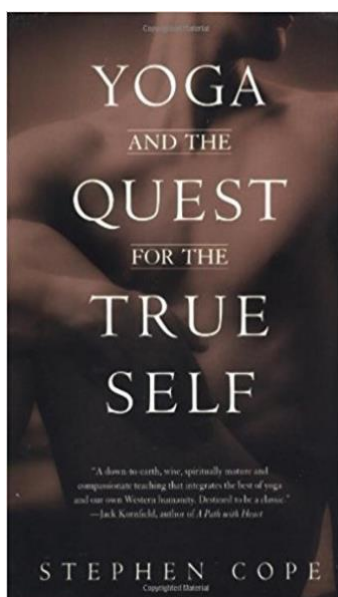


How To Heal Stress And Trauma - Resources

Overall Guidelines for Vagus Nerve Stimulation:

- There is no one-size fits all approach nor one-shot cures
- Vagus nerve activation needs to become a way of life, part of your daily routine
- The interventions aren't things you do once or for a few weeks and then you don't need to do it again, it's to do with how you set your life up
- You wouldn't ask how long you should eat vegetables for, for optimum health?!
- Very important: the attitude of how someone approach these recommendations is important – they aren't meant to be a mental "to do" list, we are trying to achieve a state of "being" not "doing"



"When we begin to re-experience a visceral reconnection with the needs of our bodies, there is a brand new capacity to warmly love the self. We experience a new quality of authenticity in our caring, which redirects our attention to our health, our diets, our energy, our time management. This enhanced care for the self arises spontaneously and naturally, not as a response to a "should." We are able to experience an immediate and intrinsic pleasure in self-care" Stephen Cope

Yogic Exhale Breaths

Start by exhale deeply through the mouth, then inhale through the nose, then exhale through the mouth, exaggerate the exhale.

- Horse breath
- Lion's breath

Do horse and lion's breath first thing in the morning, during yoga and any stretching exercises.



You can also practice this when walking or simply sitting.

Do 10-30 twice per day and as needed.

Exercise in Gratitude Journaling:

GRATITUDE JOURNALING EXERCISE



STEP 1

Find a quite safe space, calm the mind, do some breathing to center yourself, ground your body and relax.

STEP 2

Place your hand on your heart and breath while focusing attention on the heart. Now focus on something you can appreciate about yourself, something you are, something you did, and write this down.

STEP 3

Keeping your hand on your heart while breathing, focus on someone else (including pets) in your life that you can feel appreciation for, who they are or something they did, write that down.

STEP 4

Now while keeping your hand on your heart, while breathing, find something you appreciate about your surroundings, perhaps it is something in your home, or immediate surroundings, or something outside in nature.



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Coffee Enema

- Distending the bowel with a coffee enema activates the vagus nerve
- Caffeine also stimulates intestinal motility by acting on cholinergic receptors – very good if you are also constipated
 - Over time bowel movements improve and you wean off doing them daily
- It creates “positive plastic change in vagal pathways” according to Dr Datis Kharrazian
- Good even if you are not constipated to trigger vagus nerve. If your gut-brain axis is compromised



Instructions

- They are very simple to do - I recommend [this kit](#) which also contains an instructional booklet and a stainless steel bucket which is best
- Don't use instant coffee (or decaf) as they can contain contaminants or gluten, [this one is good](#) for enemas

- Make the coffee in the usual way, let it cool to room temperature. The idea is to hold a coffee enema for 10-15 minutes
- The holding is what triggers the vagus nerve. This is not about detoxing per se
- You'd fill the bucket with the coffee
- You can lubricate the anal insert tip with a lubricant like KY jelly
- I'd recommend to do this in the bath in case anything spills
- Generally lying on your right side
- After inserting the tip you would hold the bucket up higher than your body, or hook it onto something that is higher than you
- Switch the little faucet on, and the higher you hold the bucket the faster the flow

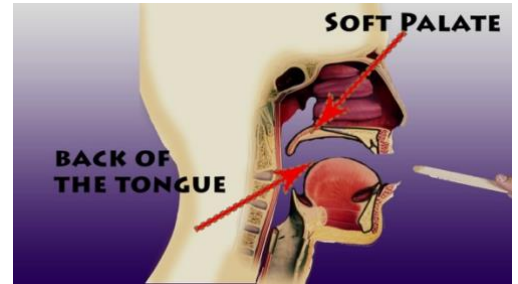
Gargling – “sprints” for digestion

- The first exercise is to gargle with water several times a day.
- The vagus nerve activates the muscles in the back of the throat that allow you to gargle
- Gargling contracts these muscles, which activates the vagus nerve and stimulates the gastrointestinal tract
- Drink several large glasses of water each day – gargle every sip
- It needs to be challenging – i.e. until your eyes stream, thinking of it like lifting a weight. It takes time practice and challenge to retrain the vagus nerve!



Gag reflex – “push ups” for digestion

- Lay a tongue blade on your tongue and push down to trigger the gag reflex
- Don't jab it into the back of your throat!
- Again this needs to be done several times per day over weeks, just like training a muscle it takes time to build up
- Tongue depressors are available on Amazon



Cold Therapy

- 30 seconds in a cold shower in the morning, build up to 2-3 minutes daily
- You can also just start with the face
- Add ice cubes to a bowl of cold water. Hold your breath and put your face into the bowl for as long as you can hold your breath, or until you can't take the discomfort from the cold anymore.
- You can start slow with just a few seconds at a time, and build up to longer periods of time soon.
- The optimal temperature for an ice bath is around 40-45 degrees Fahrenheit (because you want to get your skin temp down close to 50-55 degrees). You can use a thermometer to check the temperature of the water until you get good at estimating it.

Ideal Vegetable Juice to Start Out

Make a vegetable juice predominantly from greens: spinach, cucumber, lettuce, celery, dandelion leaves, kale, and EITHER have 2 beetroots, OR one beetroot with 1 medium carrot OR one beetroot with ½ an apple to sweeten. As a base start with ½ cucumber and 4 sticks of celery.



Exercise: Forgiveness

- Write a letter about a situation you are struggling with. This letter can be to yourself or to another person.
- Take a moment to reflect on the situation and the hurt. What thoughts come to mind? What emotions are you aware of?
- Ask yourself if you are ready to forgive. If the answer is yes, express your forgiveness and the reasons behind your decision.
- If you are struggling with this practice, what support do you need to help heal your pain?
- If the letter is written to another person, you can either choose to mail the letter or place the letter in a drawer. Either way, this practice is for you and your therapeutic use as you learn to process forgiveness.