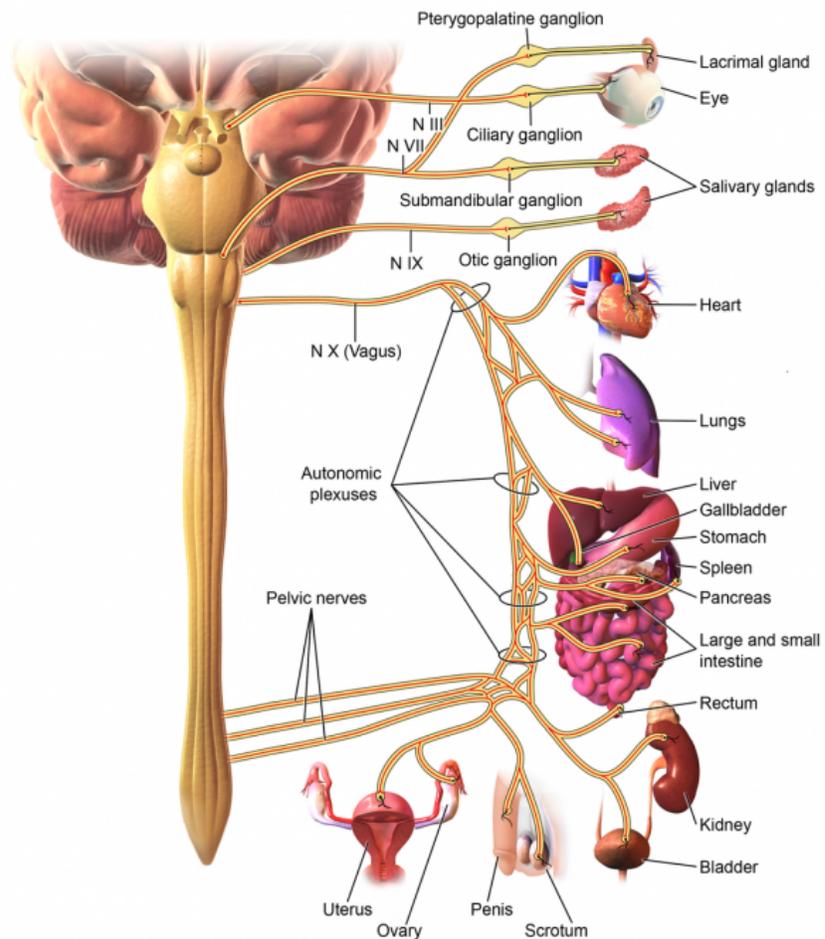


Vagus nerve-Patient Handout

Description

Vagus nerve, also called X cranial nerve or 10th cranial nerve, longest and most complex of the [cranial nerves](#). The vagus [nerve](#) runs from the [brain](#) through the face and [thorax](#) to the [abdomen](#). It is a mixed nerve that contains parasympathetic (rest, relax and digest) fibers. The vagus nerve has two sensory ganglia (masses of nerve tissue that transmit sensory impulses): the superior and the inferior ganglia. The branches of the superior ganglion innervate the skin in the concha of the [ear](#). The inferior ganglion gives off two branches: the pharyngeal nerve and the superior laryngeal nerve throat for swallowing. The recurrent laryngeal nerve branches from the vagus in the lower [neck](#) and upper thorax to innervate the muscles of the [larynx](#) (voice box). The vagus also gives nerve intervention to adrenal, cardiac, esophageal, and pulmonary branches. In the abdomen the vagus innervates the greater part of the [digestive tract](#) and other abdominal viscera.



Parasympathetic Innervation

Treatment

Vagus nerve treatment comes in many forms because of its multiple functions. Easy way to understand treatment is to think "REST, RELAX, AND DIGEST".

1. Rest: make sure you are getting adequate sleep ideally 7-9 hours with a mid-day nap or mind shut-off. Avoid screen time a least 1 hour prior to bed.
2. Relax: laser, heartmath, neurofeedback, yin yoga, H.I.T. Training(reduce cortisol) , breathing exercises, vocal muscle exercises and meditation are some of the most powerful vagal exercise.
3. Digest: chewing food approximately 30 times, avoid stimulates such as sugar, caffeine and alcohol. Do not eat 3 hours prior to sleep

Nutrition: vagus nerve have numerous supplement

Muscle/nerve connection - acetylcholine, nerve relaxant: G.A.B.A. And supportive nutrition such as B6, Sam-e, glycine and many other specific probiotics for enteric nervous system.

* Caution: unlike most conditions, supplementation under this condition should be done by a professional because they can have profound side effects such anxiety, depression, heart palpations and gastrointestinal upset if incorrectly prescribed.

Helpful links:

<https://drarielleschwartz.com/vagus-nerve-disorders-dr-arielle-schwartz/>

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www.heartmath.org