Hold your breath for a couple of seconds.
7. Repeat this for a few minutes. If you are not used to breathing deeply, you may feel dizzy at first. This is normal and indicates how desperately you need to do this. If this happens, pause and continue when the dizziness goes away.

ALTERNATE NOSTRIL BREATHING

1. Sit up or stand up straight so that your breathing is not restricted by your posture.
2. Exhale fully to empty your lungs.
3. Close your right nostril with your right thumb.
4. Inhale through your left nostril and then close the left nostril with your fingers.
5. Open the right nostril and exhale through it.
6. Inhale through the right nostril and then close this nostril.
7. Open the left nostril and exhale through the left side.
8. Repeat this for a few minutes finishing with a left nostril exhale.

RELAXATION FOR SLEEP

You can download my Relaxation For Sleep recording [here](#). This recording includes progressive relaxation and positive suggestions to help you calm your nervous system down.

HAVENING TECHNIQUES

Havening Techniques® are a radical new and evolving form of scientific therapy that helps permanently treat and heal traumas, anxiety and phobias as well as to create positive alterations in our brain. They are a type of psychosensory therapy, meaning applying a sensory touch to produce a response (electrochemical) that literally heals and positively alters our mind (psyche).

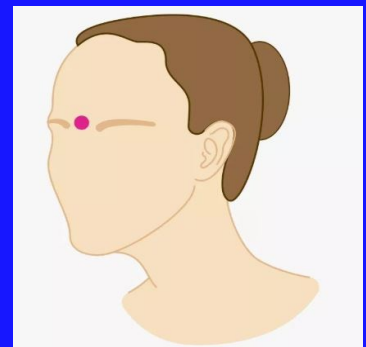
Self-Havening is simply applying Havening Touch® to yourself. Self-Havening can be very effective if done with discipline, insight and a willingness to take risks to bring up uncomfortable emotions. Common conditions that respond particularly well are acute strong negative emotions, such as anger, grief, jealousy and sadness, compulsive thoughts and behaviours such as hair pulling, and/or imaging stressful situations, general anxiety, panic attacks and chronic somatic pain. Self-havening is also an excellent tool for building emotional resilience, self-confidence and self-esteem. [Here](#) you can watch one of Affirmational Havening sessions that is designed to promote healing and relaxation.

ACUPRESSURE

Acupressure is a form of Traditional Chinese Medicine that can provide relief from stress and anxiety symptoms. It involves stimulating pressure points in your body, either on your own or with the help of a professional.

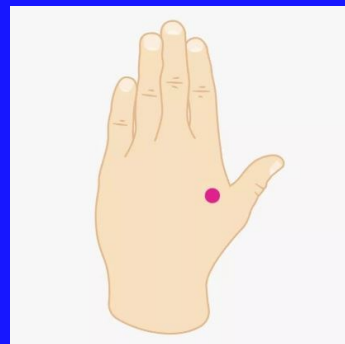
Yin Tang point: on the forehead, midway between the eyebrows, at the point of the third eye.

Sit comfortably (you can close your eyes), touch the spot between your eyebrows with your index finger or thumb. Take slow, deep breaths and apply gentle, firm pressure in a circular motion for 5-10 minutes.



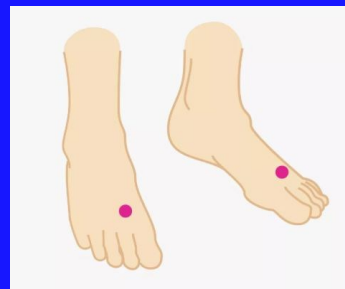
He Gu point: on the back of the hand, at the apex of webbed triangle between the thumb and the index finger.

Touch the spot, take slow, deep breaths and apply gentle, firm pressure in a circular motion for a few minutes. This can be done multiple times per day.



Tai Chong point: on the top of the foot, along the webbing between the first and second toes, in the depression before the joint.

The technique is much the same as for the other points.



ESSENTIAL OILS

Here are a few essential oil blends that work beautifully for calming the nervous system down. If you want to read more on basic safety aspects of using essential oils, you can read my blog [**My Essential Oil Blends To Support Healthy Detox and Liver Health.**](#)

Anti-anxiety Blend

Lavender

Geranium

Palmarosa

Anti-fear Blend

Roman chamomile

Rose otto

Frankincense

Anti-depression Blend

Geranium

Black pepper

Bergamot

Anti-irritability Blend

Sweet orange

Clary sage

Petitgrain

Anti-overwhelm Blend

Grapefruit

Sandalwood

Lavender

Anti-guilt Blend

Sandalwood

Roman chamomile

Clary sage

If you are interested to address the root causes of your nervous system dysregulation, I have actually designed a 12-module online program to help you achieve that. Without exaggeration, my program is the most comprehensive resource you find on this subject anywhere online. The program is supported by me personally and it is the best professional assistance you can get without spending thousands of dollars on 1-to-1 therapy that does not always deliver because it relies heavily on your practitioner having a detailed understanding of this area, as well as the right tools. [For more details about the Addressing Psychoenergetic Root Causes of Chronic Illness Program go to this page.](#)



About the Author



Dr Eva Detko is a natural healthcare practitioner, author, and speaker. She has studied natural medicine and the human mind for 23 years. Dr Eva successfully recovered from chronic fatigue and fibromyalgia, and reversed Hashimoto's thyroiditis. She now helps others recover their health. Dr Eva has an extensive knowledge and experience in the field of human physiology, biochemistry, nutritional sciences, and bio-energetics. She also uses a wide range of mind-transforming modalities, including: Havening Techniques®, BrainWorking Recursive Therapy®, Transactional Analysis, hypnotherapy, mindfulness, NLP, and applied psychoneuroimmunology.

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