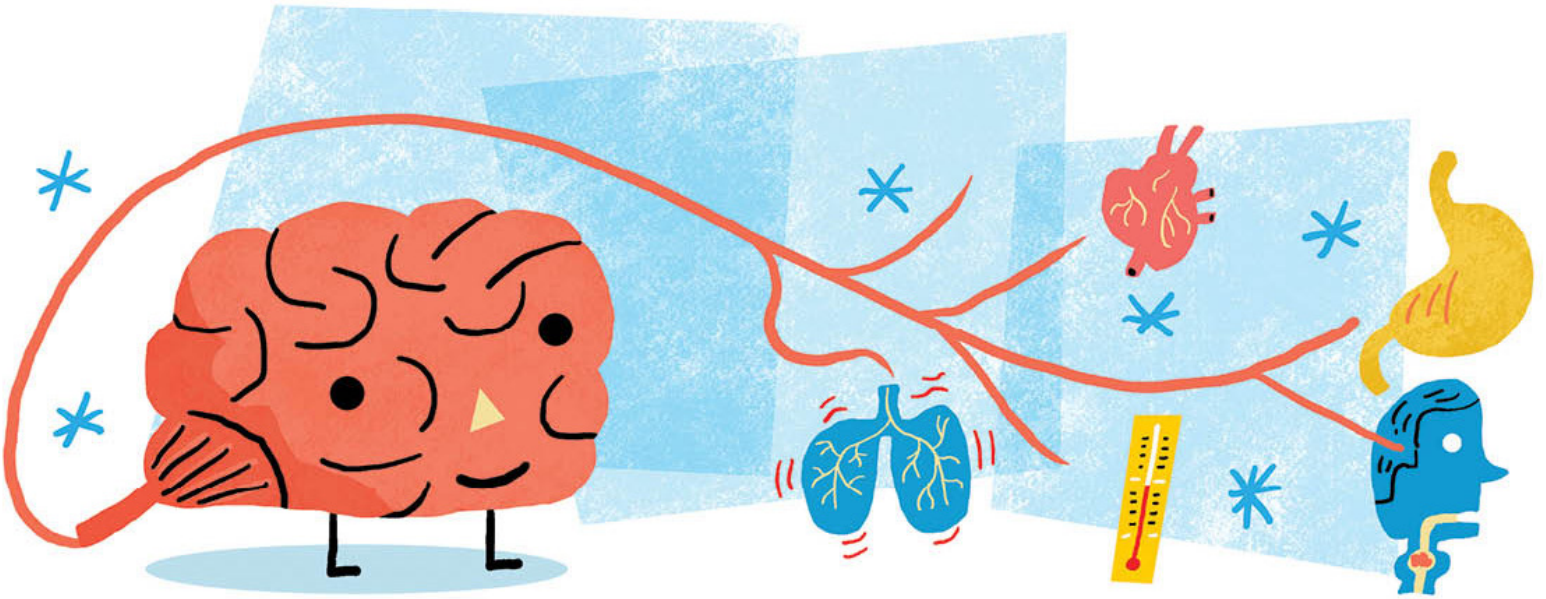


SIMPLE VAGUS NERVE TRAINING FOR A CALMER STATE



Do you have trouble with anxiety, depression or tamping down daily stress? If so you are not alone - 1 in 5 Americans experience generalized anxiety or other symptoms of mental illness every single day. Bringing your focus to the Vagus Nerve can help you drop in to a state of mental homeostasis.

The Vagus Nerve makes up the majority of the parasympathetic nervous system containing about 80% of the parasympathetic fibers responsible for sending information to and from the brain, to the gut and throughout the body. When these messages are not firing properly it is referred to as low vagal tone. Increasing vagal tone is shown to speed emotional recovery,

reduce anxiety and depression as well as speed up many other physical processes. Here's how you can train this important nerve.

Try Vibration Therapy. Activities like humming, signing, gargling and practicing breathwork create vibration- in turn activating the vagus nerve, which actually run as a pair from the brain, down the sides of our neck, all the way to the large intestine. Whole Body Vibration or WBV is another well studied option that can stimulate the vagus nerve by merely standing on or performing exercise sequences on a vibrating plate. Vertical vibration is the preferred delivery system when seeking out WBV- allowing every muscle in the body to contract 50 times per second.

Try Red Light Therapy. Red Light Therapy is a completely noninvasive and relaxing treatment proven to reduce inflammation, regulate immune function, repair damaged tissue and increase production of ATP or adenosine triphosphate. As if those benefits were not enough- studies have also shown that Red Light Therapy increased parasympathetic activity when delivered to the ear. Treat the parasympathetic system and more when using Novothor- The Renewal Center's whole-body Red Light Therapy pod.

[Click here to book your free Novothor session today!](#)

