



VAGUS NERVE EXERCISE GUIDE

KHARRAZIAN RESOURCE CENTER

Like muscles, neurons need constant stimulation to be healthy. Ninety percent of the brain's output goes through the brainstem. If a poorly functioning brain does not stimulate the vagus nerve, the result is reduced activation of the gastrointestinal tract. Use these vagus nerve exercises to strengthen yours.



1. GARGLE

Drink several glasses of water per day and vigorously gargle each sip until you finish the glass. You should gargle long enough and deep enough to make it challenging. It will not work unless it challenging. Do this exercise for several weeks to help strengthen the vagal pathways.



2. SING LOUDLY

Sing as loudly as you can when you have the opportunity. This exercise may become a nuisance for family members if you can't find time to do it alone, such as in the car, but it is therapeutic.



3. GAG

Lay a tongue blade on the back of your tongue and push down to activate a gag reflex. Do not jab the back of your throat. Try to make yourself tear as this indicates you are activating the vagus. Gag reflexes are like doing push-ups for the vagus while gargling and singing loudly are like doing sprints. You need to perform this several times a day for several weeks to produce change.



4. COFFEE ENEMAS

Distending the intestines with an enema activates the vagus. The caffeine in the coffee stimulates intestinal motility by acting on cholinergic receptors. A coffee enema is very easy to do. For detailed instructions, visit [drknews.com](https://www.drknews.com) and search "coffee enema." The key is to struggle to hold the enema in order to activate the vagus.