



How To Stimulate Your Vagus Nerve

Guest: Jodi Cohen

Niki Gratrix: Hi, everybody and welcome to the Trauma and My Body Super Conference. I'm very excited to invite our latest guest for this episode. It's Jodi Sternoff Cohen. Welcome, Jodi.

Jodi Cohen: Hi, thanks for having me.

Niki Gratrix: So the audience knows, Jodi is a bestselling author. She's an award winning journalist. She's a functional health practitioner. She's also the founder of the Vibrant Blue Oils Essential Oils Company. And she has worked with literally tens of thousands of clients over the years, so she's super clued up on a topic that is really important on this Summit, for mental health, for health in all ways.

We are going to talk about the vagus nerve, so important, we love the vagus nerve. So, it's such an important - the vagus nerve, the nerve of compassion. Jodi, share with us, what is the vagus nerve? Why it's important?

Jodi Cohen: The vagus nerve is important for a number of reasons, both physical and mental. It innervates almost every single organ in our body and it really controls our ability to be resilient, it is the on off switch of our nervous system. So when there is a danger that threatens us, it moves us into that survival state, the fight or flight sympathetic state, where all of our blood flow and resources are allocated to survival. So we can run really fast, we can hyper focus on things and then ideally the danger passes and it's almost like changing lanes back into the parasympathetic rest, digest, recover, heal, connect.

And what happens so often, for a number of reasons that we'll talk about, is that you stay stuck in that survival state. That's meant to be really an acute short experience and not something that goes on for long periods of time. Because then your system gets confused and it stops remembering to prioritize digesting and detoxifying and turning on your immune system. And the danger cells keep signaling and it can get stuck in that cell danger response, when you're in danger or you're sick, you need to shut down, you need to be fatigued so you maybe don't move so much. You need to have pain so that you can stay immobilized.

All of these things that are beneficial for a short term inflammation or recovery can stay around for too long. And you can present with symptoms like chronic fatigue or fibromyalgia, multiple chemical sensitivity that don't feel good. And one of the ways to shift into healing is to shift the gears of your nervous system, so that you don't feel like you're in danger and you can actually feel safe and heal.

Niki Gratrix: OK, great. So just to make sure, just to clarify and make sure people get that. So the vagus nerve is the rest, digest, detoxify, breathe and breed mode. That's the vagus nerve and we want to switch that on to restore.

Jodi Cohen: The parasympathetic state is the rest, digest, heal, breed and the sympathetic state is the fight, flight or heal. The vagus nerve is the on off switch between the two of them. Think of it as a train that can shift gears, it's the vagus nerve. Activating the vagus nerve helps you activate that parasympathetic state, it's really the light switch between the two.

Niki Gratrix: Great. Okay. Good to clarify that. So the vagus nerve, tell us a bit more about how it's involved with detoxification.

Jodi Cohen: Right. So if you think about your survival state, your body's going to prioritize just moving and leaving, anything that's not critical in that moment turns off. And so your blood flow needs to go to your organs of detoxification. Your liver, your gallbladder, your gut, things need to keep moving through your system so that they leave your body. And all of that is really like a second tier. You know, my old boss used to call it Scarlett O'Hara and get tomorrow, tomorrow, tomorrow, it doesn't happen right now. And so, if you're not actually supporting these organs of elimination and giving them energy and blood flow, they're really not able to function as well.

And the other thing that can happen, the vagus nerve, just anatomically, it starts to the back of the brainstem and runs along the side of the neck and then through all of these organs. The side of the neck if you think about areas in your body where bottlenecks can occur, your neck has your lymph, it has your vagus nerve and your spinal cord and structural issues and then your blood vessels. There's a lot going on in here and they all work together. So say, for example, your lymph is draining toxins from your mouth, cavitations, your sinuses, if you have mold, your tonsils and say that that's a pretty heavy workload. It can get congested and compress into the vagus nerve and then compromised the vagus nerves ability to signal.

And this is something - Klinghardt has done a lot of research on this, they actually were doing ultrasounds of the neck and seeing the lymph being congestion and compressing on the vagus nerve. And then using things like essential oils to decongest the lymph and noticing that the vagus signal and the vagus function was a lot better, he calls it vagus nerve toxicity. There's a researcher out of Tufts that calls it the vagus nerve infection hypothesis. But it's this idea that physical and mental stressors both play into factors that can put you into that survival fear state and then it's pretty hard to switch gears out of it. So as we're thinking about mental health, it's obviously our physical factors as well as our emotional factors that play into this.

Niki Gratrix: OK, great. So let's list some of the triggers of vagus nerve toxicity that you're talking about. So you've mentioned - a really important one you mentioned there was about cavitation so mercury fillings, like silver amalgams would be one.

Jodi Cohen: Amalgams, any kind of cavitation, even things like getting - everyone gets their wisdom teeth removed. But there can be pockets of bacteria that are infected, there can be underlying gum issues that cause bacterial infections. Anything that's happening under the

surface of the jaw, root canals are a big one, they just pull teeth out and leave that pocket and then it can get really infected. And so those are under the surface and you might not even feel them or notice them. But a problem is building up, a little bit like an iceberg before it actually comes above the surface, there's a lot of ice underneath.

And these all drain along your trigeminal nerve and your trigeminal nerve and your vagus nerve it's like an intersection. And so these are draining and maybe they're congested, the lymph is congestion so they're stuck there. And nerves have a really high affinity for toxins, and so they get into the nerve and then it becomes this low grade infection that's telling the immune system, we're in stress, we're in stress. And you might not even feel sick, it could be very under the radar. But your body knows that you're sick and so your body is switching into that cell danger response of let's immobilize you, let's fatigue you.

And under the surface, you're just getting more tired and feeling more pain and it's harder and harder to function. And you don't even realize that this is one of the root causes. And if you can heal that by topically applying essential oils or activating your vagus nerve and making it more active so it's less compressed and inflamed, then you're more likely to help switch your body into that healing state where the fatigue goes away, the pain is diminished and you feel like yourself again.

Niki Gratrix: Great. So, yes, the vagus nerve, when you have high vagal tone, it's actually scientifically shown, you feel good, you have more compassion for yourself and others, you feel socially connected. And it means your gut would be working well, it means all good and activated in the right way vagal tone is fab.

So we talked about infections, mercury toxicity, chemicals, some other environmental things like non organic food even. But let's talk about mold.

Jodi Cohen: Mold is really complicated because it starts as an environmental issue, right? You might have mold in your house from water damage or a bathroom that has a bad fan. And then it gets in the sinuses and it becomes its own ecosystem. It starts to create its own byproduct, a micro toxin. And so the challenge with mold is, first you have to eliminate what's going on in your home. But then you actually have to deal with the sinuses passages and that can take time. And it's all collecting in the sinuses and draining through the neck and that's another bottleneck. So people don't realize that, they think, oh, yeah, I cleaned up the mold in my house, we're good. And they don't realize now they need to clean up the mold in their body.

Niki Gratrix: So good. Yeah, we've got people talking about mold because of this issue of the toxins the mold produces, mycotoxins and they get recycled. And then as you said, the nerves have this affinity with fat soluble toxins. So that's how, it's the toxins of the mold that will basically screw up your vagus nerve, right? So we have all these environmental things. I'm just thinking as well, heavy metals, all that stuff really important.

So let's talk about how can we activate the vagus nerve? How can we get it online again?

Jodi Cohen: There's so many ways and I love that you talked about social connection, because that's another thing that happens when we're in that emergency response. Our

pupils dilate, the black part gets really big and that helps us make that next good decision. All we need to think about is where are we going to run or if we're fighting, how are we going to engage? We don't need to see the big term picture, we don't necessarily need to connect to our loved ones. Like when my kids were really little, we used to say, 'connect before you correct'. Like my son was pretty ordinary and he would sometimes, there's sand in the sandbox and instead of yelling at him in that moment, I would scoop him up, move him over to a quiet place, really connect with him and watch the size of his pupil as it shrunk. And when it was a normal size, I knew, okay, he's feeling safe, he can hear me, he can receive that feedback.

And so even social connection is such a great way to activate your vagus nerve to calm your system, laughing is great, humming, singing. If you think about it, the nerve it goes through all of your mouth and your jaw and all of your organs. So anything that you can do to activate those organs sends the message back up to the brain and to the vagus nerve. So deep breathing is really good, meditation, yoga, anything you can do, like gargling activates your mouth. I said humming. You can use a tongue depressor to gag yourself, having really good microbiome in the gut either through probiotics or a highly diverse vegetable diet. Terry Whals recommends trying to do 200 different kinds of plants in a year. Even things that activate like, coffee enemas to activate the gallbladder and things like that. There are numerous ways. It's pick your ending, pick the one that feels the best for you. Essential oils can be really good, you can put essential oils just right behind your ear lobe on the mastoid bone. Anything you can do to rub that area, including like massaging your ears, you can use your tongue like a paint brush and paint on the roof of your mouth. There's just there's so many ways it really is specific to what you would enjoy.

Niki Gratrix: So this is really good because we need this strong functioning vagal tone. All those things you said, they are things that need to become a way of life. Exercise would do that as well, electrical stimulation of the vagus nerve is possible with devices.

Jodi Cohen: Oh, yes.

Niki Gratrix: And most psychology that works, most psychology techniques that work like EFT, EMDR, somatic experiences, all those things will also trigger that vagus nerve. But to your point, I just want to bring this out for the audience. Those are things, the lifestyle things but they won't work if you have that underlying mold or that underlying heavy metal toxicity, or you're still having an environment around you that has the mold.

Jodi Cohen: I think they still work you. Gratitude is another good one.

Niki Gratrix: Yeah.

Jodi Cohen: I think that actually if you, I don't want to discourage people because if you are living in that moldy environment you're going to need it even more. The more you can calm your own nervous system, like there are times in the world where we can't control our outside external circumstances, but we can control our response. So, yes, remediate the mold and try to get the amalgams out of your mouth, and you can still tone your vagus nerve at the same time. And even if you're not able to do everything perfectly, that alone will make a very big difference, because it will determine how your body processes the external input.

Niki Gratrix: So a better way to say it is, be concurrent. That's what I encourage people to do, like a miracle morning, do five different things that stimulate the vagus nerve. Like gratitude, journaling, five minutes of exercise, a couple of minutes of breathing and meditation, put your essential oils on, get some bright sunlight. You've got six ways you've stimulated the vagus nerve in the morning immediately.

Jodi Cohen: Exactly and it's very empowering too.

Niki Gratrix: Oh yes.

Jodi Cohen: I love that Viktor Frankl quote, "between the stimulus and the response, there is a pause and in that pause is where the power lies." And I think that people feel so disempowered sometimes. Like the external circumstances, they feel like they're a victim and I really want them to know that you're not a victim. You can always do any of these things to activate your vagus nerve and that gives you all the power to be resilient and to make choices.

Niki Gratrix: Yes, exactly. That's great. And so just a few more things that are really interesting about the vagus nerve. One of the discoveries was that when you stimulate the vagus nerve it actually switches off inflammation. So they've done electrical stimulation of the vagus nerve and cured people with fibromyalgia, epilepsy. They've done it with depression and many autoimmune diseases. So there's a massive autoimmune connection just so people are aware, so if you've got that autoimmune issue going on.

But let's talk about something called the cell danger response, what's the connection? What is the cell danger response as well? What is it?

Jodi Cohen: So the cell danger response, which is I almost feel like I'm stealing your thunder, this is so your core positioning. But it's this idea that the body is really trying to keep itself safe, it prioritizes its survival. So when it thinks it's in danger it does the same thing, it shuts down certain functions and prioritizes other ones. And it's really sensitive to keeping itself safe, so there's this idea that between the stimulus and the response, there's usually this buffer. But when you're in danger, it goes here. So the slightest touch, people that feel pain, it could be hugging someone all of a sudden they're in chronic pain or bright sunlight. Really little stimulus sets them off because they're so perceptive of danger and keeping themselves safe. It almost goes into overdrive and everything feels like a threat.

And so you really need to, it's almost like rebooting to factory settings, right? Your phone is glitching, you need to reboot it back and what you need to do is calm that hyper reactivity and really reset it. There is a theory that your amygdala, the part of your brain that senses danger, gets hijacked or overwhelmed. And the frontal cortex, they're almost like partners in crime, like good cop, bad cop, like the amygdala. You're hiking in the woods, you see something, you think it's a snake, you start to react and then your frontal cortex is, oh, no, no, no, that's just stick, you're totally fine. So you really need good communication between these two areas of your brain. And that's one thing that vagus nerve stimulation does, it actually activates that prefrontal cortex. So it can be like your checkpoint so that you're not always overreacting. So it almost puts your body back in that, yes, it's aware of survival, but it's not responding to every emergency, it's got some discernment.

Niki Gratrix: Awesome. So, yeah. And that's the interesting thing about this hyper response that you talked about. Because what we're now learning about the stress response is that it's just everything isn't it? So it's not only because you down regulate the vagus nerve when you're in the stress mode, you're not going to be digesting as well, you're gonna be more inflamed, you're going to be feeling more stressed, you're gonna be more emotionally triggered, you're gonna have more blood sugar issues, the cascade of impacts.

But specifically with the cell danger response, it also means that the cell is actually responding as well. We didn't realize that, literally we have what how many trillions of cells in our bodies and our bodies at the cellular level, the cell is listening to the brain and the vagus nerve and going I'm under threat, I'm under threat. And if the cell feels under threat, the cell goes into defense mode at the cellular level. So it's not only do we go into defense mode, but the cells are doing it too. So they turn off ATP production and go into, I call it like in London during the Blitz. So everything does and shuts down, that's what the cells like, everybody goes underground.

Jodi Cohen: Yeah, I think Naviaux said it, "they switched from power plants to battleships."

Niki Gratrix: That's exactly it, that's it. Beautiful, that's the analogy. So not only when we have low vagal tone, and it was beautiful because Dr. Robert Naviaux, who's the brilliant scientist who we all talk about, the cell danger response inventor.

Jodi Cohen: Yes.

Niki Gratrix: Dr. Robert Naviaux, I think ex-president of the Mitochondrial Medicine Society. And it was amazing to see in his papers where he connected in the vagus nerve with the cell danger response. So the brainstem stimulates the vagus nerve as well, so we have the brain, vagus nerve and cell all now communicating, that is systems biology. So that's the basis of functional medicine.

Jodi Cohen: And early indicators that it's off-line, so the vagus nerve triggers the whole digestive cascade. So it tells the stomach to release hydrochloric acid to help break down your food and a really low hanging fruit way to notice this. If you're constantly testing low for certain nutrients and you're supplementing or if you have ridges on your nails. That's a really good way to say you might be eating the perfect diet, but you're not assimilating your nutrients. So that's an early indicator that your vagus nerve isn't actually, it needs to be toned a bit.

Niki Gratrix: Yes, exactly, also a slow bowel release, slow bowel movements.

Jodi Cohen: Yes. Constipation.

Niki Gratrix: Yes. Because it innovates the peristalsis, the migrating motor complex is triggered by the vagus nerve. When you stimulate the vagus nerve it heals the leaky gut.

Jodi Cohen: And SIBO and all of these things. Exactly. And I really want to, if people only take one thing from this talk, what I really want them to walk away with is that, this is within your control. This is something that you can make a habit that you can focus on every

day. It's like, I used to run marathons and before I started training for marathons, I think the longest I'd run was five miles. So every time you run further when you start running 18 mile runs, all of a sudden there's 6 mile runs are like nothing. It's the same thing. The more you train your vagus nerve, the easier it is. Before I got on this call I had a bizarrely stressful situation with work, but I was able to stay calm so it didn't affect me, even though everything is going haywire. I could be clear and calm and say, like, oh, okay well, I'm acknowledging that and maybe we should try this. It just makes it so much easier to navigate life if you're able to stay calm and not react to every little thing.

Niki Gratrix: I so agree with that, that's so true. It's so amazing to be able to get up in the morning and not behave like the house is burning down. That's how it feels, doesn't it? And when inevitable adult stresses that do go wrong, it's inevitable, there's going to be triggers during the day. To be able to have that piece of not just immediately going into the emotional response, but be able to stay rational and keep that frontal cortex online so that we can actually respond to the situation. And that's something we actually need to do, these situations is usually where we need to be more calm and have clarity, use our rational brain. But an imbalanced vagus nerve means that we're going to be much more likely to be triggered by that emotional amygdala response. Right?

Jodi Cohen: Well, anxiety, one person was saying that. I read somewhere that anxiety is like having too many options and not knowing which one to choose. And then the minute that you step into one, the other options fade away and so you feel calm. My children always have apprehension about starting their homework, anxiety, like, oh, my God, I don't know what I'm doing, I can't do it. And I've realized that it's just, I use essential oils to calm them and say, 'let's just take that first step'. The minute they start, they're fine. Or like, people who get really nervous before the sporting event or before the race. But once they start moving, they're okay, it's really interesting. And I think that has to do with just calming your system and saying it's okay, it might not go perfectly, I'm okay if things go wrong, I'm just going to do my best and step into this.

Niki Gratrix: I think the more that you condition that vagal tone by the daily lifestyle, clean up your environment, get checked if there's mold, if there's anything that could be toxifying or infections, but also get into that daily conditioning. And it's that well-trodden pathway which changes the neural pathways and you will change the epigenetic expression of how we're responding to the stress response when we've got that condition in.

Actually I wanted to ask you a little bit more about natural remedies, maybe a little bit more about essential oil solutions, which I'll get to in a second. But I just want, for people who have trauma, who have emotional trauma from childhood who are working, you can add to this as well. Vagus nerve stimulation is really, it's one of the foundation steps to help people help resolve trauma because, when you are needing to face up to things - or not facing up to things in that way - but having to resolve things and be able to face things without going into trauma.

Getting into that, practicing this vagal state, it is what gives you that sense of groundedness and safety and connection with self, it's part of what will ground and create the sense of safety. So that you feel safe enough to maybe look at things and actually process them and release them, and be able to be okay with have them. So this is just so that people are aware

it's a foundational step, one of conditioning the body to enable people to resolve the traumas from the past, or if they do need to work through things.

So this is why it's a fundamentally important part of this Summit while we're dealing with people who are working through trauma, of things that may have happened as well, whether it may be a PTSD type trauma or attachment and developmental trauma, which is life stress and we differentiate between those two as well. You can add anything you'd like to on that.

Jodi Cohen: And it's interesting, so I went through a very significant trauma 19 months ago. My twelve year old son was killed in a car accident and two of his close friends were also killed and it was horrific. But as someone said to me, "you had problems before you had this problem." So I also had like childhood stuff and I think what happened is that the dam burst because I just couldn't carry all of that. And one of the things that I observed is that we really don't have good tools to process our really hard emotions, our anger, our fear, our grief, our shame.

And so a lot of what we do, what I was very good at was disassociating. I would just achieve, achieve, achieve, or I would over exercise or all of these things so that I didn't need to feel.

Other ways to disassociate are social media, or television, or alcohol, or drugs. We almost run from our pain because we don't know how to lean into our pain. And I realized that that was not sustainable and so I had to figure out a way to lean into it. But it was a little bit like, it always felt like drinking from a firehose, it was just so much, it was overwhelming. So what I realized I had to do was to micro dose it, just almost like, the soda can or the seltzer bottle can explode, so you just gently release a little pressure at the time so that it doesn't explode. And the strategy that I used for doing that was really integral with essential oils.

So I would calm my nervous system. I have a blend of clove and lime, it's a 75 percent lime, 25 percent clove that I put behind the ear lobe on the mastoid bone, because that's where the vagus nerve is the most accessible to the surface. And that would calm me enough that I could be rational and slightly discerning and decide, right, what am I going to do to release this? Another thing that was really helpful, rose essential oil.

There's a lot of research on the fear response. So our sense of smell is the only one of our five senses that goes directly to the amygdala. The other five senses are routed through part of our brain called hypothalamus first. And that's believed because the scent was such an important part of our safety, we could smell predator odor or fire we could also smell food to keep us alive. And there's a researcher out of Seattle, her name's Linda Buck and she did a lot of research on the olfactory channel and predator odor and she really isolated certain receptors. And then she took it a step further and thought, what will cancel out this receptor? If someone is in that fear state, what will turn it off? And it turned out it was rose oil.

So that whole idea of stopping and smelling the roses or just smelling rose oil or putting it over your heart. So I have to say, one of the best things if you're feeling flooded and overwhelmed. For me, emotions felt like, it really felt like I was in a tidal wave, it just felt like so much that I almost felt like I was drowning and just smelling rose oil or applying it over

the heart. That seemed to, that went from like a firehose to an eyedropper. It really allowed me to micromanage, like, okay, I can take in this much now.

And another trick our colleague Titus Chiu talks about, you're stimulating the frontal lobe, which is just right behind your forehead and your olfactory nerve, your sense of smell goes directly there. And it's interesting, usually the right side of the brain helps to control the left side of the body. But that's not the case with your nostrils. So, for example, your right nostril goes directly to your right frontal lobe and your left nostril to your left frontal lobe, and your different sides of your brain the different hemispheres do different things. So what he was saying is, anxiety is often the over-activation of the right frontal lobe. And so what you need to do to balance that and calm the anxiety is to activate the left frontal lobe. And the easiest way to do that is to smell anything, it could be lavender essential oils and citrus fruits or the peel, you can have a tangerine and just like open it and smell the peel, you don't need to invest in anything.

But just smelling two or three times through that left nostril, activates the left frontal lobe, brings you into balance, so you feel balanced immediately. So I think essential oils are really good ways to micro dose the wave of emotion so that you don't need to deal with all of your shame, or all of your grief, or all of your fear in that one moment. You have to almost surrender to it and say, like, okay, I'm just going to feel sad right now. Yoga, anything that moves to help me feel like I was moving it. Sometimes I would literally just put on the shower and cry hysterically. Get that from Mork and Mindy. She was like, if you're crying in the shower, no one notices if it's water or tears. But just really letting yourself release it so that it has a way to leave you and doesn't stay with you.

Niki Gratrix: Wonderful. Thank you so much for sharing that, that's fantastic. So one other point that I'll just - for the people who are the vegus aficionados who might be listening - there is this part of the vagus nerve that called the dorsal part. Everything we've talked about stimulates the ventral side, which is the good side, that's the nerve of compassion, everything we've talked about is the ventral. Because there is this, don't worry about it if you don't know about it and you're listening. If you stimulate the dorsal part of the vagus nerve, that's the freeze response when people just shut down. And we do have Stephen Porges on the Summit, so he'll probably be covering that.

So everything we've talked about, we were talking about stimulating the ventral nerve. One other tip, I was in two minds whether to share it, but it one other tip that I'll share and then I'm going to hand over to you for the final comment. Very interesting, I've been researching vagus nerve for years and I was looking for electrical vagus nerve stimulators that were not thousands and thousands of dollars, or weren't so cheap with no research that they didn't work. And I did find one and I have zero financial connection with this company, but there is one I use and it's called Modius Health, [ModiusHealth.com](https://www.modiushealth.com). It's quite amazing because the way that it works is that you put this band on your head and you put two sticky points behind the ears, and you connect the connectors to that points behind the ears, it connects brilliantly with any smartphone. And it's an hour a day and it actually simulates the vestibular nerve here, which in turn stimulates the vagus nerve.

So if people do go to that website, I have no financial connection to it. If people do go to that, you'll see it's being sold as either a slimming device or that it's a sleep device. The vagus

nerve does so many different things, they had to pick something to market it as. So one of the things that happens if you are stressed, you basically, you have the cortisol response going on and that stimulates blood sugar to rise then you get insulin and that's a fat storage hormone essentially. So that's why vagus nerve stimulation can cause people to lose weight if the underlying cause was this stress response. So that's why they're marketing it that way.

But I have been using it for much more, for anxiety, for helping sleep. It changed my reactions, I had all these reactions to supplements, they all went away. So I thought I couldn't do this Summit without saying somewhere in one of the interviews that that's a device. No guarantees, it's just something that I found and it's reasonably priced it's not thousands of dollars and there's tons of research. If you go to the website of the link with stimulating the vestibular nerve which is right behind the ears, electrically, which in turn stimulates the vagus nerve. So that aside.

Jodi Cohen: How much is that one?

Niki Gratrix: In the U.S., it's about 500 bucks.

Jodi Cohen: Yeah. And then the other one that you introduced me to, the tuning fork, the Sonic Slider, that they can just Google. And I've actually been combining essential oils with this, you just hit it against your hand and then you can rub it on your vagus nerve. And I think that's really powerful, too. And that's 75 dollars, so if people are budget conscious.

Niki Gratrix: We talk about sound therapy and we have Eileen McKusick.

Jodi Cohen: Oh you do.

Niki Gratrix: We got her on the Summit as well. Sound therapy, don't get me started. So Jodi, just any final words of wisdom from all your experience with this, and your very direct experience that you had recently? Any other just final words you have for the audience, anything you'd like to, words of final wisdom?

Jodi Cohen: I just really want to empower you that there are so many affordable, even just starting your day and you're ending your day with gratitude, just thinking about three things. And it could be something super easy like, I'm really grateful that the sun is shining today, it can be the easiest thing that can help activate your vagus nerve and that gives you so much power. It almost like Dorothy in The Wizard of Oz. She had the power to go home at any time. You really have the power to control your nervous system, which has a really big impact on your health.

Niki Gratrix: Wonderful. And Jodi, I think you're a walking example of what you could call post-traumatic growth, truly. So thank you so much. It was awesome to have you and I appreciate you sharing your own experience with that, too. So, thanks everybody. Thank you, Jodi, and take care for now everyone and we'll see you in the next episode.

Jodi Cohen: Thank you.