



FUNCTIONAL WELLNESS AND CHIROPRACTIC CENTER

Vagus Nerve Exercises

The Vagus nerve is the most important nerve when it comes to digestion, because it is part of the parasympathetic nervous system (rest and digest) and controls all digestive organs from the mouth to the descending colon.

Some of the functions the Vagus nerve helps facilitate are stomach acid, bile, enzyme, and mucous production as well as maintaining intestinal lining integrity, initiating peristalsis (digestive muscle contractions), and reducing digestive inflammation.

A decrease in Vagus nerve function can result in one or a combination of functional disorders, including:

hypochlorhydria/achlorhydria, undigested food in stool, constipation, diarrhea, bloating, bad breath, foul smelling stool, irregular blood sugar, and many more. The point of these exercises is meant to facilitate Vagal Nerve function, and therefore decreasing digestive symptoms.

Exercises for the Vagus nerve:

1. Gargle water for 3 minutes, 5 times a day: Gargling should be intense, to the point where tears should be forming from your eyes
2. Cold Shower: 60 degrees for minimum of 60 seconds
3. Taking a wooden tongue blade and gagging yourself 10 times a day
4. Coffee retention enema: hold coffee (around room temperature) in colon as long as possible. Should be slightly shaking from muscle contractions by the time of purge. Highly recommended if there aren't any consistent daily bowl movements.
5. Sing: out loud, and have fun with it! Laughter will also help! Vagus Nerve Exercises