

Vagus Nerve *Innervates; heart, gastrointestinal tract, stomach, lungs.*

The vagus nerve, also known as the tenth cranial nerve, is the longest cranial nerve, spanning throughout your entire body. The vagus nerve contains motor and sensory fibers and has the widest distribution in the body of any cranial nerve. Because of this, the vagus nerve has an affect on a wide span of bodily functions, from gut-brain axis communication to neurotransmitter management to hormone balance to inflammation prevention and more. Therefore, dysfunctions in vagus nerve function can have varying and widespread effects throughout the body, including the gut and digestive system. *Stimulating* the vagus nerve is beneficial for calming the stress response

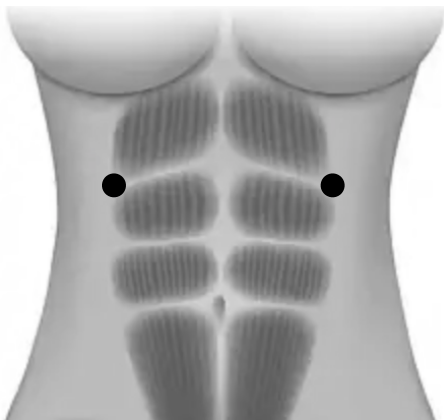
• **Exercises:**

- Darth Vader Breath (Ujjayi)
- Cold splash on the face and ears
- Ice pack to the sternum during extreme anxiety or panic

Darth Vader/Ujjayi Breath (also known as Victorious Breath or Ocean Breathing) Stimulates the Vagus nerve and calms the nervous system/fight-flight-freeze response.

Can be done either through nose or mouth - Donna prefers the mouth. With both inhale and exhale you will 'drag' the breath across the back of the throat, creating a slightly raspy sound. Breathe fully and slowly, continue for 3-5 minutes or until you feel a sense of calm. Donna demonstrating on YouTube <https://www.youtube.com/watch?v=Wabn7cmVvPI>

For Abdominal Pain



Spleen 16 *Abdomen Sorrow*

Traditionally used to treat an unhappy tummy, plagued with the pain of indigestion and bloating. Located on nipple line, 4 cun lateral to and 3 cun above the navel, on the edge of the rectus abdominis. Press and rub when experiencing abdominal pain.