

Vagus Nerve Deeper Dive

The **FIVE STEPS** for
ENHANCING YOUR VAGUS NERVE

Dr. David Yoder



Steps To Enhance Your Vagus Nerve Stimulation Program

WHO



Who Is **Vagus Nerve Stimulation** For?

Vagus nerve stimulation is for anyone who would like to find a deeper balance between their mind and body. The vagus nerve is a "*connectome*" that helps connect the mind to the body. A connectome is a neural network connecting many systems together to work in perfect harmony, like the conductor of an orchestra keeping the various instruments in tune and creating beautiful sounding music.

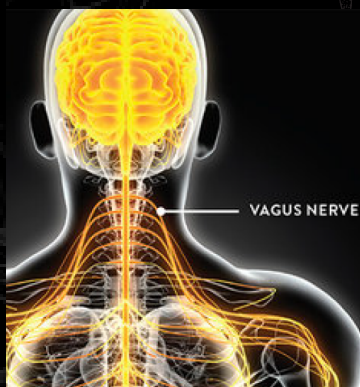
If you are feeling overwhelmed, anxious, stressed, burned out or fatigued, these are all signs and symptoms that your vagus nerve system is taxed and depleted and no longer able to find balance. Learning how to strengthen the vagus nerve will help you regain energy, focus, peace, connection and overall wellness.

WHAT

What Is The Vagus Nerve?

The vagus nerve is a special part of the human nervous system that helps to maintain homeostasis or inner mind-body balance. It is a brain nerve, the 10th cranial nerve.

However, unlike most of the other cranial nerves, the vagus nerve begins deep down inside the body. It is connected to most of the gastrointestinal system, lungs and heart. It continues upwards towards the brain, entering at the brainstem on both sides of the neck.



It connects the midbrain for emotions as well as the prefrontal cortex for higher executive functions.



WHEN

When Does The Vagus Nerve Work and When Should You Stimulate it?



The vagus nerve is always active. Without its functions, the brain would not be able to detect what was going on internally, and we could eventually die. Whether it be "rest and digest" functions or calming inflammation from an injury, the vagus nerve needs to continuously monitor and communicate what is happening internally and send those messages to the brain. The best time to stimulate your vagus nerve is when you feel most present, aware and relaxed. Think of stimulation of the vagus nerve as the Matrix meets Buddha! You are essentially uploading vast amounts of new information to maximize mindfulness. Similar to smartphone software updates, the updates allow for faster processing. With each update, the system becomes a better version.

WHY

Ultimately, the greatest outcome starts with the why. To quote one of my favorite mentors: "Your innermost dominant thought will become your outermost tangible reality." -John DeMartini

What you think about, you bring about. Vagus nerve stimulation maximizes the law of attraction theory. While you are doing your vagus nerve stimulation, visualize your goals!

Visualizing your goals while stimulating your vagus nerve will myelinate your connectome.

The famous neurosurgeon, Sanjay Gupta, once said that the definition of a healthy brain is "the ability to create a wider circle of you." Vagus nerve stimulation expands beyond a mind-body connectome to include our social connections by becoming the best version of ourselves from our inner world to our outer world.



| HOW

How To Stimulate Your Vagus Nerve?

Various techniques demonstrate how to stimulate the vagus nerve. The basic exercise includes deep diaphragmatic breathing. Breathing outward longer than you breathe inward, like blowing up a big party balloon with very slow breathing outwards.

Use more of your stomach to breathe out and in rather than your upper lungs and shoulders.

Meditation is another way to slow the mind down allowing the busy thoughts to dissipate to enhance interoception. The goal is to become enlightened to your body's inner signals. By focusing on your breathing, heartbeat and general body sensations, this allows your mind to begin to listen to your body, amplifying the mind body connection.

These basic techniques require longer daily time commitment and years to master. Our time is precious!

The fastest and most efficient way to get results is through Electrical Vagus Nerve Stimulation! Electrical vagus nerve stimulation can instantly perform the software updates to the brain in a matter of minutes. Dr. Yoder's highly recommended device has been researched and clinically tested to achieve this goal.

[Click here for more information.](#)

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