

# STIMULATING YOUR VAGUS NERVE!

**BALANCED**  
*people*

## **Acupuncture**

Speaks for itself.  
Similar is Emotional  
Freedom Technique also  
known as tapping – you tap key  
points on your head and body  
and you can make affirmations  
at the same time.

## **Physical activity**

Yoga, stretching, aerobic  
exercise, taichi.

## **Food**

Omega 3 fatty acids.  
Polyphenols – berries,  
herbs and spices, cocoa  
powder, nuts, flaxseeds,  
vegetables, olives, coffee and  
tea. Mediterranean diet. Soy  
oil. Sugar (don't hate it).

## **Music Therapy**

Listening to music with a slow  
tempo, also humming, singing  
and chanting.

## **Hydrotherapy**

Warm water baths,  
aquatic therapy, steam baths,  
foot baths and so on.

## **Therapeutic**

Massages, hypnosis,  
meditation.

## **Other people**

Social interactions, laughter,  
compassion, prayer.

## **Tens machines**

Using an ear clip with a  
TENS machine, daily for 15  
minutes at a level you are  
comfortable with.

## **Cold**

Cold water swimming, ice  
helmets, immersing most of  
face in cold water for several  
seconds, cold showers.

## **Others**

Deep breathing, crying  
emotional tears

## **Vitamin B12**

Fish, meat, poultry, eggs and  
dairy, foods fortified with B12.