Healing the “Vagus” Nerve to Heal Body & Mind...

With Sally Gray ND
www.realhealthykids.com
Health Professional:

- 25 years experience
- 5000+ clients
- Chronic Health Resolution Specialist
- Degree Qualified Naturopath, Nutritionist, Herbalist
- Masters Qualified Nutritionist
- Functional Medicine Practitioner

Human Potential Certification:

- Counsellor (Transpersonal & Gestalt)
- Certified Life Coach
- Child Self Esteem Coach
- Positive Psychology Practitioner
- Law of Success & Success Principles Practitioner
- Certified Jack Canfield Trainer
- NLP Practitioner
- EFT Practitioner
- (Self confessed “Neuro-Nerd”) Neuroscience Academy

Sally Gray ND
WHY IS THE VAGUS NERVE IMPORTANT...

The vagus nerve (the “wandering nerve” because of its reach) can be thought of as a superhighway that connects your body and your brain, it’s known as the “heart of the nervous system”. It is also known as the 10th cranial.

The vagus nerve is the longest and most complex of the 12 pairs of cranial nerves that emanate from the brain. It transmits information to or from the surface of the brain to tissues and organs elsewhere in the body.

The vagus nerve is the most obvious physical representation of the mind-body connection, it provides a bidirectional link between gut and brain and connects all major organs.

The vagus nerve is part of the parasympathetic nervous system and its health and function drives our wellness or disease; we MUST be in parasympathetic nervous system dominance for healing and optimal health to be achievable...
How The Vagus Nerve Affects Organ Systems

**Heart**
Decreases heart rate, vascular tone.

**Liver**
Regulates insulin secretion and glucos homeostasis in the liver.

**Gut**
Increases gastric juices, gut motility, stomach acidity.

**Inflammation**
Suppresses inflammation via the cholinergic anti-inflammatory pathway.

**Brain**
Helps keep anxiety and depression at bay. Opposes the sympathetic response to stress.

**Mouth**
Taste information is sent via three cranial nerves, one of which is the vagus nerve. The vagus nerve is needed for the gag reflex, swallowing, and coughing.

**Blood Vessels**
Decreases vascular tone, lowering blood pressure.
The sympathetic and parasympathetic work in **OPPOSITION**, when one is turned on, the other is turned off.

**Sympathetic Nervous System (SNS):** “**Stress**” – key neurotransmitters are epinephrine and norepinephrine and the hormones are cortisol, insulin and grehlin; increasing alertness, fight-flight-freeze- feint response, mobilised energy, increased heart rate, elevation in muscle tone (to get away), diminished blood flow to organs that aren't vital eg brain, gut, liver...

**Parasympathetic Nervous System (PNS):** “**Relaxation**” – key neurotransmitter is acetylcholine (watch out for the myriad drugs that impact this) and the hormones are oxytocin, growth hormone and testosterone; rest and digest (digestion and peristalsis optimised), optimal organ function (including the ALL important LIVER), tend and befriend, creating energy reserves, calmness, reduced heart rate, decreased alertness...

Good “Vagal Tone” mitigates the SNS, it launches into action to calm our stress **BUT** most of us are LIVING our lives in the sympathetic nervous system without even knowing it and we've lost vagal tone (the system is overworked and exhausted...)

The CRITICAL question...**which system is dominant in you?**
Vagus Nerve Dysfunction is associated with:

- Gastrointestinal symptoms inc IBS and IBD...
- Inflammatory conditions; vagus nerve stimulation is approved as a treatment for chronic inflammatory conditions and has been seen to be effective for rheumatoid arthritis...
- Obesity and weight issues; the vagus nerve regulates insulin secretion and glucose homeostasis and plays a role in the satiety from food...
- Depression; vagus nerve stimulation is an approved treatment for drug resistant depression...
- Anxiety; the sympathetic nervous system is unopposed and overactive...
- Fatigue, brain fog, fibromyalgia...
- Behavioural disorders, OCD, autism, ADHD...
- Bradycardia; abnormally slow heart rate...
- Tinnitus...
- Sleep dysfunction...
- Throat/swallowing/coughing issues...
- Delayed gastric emptying and GERD...
- Food sensitivities, allergies...
- Migraines...
- Tinnitus...
- B12 deficiency due to inhibited intrinsic factor...
- Seizures; stimulation is approved for epilepsy treatment also...
Vagus Nerve Tone is associated with:

- Increased intimacy and bonding...
- Vagus nerve activity has an antidepressant effect. The hypothalamic-pituitary-adrenal (HPA) axis stress system is out of whack in depression and vagal nerve stimulation normalizes dysregulation of the HPA axis...
- Optimal stomach acidity, gut motility and digestive juices including bile for elimination...
- Keeps inflammation in check. When the vagus nerve senses inflammatory cytokines it alerts the brain to suppress inflammation via the cholinergic anti-inflammatory pathway. (VITAL information for mast cell disorders...)
- Histamine modulation...
- Inhibits the synthesis of tumor necrosis factor (TNF) in liver, spleen and heart...
- Food satiety and normalised weight...
- Blood sugar balance. (Blood sugar imbalance is one of the most underdiagnosed issues we face...)
- Fertility AND orgasm...
- Healthy sleep...
- Improved learning and memory...
- Relieves stress induced conditions such as asthma, eczema, endocrine disorders (thyroid and reproductive), headaches and migraines...(I would argue that EVERY disease has a stress element)!
I want to show you HOW to heal the “Vagus Nerve” for GOOD...

1. Food: “Nourishing Your Nerves”
2. Stimulating “Vagal” Function
3. Uncovering the ROOT CAUSE
Nourishing the Nervous System & Brain with REAL Food:

- Study shows that healthy fats stimulate vagus nerve regulating activation of mast cells (innate immune system) in the gut...
- High potassium foods: sweet potato, white potato (cooked, cooled then reheated to create resistant starch), avocado, beetroot, wild salmon, coconut water, white beans, black beans, dried apricots, pomegranate, cooked tomatoes, watermelon, spinach, pumpkin...
- B vitamin rich foods: grass fed, organic sustainable animal products...
- Dopamine promoting foods: Mediterranean diet...
## Strategies:

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<thead>
<tr>
<th>Activity</th>
<th>Strategy</th>
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<tbody>
<tr>
<td>Deep diaphragmatic breathing with a long, slow exhale; ending in stomach muscle tensing is ideal (push out ALL the air)</td>
<td>TMJ jaw realignment</td>
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<tr>
<td>Meditation</td>
<td>Ear massage</td>
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<tr>
<td>Reflexology</td>
<td>Yawning</td>
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<tr>
<td>Exposure to cold eg splash face with cold water or feet in ice bath</td>
<td>Reflexology; vagus points feet and hands</td>
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<tr>
<td>Yoga inc face yoga</td>
<td>Humming/singing</td>
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<td>Connecting with friends</td>
<td>Prayer</td>
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<td>Fasting</td>
<td>Gargling</td>
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<td>Qi Gong/Tai Chi</td>
<td>Tapping (EFT)</td>
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<td>Acupuncture</td>
<td>Massage</td>
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<td>Osteopathy/Chiropractic</td>
<td>Laughter</td>
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<td>Expanding and contracting the ribs</td>
<td>Probiotics...Rhamnosus produced changes in GABA (calming)</td>
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Are these strategies simply symptom management?

Let’s get to the bottom of stress, let’s heal the bi-directional gut-brain axis from BOTH ends:

- Heal the gut...
- Heal the source of emotional stress...

[Sally Gray ND logo]

[Diagram: The Bidirectional Gut-Brain Axis]

Heal the gut:

- Eliminate toxicity – nutrition and stored toxins...
- Support immune function...
- Restore the balance with nutrition to heal the **substrate** AND the “right” intervention after testing gut ecology (**NOT** random probiotic supplementation)... 

( **Root Cause Resolution Program** )...
Where does your stress come from?

We create our own stress with the way we have learned to think...

Our programming (everything we believe about ourselves is a story we create that is based in reality but is just our point of view and we CAN keep what works and change what doesn’t)...

Use proven “Neuroscience” to heal your “BRAIN” (the SOURCE)...

We are the only thing standing in our way...
How do you “fix” your mind?

2 “actions” you can take today:

1. *Observe your mind;* dissociate from your thinking mind!
   ➢ You have thoughts but you are not your thoughts
   ➢ You have feelings but you are not your feelings
   ➢ You have emotions but you are not your emotions

2. *CRAP Analysis...*  
   Grab a piece of paper and a cuppa, take a seat and shut the door, breathe and relax, and write it ALL down:
   - Conflicts
   - Resistances
   - Anxieties
   - Problems
We have to treat the **ROOT CAUSE** otherwise it’s a life long prescription for symptom management...

Is the cost of NOT changing worth it? Health issues, emotional “pain”, setting your kids up to live the same old patterns that have got YOU to this point...

**Choose YOU right now!**

If you aren’t the BEST version of you the consequences are huge not only to YOUR health but for those you love... (our children learn what they live!)

Resolution, the life you REALLY want to be living IS within your reach if you are prepared to take action!!!

Email info@realhealthykids.com to secure your seat for the next “**IGNITE**” Program kicking off early next year and as a gift you will gain access to the ONLINE Mini-Course (**Value $197**) immediately to start 2018 on the “right” foot... (AND get a copy of the presentation slides for your reference right now)