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FOUNDATION OF HEALTH SUMMIT

Tamara
Bagwell

The Autonomic Nervous System

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“Balance in Your Autonomic Nervous System (ANS) is the Foundation of Health." – *Tamara Bagwell*

A balanced ANS is crucial because it regulates essential bodily functions. Without this balance, no other health intervention will be fully effective.

"If Your Autonomic Nervous System is Not in Balance, Nothing will work as it should." -*Tamara Bagwell*

The ANS controls vital processes like heart rate, digestion, and breathing. An imbalance in the ANS disrupts these functions, leading to widespread health issues.

Vagus Nerve - 10th Cranial Nerve

The Vagus Nerve, also known as the 10th cranial nerve, is the longest and most complex of the cranial nerves. It originates in the medulla oblongata, which is part of the brainstem, and extends down into the neck, chest, and abdomen. It is a bilateral nerve, meaning it exists on both the right and left sides of the body.

The Vagus Nerve is divided into two main branches – the sensory branch and the motor branch. The sensory branch carries information from various organs, such as the heart, lungs, and digestive system, to the brain. This allows the brain to receive important feedback about the state of these organs and make necessary adjustments to maintain homeostasis. For example, if the sensory branch detects low oxygen levels in the blood, it will send signals to the brain to increase breathing rate and improve oxygenation.

The motor branch, on the other hand, sends signals from the brain to control muscle movements and stimulate glandular secretions. This branch is responsible for coordinating various bodily functions, such as swallowing, speaking, and regulating the release of digestive enzymes. Without the motor branch of the Vagus Nerve, these essential activities would be impaired.

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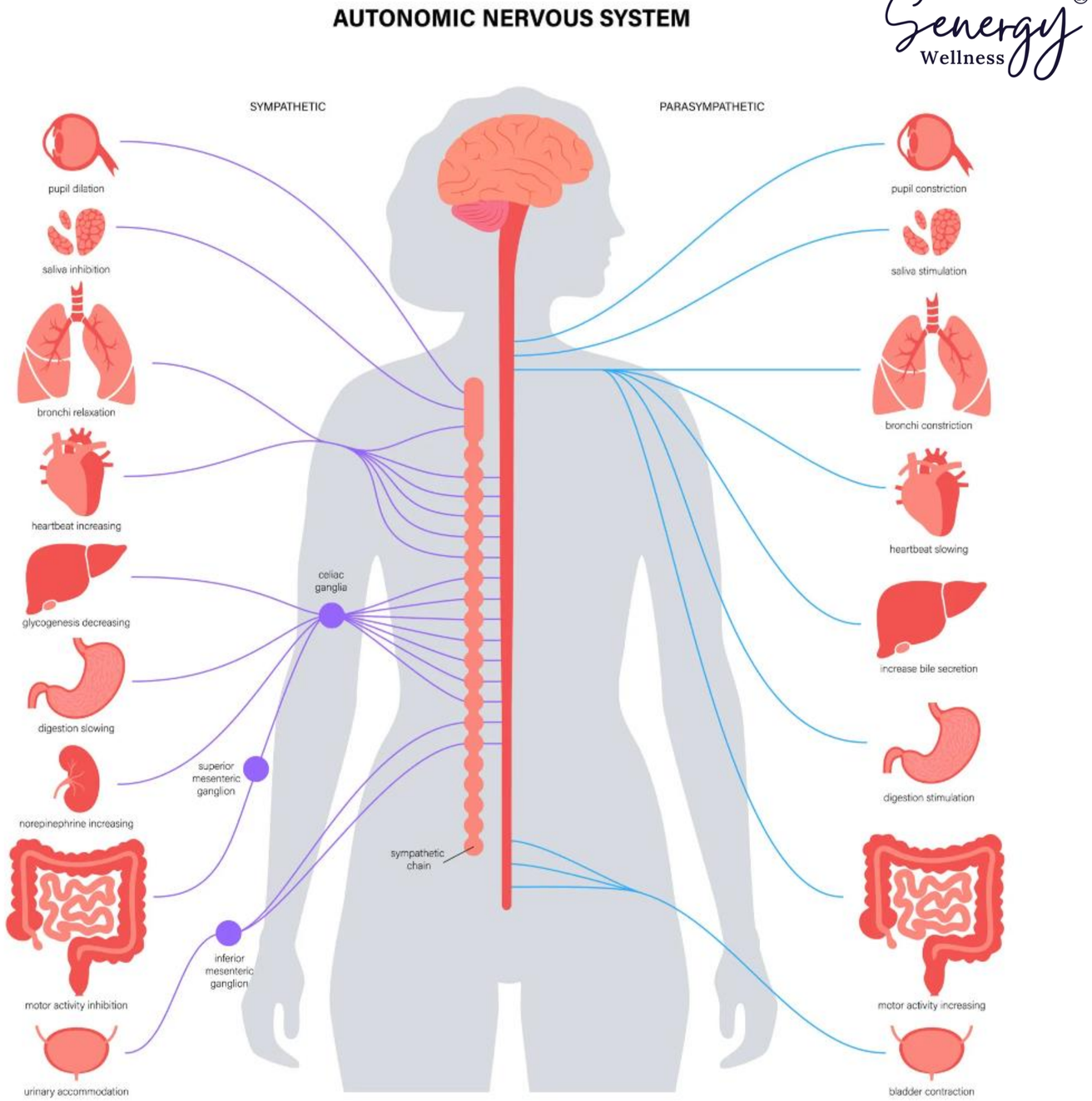
Role of The Vagus Nerve

The Vagus Nerve plays a crucial role in regulating many bodily functions. It controls the parasympathetic nervous system, which is responsible for promoting relaxation, rest, and digestion. By activating the parasympathetic nervous system, the Vagus Nerve helps to lower heart rate, decrease blood pressure, increase digestive secretions, and stimulate the release of essential neurotransmitters like serotonin and dopamine.

Furthermore, the Vagus Nerve also communicates with various organs involved in the stress response, such as the hypothalamus, pituitary gland, and adrenal glands. It helps to regulate the production of stress hormones, such as cortisol, and modulates the body's response to stress. This intricate communication network ensures that the body can effectively respond to stressful situations while maintaining overall balance and well-being.

In addition to its role in regulating the parasympathetic nervous system and stress response, the Vagus Nerve has been found to have a significant impact on mental health. Studies have shown that stimulating the Vagus Nerve can alleviate symptoms of depression and anxiety. This is believed to be due to the Vagus Nerve's ability to influence the release of neurotransmitters involved in mood regulation.

All of our major organs are connected to the vagus nerve.



The Autonomic Nervous System

Consists of two main divisions:

- Sympathetic is your fight or flight response
- Parasympathetic is your rest, digest, and heal system.

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Achieving Balance Of The Autonomic Nervous System Is Step One With All Pain And Health Concerns

- Achieving balance in the Autonomic Nervous System (ANS) is a foundational step in addressing pain and health concerns. When the ANS is out of balance, it can lead to a chronic inflammatory state, which can exacerbate various health issues.

- In essence, a balanced ANS acts as a prerequisite for overall health and wellness.

- If the ANS is not functioning properly, it's like trying to build a house on shaky ground - no matter how many treatments or therapies are applied, they may not be fully effective until the underlying foundation is stabilized.

- By prioritizing ANS balance, individuals can create an environment that allows their body to heal and respond more effectively to other treatments. This approach acknowledges that the ANS plays a critical role in regulating various bodily functions, including inflammation, immune response, and stress management.

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Key Points:

- **Automatic Pilot**: The ANS functions like the body’s automatic pilot, managing crucial involuntary processes such as heart rate, digestion, and breathing.
- **Stress Response**: While the ANS activates during emergencies, it also responds to minor stress events, such as surprise or embarrassment.
- **Long-term Stress**: Chronic stress from work, finances, or relationships significantly impacts the ANS, even if you don't feel overtly stressed.
- **Health Impact**: An imbalanced ANS leads to poor sleep, ineffective digestion, reduced healing, and increased inflammation.

Balancing the ANS is important to get the body out of a physically stressed state.

Our body can have a very hard time relaxing when it is time for sleep because the autonomic nervous system may still be on high alert or survival mode from long-term stress.

We must signal to the body to reset this system and restore balance so that the body can rest and heal.

When we stimulate the vagus nerve and slowly breathe in and out through the nose, we are able to reset this system.

It Is Important To Do This Reset & Balance Every Day

- Sometimes more than once a day. You may do the ANS reset as much as needed.

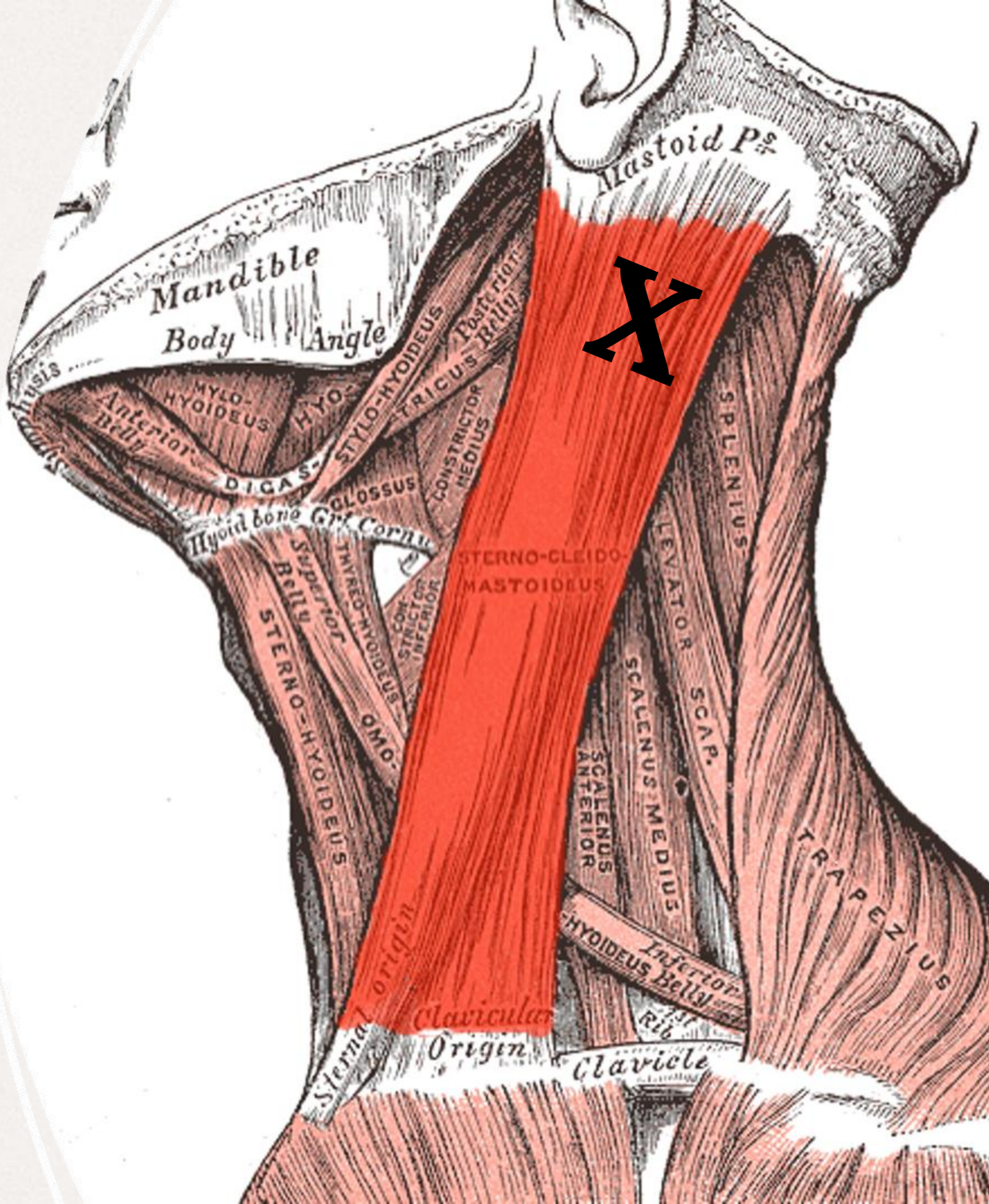
- At the end of a very challenging day, it is very important in order to get the sleep that the body needs.

- You should feel a slight tingle of stimulation on the neck, just below the ear.

- The sensation will modulate higher and lower as the therapy continues. You should have your eyes closed and slowly take a deep breath in and out through the nose.

Getting the right spot and the right sensation

- To locate the right spot, we find the Sternocleidomastoid muscle.
- The sternocleidomastoid muscle runs from the back of the ear to the clavicle bone on both left and right sides of the neck.
- The Vagus Nerve runs along this muscle on both sides of the neck.



Vagus Nerve Stimulation Instructions

- Start with the left side. Place the Y-Electrode on the muscle below the ear. Make sure that you have the electrode firmly pressed against the SCM muscle, positioned vertically down the muscle.
- The X marks the back of the muscle where the electrode is placed as shown in the picture on the previous page.
- Select Ten-8 mode on the BioModulator® and turn up the power until you feel a gentle tingling sensation.
- As soon as you feel the gentle vibration or tingling sensation, stop increasing the power.
- Just hold there for about 40-60 seconds to make sure it feels comfortable and not too strong.
- Note: You will select the power level in Ten-8 mode (a constant mode) to ensure the power level is comfortable, but you will be doing the therapy in Infinity, which is a modulation mode.
- We like the Ten-8 mode to start with for two main reasons: it is great to set the power level that is comfortable, and it wakes up the nerve with its consistent signal.
- With the Infinity mode, you will feel the frequency intermittently, which is why you don't want to set the power level when it is changing.
- Again, once you select your comfortable power level in Ten-8, switch to Infinity mode without taking the electrode off the neck.
- Once you switch to Infinity, wait about 15 seconds to see what you feel. Remember, you will feel it intermittently.
- If you don’t feel anything after about 15 seconds, you may need to adjust the power up just a few clicks.

Vagus Nerve Stimulation Instructions (Continued)

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- Or if you feel it too strong turn it down a few clicks.
- You want to do this in a quiet place with your eyes closed.
- It usually feels strange. You might feel the tingling sensation go into the ear or down the jaw. That is to be expected.
- It is also very normal to have some muscle twitching and contracting.
- I can't tell you exactly what power level you need or exactly how long it may take to balance your ANS.
- Because each person is different, and each side of your neck will feel somewhat different than the other side, and may need more or less power than the other side.
- I can tell you that the average is about 3 - 8 minutes on each side of the neck. But it could take as long as 10 minutes on each side of the neck.
- The average power level is between 5 – 40
- Just be patient and keep your eyes closed and go with what feels right.
- You know you are done when you feel very relaxed.
- This can be done as many times a day as necessary. If you do this step right before bed, you will get better sleep.
- I have done this therapy for over 20 years, and I have worked on thousands of people.
- I have used this therapy to stop A-fib and panic attacks.
- I have used this therapy right after a car accident to help a person calm down.
- But remember, it is important to do it daily to keep your body in balance.

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Additional Tips for ANS Reset

Tips

- Try slight adjustments with the angle of the electrode.
- Try bending your neck slightly in the direction of the electrode.
- These slight movements can make a big difference.

Common Mistakes

- Using the power too high and not taking enough time. It may take 5-10 minutes on each side.
- Not being in a quiet place with eyes closed.
- Thinking about all the things you need to do instead of focusing on gratitude and positive things.

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