

5 WAYS TO STIMULATE YOUR VAGUS NERVE



1. Cold water

End your daily shower by turning the tap to cold (as cold as you can stand). Remember to breathe through the shock of it. Begin with just your feet and add more of your body each time. As this becomes easier add 30 sec increments. You can also start with cold face washes.



2. Gargle

Add gargling to your brushing routine. Twice daily, morning and evening.



3. Humming or singing

Both humming or singing create a vibration. Try to feel this deep in your throat. Make yourself a sing-a-long playlist for your commute or try using the word "OM" and hold it for as long as you exhale.



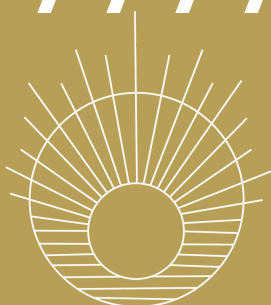
4. Deep Breathing

Practice 3-5 minutes of deep breathing in a quiet place before each meal. This helps to calm your nervous system and improve digestion.



5. Social Interaction

Connect with friends or family in person at least 1-2 a week. Focus on eye contact, laughing out loud when it's called for. If you can't connect in person join a weekly social platform you enjoy. Bonus points if you can see who you are connecting with!



SPECTRUM
THERAPEUTICS

www.liveoptimal.ca
403.453.1990