

BRAINSAVE! QUICKSTART GUIDE TO:

AWAKEN YOUR VAGUS NERVE

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BRAINSAVE! QUICKSTART GUIDE TO

**AWAKEN YOUR
VAGUS NERVE**

Are you currently struggling with some or all of the following brain health challenges?

- Chronic stress
- Anxiety
- Depression
- Brain fog
- Concussion
- Trauma
- Insomnia
- Worry
- Leaky gut

If so it's very likely that your brainstem is one of the major **ROOT CAUSES** for your symptoms, and is in need of some tender loving care.



BRAINSTEM 101

Your brainstem is a region of your nervous system that is crucial for survival. It sits in between your brain and spinal cord and is made up of three areas– the **midbrain, pons and medulla**.

When you experience chronic stress, trauma, or a head injury, the top part of your brainstem– the **midbrain**– goes into red alert triggering the fight-or-flight response. This switches your brain and body into survival mode.

Although at times necessary, it is NOT conducive to creativity, healing, or happiness.

And if the stress isn't handled, or the trauma is severe enough, your midbrain can get stuck in the ON position, leading to all of the brain health challenges mentioned above.

The good news is we can engage the lower part of your brainstem– the **medulla**– to put the brakes on your midbrain and stress response, allowing for creativity, healing and happiness to happen, naturally.

How can we do that? By activating your **vagus nerve**.

VAGUS 101

Your vagus nerve is one of 12 cranial nerves that connects your brainstem with the rest of your body, for enhanced brain-body communication.

For this reason, your vagus nerve plays a crucial role in brain health, immunity, digestion and mental wellbeing.

With its very central role, it's not just important for your brain health. **An activated vagus nerve will impact your entire well-being.**

Because your vagus nerve links directly to your medulla, it can quickly and powerfully put the brakes on your stress response.

Here are 10 Low and High Tech BrainHACKS to Activate Your Vagus Nerve:





These are the simplest **LOW TECH** BrainHACKS to activate your Vagus Nerve. You don't need an app or special tools to be able to activate your Vagus Nerve now.

1. Breathing exercises

Breathing exercises are a simple and easy way to activate your Vagus Nerve. Try breathing in for a count of 5 and out for a count of 10.

2. Palming

Gently putting pressure on your eyes is a fantastic way to activate your Vagus Nerve. Use the fleshy part of your palms over closed eyelids for best results.

3. Belly Massage

Your Vagus Nerve connects your belly to your brainstem. Gentle belly massage is a great way to enhance that connection and activate your vagus nerve.

4. Gargling Your Warm Water

Your Vagus Nerve controls the muscles of your soft palate so when you gargle you not only exercise those muscles. You also exercise your brainstem and Vagus Nerve.

5. Splashing Cold Water on Your Face

Cold water on your face is another great way to use water to activate your Vagus Nerve. The colder the better, but stay within your tolerance.

6. Loving Kindness Meditation

Thinking compassionately about others increases your heart rate variability– a very important marker of mental and emotional wellbeing, as well as Vagal Tone.



In addition to the low tech ways listed above, there are also **HIGH TECH** devices for awakening your Vagus Nerve. Here are a few:

7. [Heartmath Inner Balance](#)
8. [Apollo Neuro](#)
9. [Vielight X-Plus*](#)
10. [Aftershokz Aeropex](#)

So there you have it!

10 Low and High Tech BrainHACKS to Activate Your Vagus Nerve.

By practicing these on a consistent basis you'll be taking a huge step towards lowering your stress, and enhancing your physical, mental and emotional wellbeing.

If you find that the low and high tech BrainHACKS aren't moving the needle for you with your brain health, there may be other ROOT CAUSES at play.

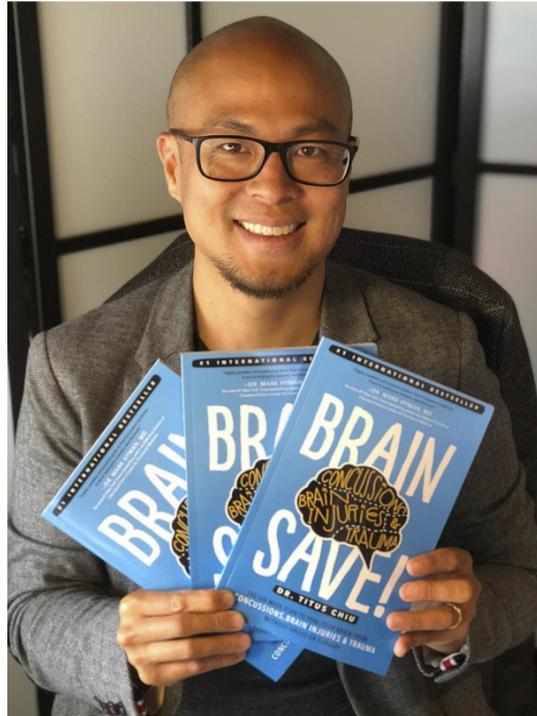
Check out brainsave.com/blog to learn more.

Enjoy!

To your total brain health,

Dr. Titus Chiu

**Use the PROMO CODE "drtituschiu" to get 10% off your Vielight device.*



MEET THE AUTHOR

Dr. Titus Chiu is a [#1 bestselling author](#), award-winning teacher and Functional Neurologist who has helped countless patients struggling from **Post-Concussion Syndrome, Anxiety, and Brain Fog** get their brains and their lives back through his books, online workshops, masterclasses, and immersive brain camps. He offers life-changing brain healing programs to people from all over the world both **online and in-person** at his integrative neurology center in California. Check out brainsave.com to learn more about his Root Cause Approach to brain health.

