

Ways to activate the Vagus nerve:

- Gargling water; hard until your eyes water
- Loud humming; as loud as you possibly can for several minutes
- Stimulating gag reflex; depress tongue while brushing teeth for a strong gag
- Coffee enemas; strong brewed coffee body temperature and hold it for 15-20 minutes before letting out
- Alternating hot and cold face washing; 10 sec warm/hot and 20 sec cold, rotating 5-10 times and end on cold
- 4-7-8 Breathing - Inhale for 4 seconds, Hold for 7 seconds, smoothly Exhale for 8 seconds - repeat several cycles

Repeat as needed to activate the parasympathetic nervous system and calm the body to Rest/Digest/Detox/Reproduce.



Designed for Health

