

Unlocking the Power of the Vagus Nerve: Its Crucial Role in Mental Health

Tye Moe, D.C.
Whole Family Chiropractic

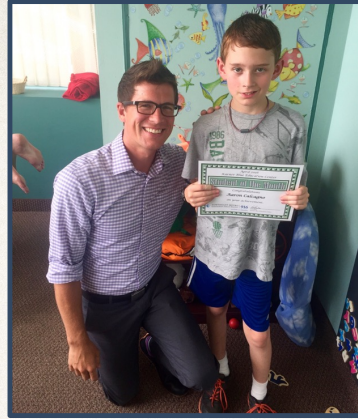


WHOLE FAMILY
CHIROPRACTIC

What you'll learn about the Vagus Nerve:

1. What it does
2. How to tell if it's off
3. Why does it get off
4. Ways to help





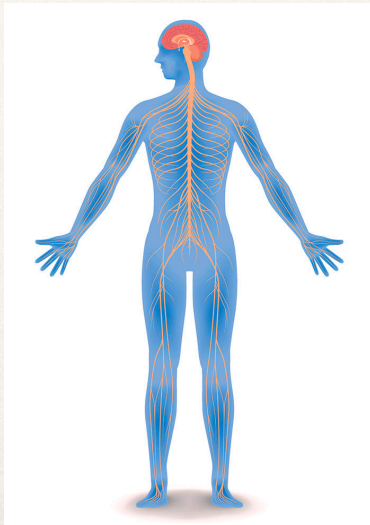
SECTION I: WHAT DOES THE VAGUS NERVE DO?



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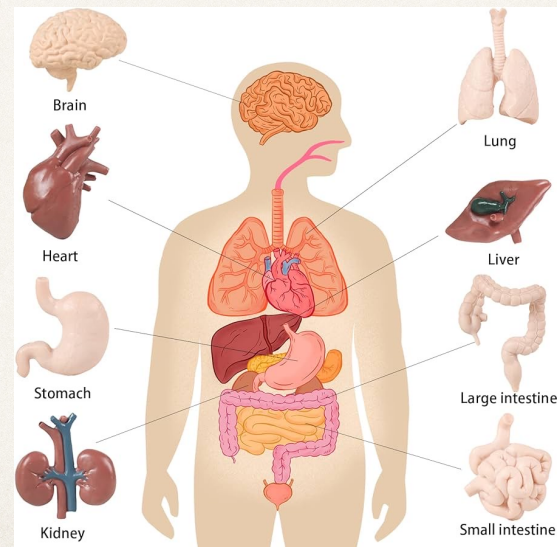
What Does the Nervous System Do?

- ❖ Monitor the EXTERNAL and INTERNAL environment
(and decide if you're safe or not)
- ❖ Your brain spends most of its time listening



Our Nervous System Responds

- ❖ Somatic nervous system = Muscle movements
- ❖ Autonomic nervous system = “Automatic” for organs and glands



Autonomic Nervous System (ANS): “Benefits”

❖ Parasympathetic (Brake Pedal)

- ❖ Vagus nerve and sacral plexus
- ❖ Slows down, conserves energy
- ❖ Rest, digest, heal, recover, restore, bolster immune system, intimacy, sexual arousal

❖ Sympathetic (Gas Pedal)

- ❖ Gives us energy
 - ❖ Physical – Get things done
 - ❖ Emotional – Excitement
 - ❖ Performance
- ❖ It's beneficial too!
 - ❖ May prevent shut down



Autonomic Nervous System (ANS): “Drawbacks”

❖ Parasympathetic (Brake Pedal)

❖ Freeze

❖ Wanting to disappear, dissociate, immobilize, “I just stood there”

❖ Tired, depressed, no motivation, overwhelmed and do nothing

❖ Sympathetic (Gas Pedal)

❖ Fight/flight

❖ Emotional – Anxiety, anger, fighting, rage, agitated, chaotic, overwhelmed & distracted, revved up, overstimulated, mind racing, can’t settle in, can’t sleep

❖ Physical – High blood pressure, high blood sugar, inflammation, high cholesterol, decreased digestion, weak immune system, tight muscles (forward posture)



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Adaptability = Using Gas and Brake

- ✧ The range we can handle influenced by:
 - ✧ Health
 - ✧ Previous experience
 - ✧ Vagus nerve (especially ventral branch)



Polyvagal Theory – Dr. Stephen Porges

- ❖ Dorsal vagus
- ❖ Ventral vagus = Safe and social



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Polyvagal Theory – Dr. Stephen Porges

- ✧ When safe:
 - ✧ Can be social and interact with others
 - ✧ Can regulate from others
 - ✧ Better read facial expressions
 - ✧ Others can regulate from you



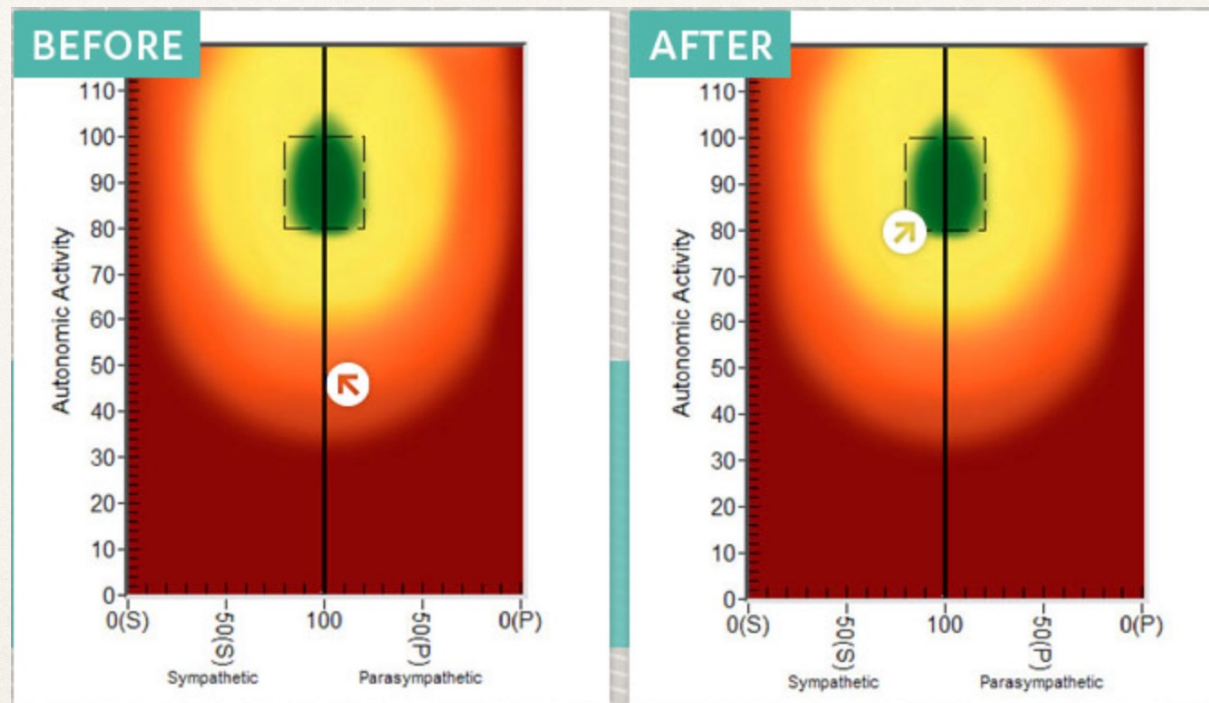
SECTION 2:

HOW TO TELL IF THE VAGUS NERVE IS OFF



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Heart Rate Variability – Vagal Tone



Heart Rate Variability

- ❖ Overall predictor of health
 - ❖ E.g. Heart health and cancer
 - ❖ “Studies have also demonstrated that **HRV is significantly lower in patients with cancer** than in the healthy population (37) and that **decreased HRV was associated with significantly shorter survival in patients with cancer (38)”**
 - ❖ <https://www.frontiersin.org/articles/10.3389/fmed.2023.1103979/>

Symptomatically

- ❖ Pediatric patients with multiple (4 or more) unexplained symptoms
- ❖ **“A dysregulated nervous system that has adapted to chronic stress over time with low vagal activity may impair the body’s ability to effectively regulate all the functions of the nervous system including sleep, digestion, autonomic function, motor function, and sensory perception. In the absence of appropriate investigations, the clinical consequences of nervous system dysregulation are likely to present as multiple, medically-unexplained symptoms across multiple subspecialty domains.”**
- ❖ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5704132/>

Children (Basel). 2017 Nov; 4(11): 98.
Published online 2017 Nov 15. doi: [10.3390/children4110098](https://doi.org/10.3390/children4110098)
PMCID: PMC5704132
PMID: [29140276](https://pubmed.ncbi.nlm.nih.gov/29140276/)

Clinical Profile Associated with Adverse Childhood Experiences: The Advent of Nervous System Dysregulation

Jorina Elbers,^{1,*} Cynthia R. Rovnaghi,² Brenda Golanu,³ and Karwaljeet J. S. Anand^{2,4}

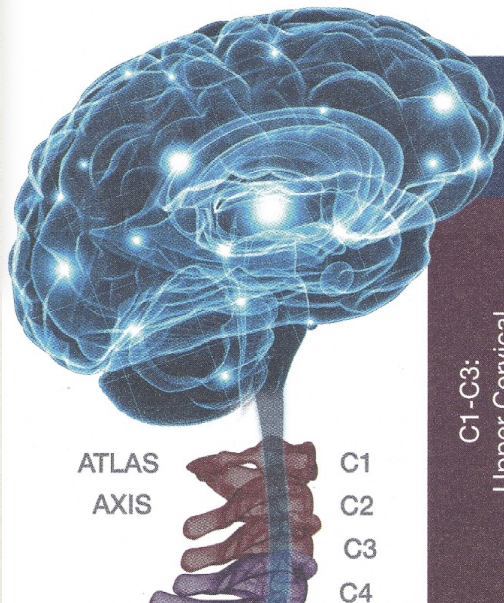
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Abstract Go to: ►

Background: We report the prevalence of children with multiple medical symptoms in a pediatric neurology clinic, describe their symptom profiles, and explore their association with adverse childhood experiences (ACEs). Methods: We retrospectively reviewed 100 consecutive patients from an outpatient pediatric neurology clinic. Patients were included if they were ≥5 years old and reported ≥4 symptoms that were unexplained for ≥3-months. Symptom profiles across six functional domains were recorded: (1) executive dysfunction, (2) sleep disturbances, (3) autonomic dysregulation, (4) somatization, (5) digestive symptoms, and (6) emotional dysregulation. ACEs were scored for all patients. Results: Seventeen patients reported ≥4 medical symptoms. Somatization, sleep disturbances, and emotional dysregulation occurred in 100% patients, with executive dysfunction (94%), autonomic dysregulation (76%), and digestive problems (71%) in the majority. Forty-two children reported ≥1 ACE, but children with ≥4 symptoms were more likely to report ACEs compared to other children (88% vs. 33%; $p < 0.0001$) and had a higher median total ACE score (3 vs. 1; $p < 0.001$). Conclusions: Children with multiple medical symptoms should be screened for potential exposure to ACEs. A clinical profile of symptoms across multiple functional domains suggests putative neurobiological mechanisms involving stress and nervous system dysregulation that require further study.

neuro fuse box

THE NERVOUS SYSTEM CONTROLS AND COORDINATES ALL ORGANS AND STRUCTURES OF THE HUMAN BODY



neuro fuse box THE EFFECTS OF SUBLUXATION

THE NERVOUS SYSTEM CONTROLS AND COORDINATES ALL ORGANS AND STRUCTURES OF THE HUMAN BODY

	CAUSE		EFFECT	
	Primary & Secondary Functions	Tissues, Organs & Glands	Possible Symptoms	
C1-C3: Upper Cervical	- Autonomic Nervous System - ENT System - Vision, Balance & Coordination - Speech - Immune System - Digestive System	- Vagus Nerve - Brainstem - Cerebellum - Inner / Middle Ear - Sinuses - Pituitary Gland - Face, Jaw & Teeth - Eyes	- Colic & Excessive Crying - Torticollis & Plagiocephaly - Ear & Sinus Infections - Allergies & Congestion - Immune Deficiency - Headaches & Migraines - Vertigo & Dizziness - Vision & Hearing Issues - TMJ / Jaw Pain - Low Energy & Fatigue - Difficulty Sleeping	
			- Epilepsy & Seizures - Sensory & Spectrum - ADD / ADHD - Focus & Memory Issues - Anxiety & Stress - Balance & Coordination - Speech Challenges - High Blood Pressure - Reflux / GERD - Depression	
C4-C7: Lower Cervical	- Nerve Supply to Shoulders, Arms & Hands - Sympathetic Nucleus & Hands - Metabolism	- Inner Ear, Tonals & Throat - Vocal Cords - Neck & Shoulder Muscles - Nerves to Arms, Wrists & Hands - Thyroid Gland	- Ear & Sinus Infections - Allergies & Congestion - Sore Throat & Strep - Swollen Tonals & Adenoids - Croup & Cough - Anxiety & Stress	
			- Headaches & Migraines - Stiff Neck & Shoulders - Pain, Numbness & Tingling in Arms to Hands - Speech Challenges - Poor Metabolism & Weight Control	
T1-T3: Upper Thoracic	- Upper GI - Respiratory System - Cardiac Function	- Upper Back & Shoulders - Esophagus & Upper GI - Lungs, Bronchi & Upper Respiratory - Cardiac / Heart - Chest / Sternum	- Reflux / GERD - Chronic Colds & Cough - Asthma - Bronchitis & Pneumonia - Functional Heart Conditions - Stiff Neck & Shoulders	
T4-T7: Mid Thoracic	- Major Digestive Center - Detox & Immunity	- Gallbladder - Liver - Stomach - Pancreas - Spleen - Middle Back & Shoulders	- Gallbladder Pain / Issues - Jaundice - Fever - Immune Deficiency - Indigestion / Heartburn - Stomach Pains & Ulcers - Blood Sugar Problems	
T8-T12: Lower Thoracic	- Stress Response - Filtration & Elimination - Gut & Digestion - Hormonal Control	- Adrenal Glands - Kidneys - Ureters - Small Intestine - Reproductive Organs	- Excess Stress & Cortisol - Behavior Issues - Hyperactivity - Chronic Fatigue - Poor Metabolism - Bedwetting - Allergies & Eczema - Skin Conditions / Rash - Kidney Problems - Gas Pain & Bloating - Infertility - Cramps & Menstrual Problems	
L1-Sacrum: Lumbo-Sacral Spine	- Lower GI (Absorption & Motility) - Gut-Immune System - Major Hormonal Control	- Large Intestine - Bladder - Ovaries & Uterus - Prostate Gland - Lymph Circulation - Lower Back & Pelvic Muscles - Nerves to Legs, Knees & Feet - Parasympathetic Plexus	- Constipation & Gas - Ondyria, Colitis & IBS - Diarrhea - Bedwetting - Bladder & Urination Issues - Cramps & Menstrual Problems - Cysts & Endometriosis - Infertility - Impotency - Hemorrhoids - Eczema - Sciatica & Radiating Pain - Lumbopelvic / SI Joint Pain - Hamstring Tightness - Disc Degeneration - Leg Weakness & Cramps - Poor Circulation & Cold Feet - Knee, Ankle & Foot Pain - Weak Ankles & Arches - Lower Back Pain - Gutten & Celiac Intolerance - Immune Deficiency	

When tension and stress build up in an area of the spine, it creates interference and overloads the nerve or nerves nearby, creating what is known as a subluxation. This subluxation acts similar to a blown fuse in your house. When a fuse blows in your home, certain areas or appliances may not function until that power is restored. Similarly, by finding and correcting any subluxations in your spine, specific chiropractic adjustments help restore power and function to those parts of the body.

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SUBLUXATION

AFFECTS ALL OF THE BODY

EFFECT

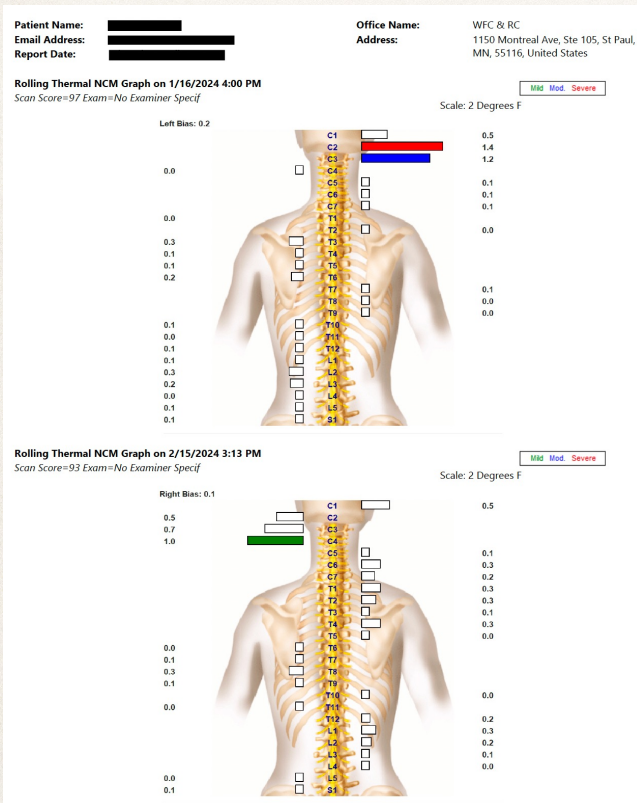
Possible Symptoms

- Excessive Crying
- Plagiocephaly
- Infections
- Congestion
- Immunity
- Headaches & Migraines
- Dizziness
- Joint Issues
- Pain
- Low Energy & Fatigue
- Difficulty Sleeping
- Epilepsy & Seizures
- Sensory & Spectrum
- ADD / ADHD
- Focus & Memory Issues
- Anxiety & Stress
- Balance & Coordination
- Speech Challenges
- High Blood Pressure
- Reflux / GERD
- Depression

Symptomatically - Dysautonomia

- ❖ Dysfunction of the ANS
 - ❖ Sleep
 - ❖ Digestion
 - ❖ Immune system
 - ❖ Always in stress mode even when not needed
 - ❖ Chronic inflammation
 - ❖ Low facial expressions
 - ❖ Stress eating

How to Measure Dysautonomia – 12 Year Old Girl – ADHD and Constipation



BEFORE:

- Bowel movements every 7-10 days, would become uncomfortable and not want to run around
- ADHD since 1st grade, angry when parents try to help
- History of anxiety (itching and nail biting)

AFTER:

- After first adjustment – felt calmer and put herself to bed early
- 2 months in:
 - Daily bowel movements
 - Better focus
 - Ease with homework, lets parents help
 - “After I’m done I feel so relaxed and focused”

SECTION 3:

WHY DOES THE VAGUS NERVE BECOME OFF



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What Wears Down the Vagus Nerve

	External Environment	Internal Environment
Acute		
Chronic		

The Perfect Storm – Dr. Tony Ebel

- ❖ 1) Prenatal Stress
- ❖ 2) Birth Intervention and Birth Trauma
- ❖ 3) Early Medications and Antibiotics



#I) Prenatal Stress - The Perfect Storm

“Heart rate variability analysis can give paramount hints about the fetus' or newborn's well-being”

“The ANS regulatory capacity begins before birth as the **sympathetic and parasympathetic activity contributes significantly to the fetus' development**. Indeed, several studies have shown the **vagus nerve is involved in many vital processes during fetal, perinatal, and postnatal life**”

“Autonomic nervous system impairment may have consequences on the global development that persist during infancy, adolescence, and adult life.”

“In the same way, **stress relief during pregnancy, skin-to-skin contact, and social interactions between newborns and parents/caregivers can help newborns tune their ANS, reduce stress, increase resilience, and improve their neural plasticity.**”

• <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8488382/>



Front Neurosci. 2021; 15: 721605.

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PMCID: PMC8488382

PMID: [34616274](https://pubmed.ncbi.nlm.nih.gov/34616274/)

A Review on the Vagus Nerve and Autonomic Nervous System During Fetal Development: Searching for Critical Windows

Francesco Cerritelli,¹ Martin G. Frasch,² Marta C. Antonelli,^{3,4} Chiara Viglione,¹ Stefano Vecchi,¹ Marco Chiera,^{1,*} and Andrea Manzotti^{1,5,6}

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#I) Prenatal Stress - The Perfect Storm



Stress in Pregnancy Linked to Changes in Infant's Nervous System and Psychological Well Being

Featured Neurology Neuroscience Psychology · November 24, 2017

Summary: UCSF researchers report maternal stress could impact the development of a child's parasympathetic nervous system, both in utero and after birth. Additionally, children whose mothers were stressed during pregnancy smile less, are less engaged and have a diminished ability to regulate emotions.

- ❖ ***“Summary: UCSF researchers report **maternal stress could impact the development of a child’s parasympathetic nervous system, both in utero and after birth. Additionally, children whose mothers were stressed during pregnancy smile less, are less engaged and have a diminished ability to regulate emotions.**”***
- ❖ <https://neurosciencenews.com/pregnancy-stress-infant-harm-8024/>

#2) Birth Intervention & Trauma - The Perfect Storm

Awareness Test!

(Don't worry, it's fun)



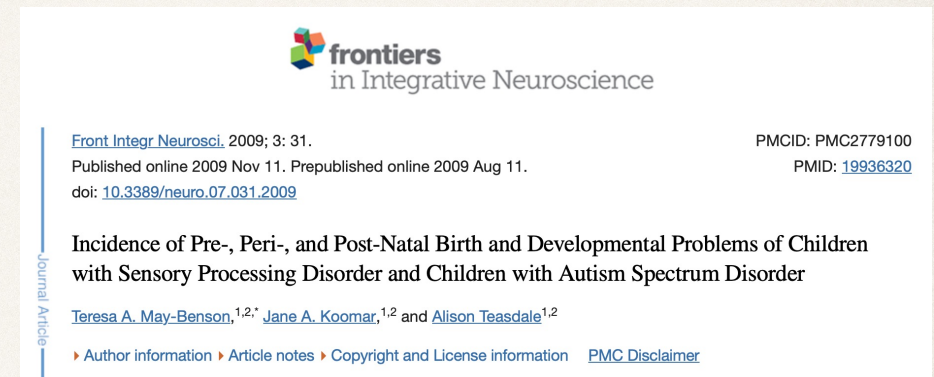
WHOLE FAMILY
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Awareness Test

#2) Birth Intervention & Trauma - The Perfect Storm

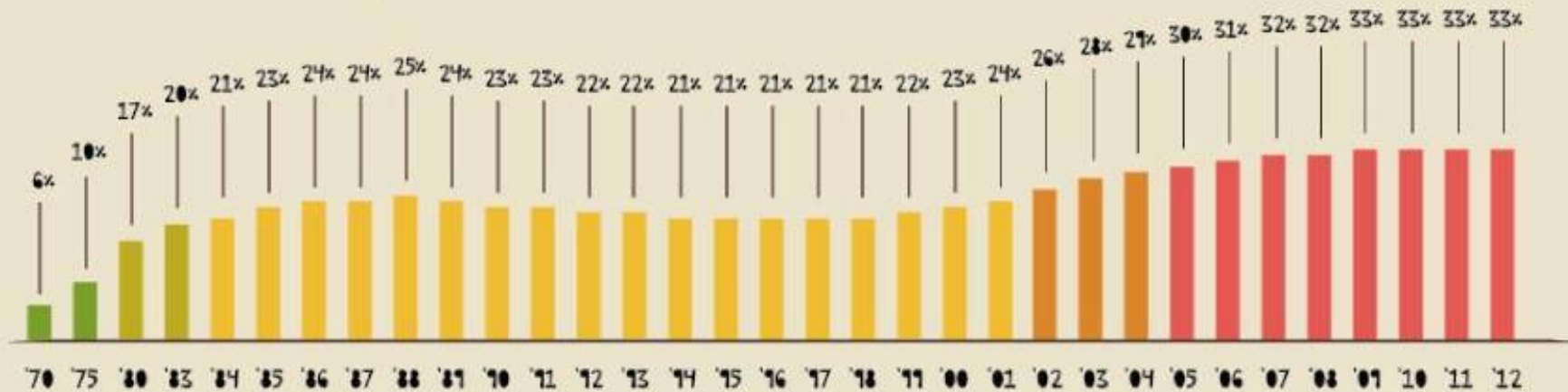
- ❖ **“The rates of assisted delivery methods, including forceps and suction deliveries, and high birth-weight were greater in both groups than national averages and consistent with a previous study on children with DCD (dyspraxia) which reported increased rates of breech birth, vacuum extraction, forceps use and C-section. Suction use with ASD and forceps use with SPD were double national averages... It may be that no one problem is unique to children with SPD and ASD but that the presence of any delivery complication regardless of nature is quite common.”**

- ❖ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2779100/>





★ CESAREAN RATES



It's Easy to Miss Something You're Not Looking For...



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#3) Early Medications & Antibiotics - The Perfect Storm

- ❖ Infancy
 - ❖ Colic, reflux, trouble nursing
 - ❖ “...research indicates that there is a high incidence of SPD associated with colic and fussiness (DeSantis et al.,[2004](#))”
 - ❖ Dr. Porges – trouble with suck, swallow breathe may have trouble with social engagement and behavior later in life
 - ❖ Ingesting is a way to regulate because same sensory and motor nerves as socialization
 - ❖ Lack of caregiver touch
 - ❖ Skin to skin helps regulate the nervous system
 - ❖ “In the literature, there is evidence that stimulation of **specific receptors in the skin and mother-child contact increase infant vagal activity** [\[32\]](#). Thus, through decreased vagal tone, which dysregulates the HPA axis, a lack of caregiver touch could lead to adverse mental and physical results [\[33,34\]](#).”
 - ❖ “These insights clearly explained how the mother’s constant and uninterrupted physical presence is necessary throughout early childhood and beyond [\[7\]](#).”
 - ❖ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8124223/>
 - ❖ Torticollis and flat head

#3) Early Medications & Antibiotics - The Perfect Storm

- ❖ Toddler

- ❖ Missing milestones
- ❖ Weak immune system
 - ❖ Ear infections, croup, RSV, chronically sick
- ❖ Digestion still off (antibiotics wipe out good bacteria)
 - ❖ “Oxytocin and the microbiome”
 - ❖ <https://www.sciencedirect.com/science/article/pii/S2666497623000395>
- ❖ Intense tantrums, meltdowns
- ❖ Sensory issues



3) Early Medications & Antibiotics - The Perfect Storm

- ❖ “At this time, it seems prudent to consider watching for possible signs of SPD in a young child **when there is a history of major maternal stresses during pregnancy, fetal distress, jaundice, significant childhood illnesses including chronic ear infections, sleeping and eating problems, and an absent or brief crawling phase, language delays, and a lack of separation from parents and mastery of motor skills by age three.** Those who may be at risk for ASD may exhibit all of the above, perhaps to a greater degree or with higher frequency than those with only SPD, and may also have a greater likelihood of assisted deliveries, allergies, delays in sitting, and hesitancy to descend stairs.”

- ❖ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2779100/>



Front Integr Neurosci. 2009; 3: 31.

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doi: [10.3389/neuro.07.031.2009](https://doi.org/10.3389/neuro.07.031.2009)

PMCID: PMC2779100

PMID: [19936320](https://pubmed.ncbi.nlm.nih.gov/19936320/)

Incidence of Pre-, Peri-, and Post-Natal Birth and Developmental Problems of Children with Sensory Processing Disorder and Children with Autism Spectrum Disorder

Teresa A. May-Benson,^{1,2,*} Jane A. Koomar,^{1,2} and Alison Teasdale^{1,2}

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The Perfect Storm

- ❖ Elementary school
 - ❖ Teachers reporting concerns - ADHD, anxiety, behavior issues
 - ❖ Parents reporting meltdowns at home
- ❖ Adolescence
 - ❖ Tired, burned out, depressed



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SECTION 4: HOW TO HELP THE VAGUS NERVE



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Categories of Help

- ❖ 1) General activation – Can do yourself
- ❖ 2) Mental health therapy and coaching
- ❖ 3) Body work techniques



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Social Interaction

- ❖ “Our built in vagal nerve stimulator.” ~Dr. Porges
- ❖ Talking with others
 - ❖ 3 H's
 - ❖ Heard
 - ❖ Helped
 - ❖ Hugged
 - ❖ Add movement outside for bonus PFC connection



Social Interaction

- ❖ “Calm body, calm voice, calm face.” ~Samantha Moe
- ❖ Use mirror neurons to your advantage



Social Interaction

- ❖ Music – singing, dancing, chanting, humming
 - ❖ Using facial movements, watching others, working in harmony
- ❖ Playful facial expressions
- ❖ Renew Friendships
 - ❖ Used in cardiac rehab so not “too slow”



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Social Interaction

- ❖ “Expanding my love for people”
 - ❖ 5 people, 5 days a week during 2018
 - ❖ Something positive in them – Q1
 - ❖ Something that’s the same as in me – Q2
 - ❖ Something I wish I had – Q3
 - ❖ Something I’m grateful for about them – Q4



Sensing Our Bodies

- ❖ Helps safe and social vagal state
- ❖ Massage forehead
- ❖ Massage front of neck (by carotid pulse)
- ❖ Youtube - Vagus Nerve: Using your body's natural healing ability to heal - Calm with Kyle
 - ❖ Massage from inside top of nose/inside eyebrow, over eyebrow to temple
 - ❖ Massage under eye (sinus point), over to temple
 - ❖ Massage ear
 - ❖ Top to bottom
 - ❖ Inside
 - ❖ Cartilage piece (tragus)
- ❖ Meditation, body scan



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Breath

- ❖ **Longer exhale than inhale**
 - ❖ Breathe in for 4
 - ❖ Plug nose, tuck chin down, and hold for 4
 - ❖ (Jalandhara banda breath in yoga)
 - ❖ Release and exhale for 8
- ❖ **Physiological sigh – Andrew Huberman**
 - ❖ 2 inhales through nose
 - ❖ 1 long exhale through mouth



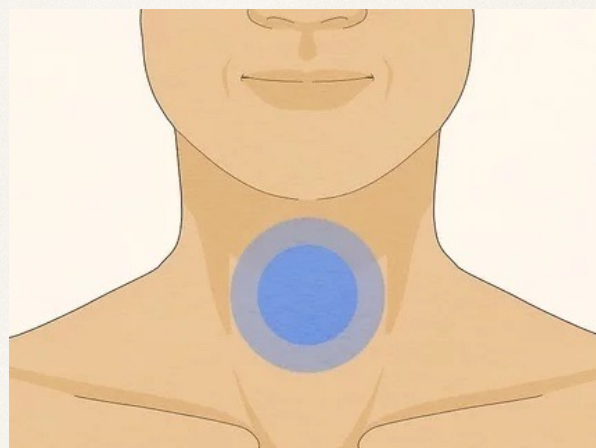
YouTube: YOGABODY



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Activate the Throat

- ❖ Humming, singing, chanting
 - ❖ Change pitch for extra effect
 - ❖ Before meal if trouble digesting
- ❖ Gargling as hard as you can
 - ❖ Tear from eyes = vagal response



Movement

- ❖ Rocking is soothing (through vestibular system)
- ❖ Shaking
- ❖ Exercise to burn stress chemistry



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Vagal Nerve Stimulators

- ❖ GammaCore
 - ❖ www.gammacore.com
 - ❖ Prescription needed
- ❖ Rezzimax
 - ❖ www.rezzimax.com
- ❖ fMRI showed similar effects whether implant (internal stimulation) or external stimulator, and similar whether on the neck or the ear
- ❖ Implantable is FDA approved for epilepsy, depression, migraines, cluster headaches, obesity
 - ❖ Researching for inflammatory related issues: IBD, kidney disease, RA, stroke, heart failure, diabetes, Alzheimer's
 - ❖ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9093220/>



Mental Health Therapy and Coaching

- ❖ E.g. EMDR
- ❖ One session of vagal nerve stimulation with extinction pairing showed same effect as 5 sessions of extinction pairing without
 - ❖ <https://pubmed.ncbi.nlm.nih.gov/25278857/>
- ❖ Resource for parents and professionals:
 - ❖ Samantha Moe – www.samanthamoe.com
- ❖ Safe and Sound Protocol
 - ❖ www.integratedlistening.com

Vagus nerve stimulation enhances extinction of conditioned fear and modulates plasticity in the pathway from the ventromedial prefrontal cortex to the amygdala

David Frausto Peña¹, Jessica E Childs¹, Shawn Willett¹, Analicia Vital¹, Christa K McIntyre¹, Sven Kroener¹

Affiliations + expand

PMID: 25278857 PMCID: PMC4166996 DOI: 10.3389/fnbeh.2014.00327



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Body Work Techniques

- ❖ “Basic Exercise”
 - ❖ Lie on back with hands interlocked behind head
 - ❖ Look to the right until feel a sense of relaxation
 - ❖ Look to the left until feel a sense of relaxation
 - ❖ Accessing the Healing Power of the Vagus Nerve by Stanley Rosenberg



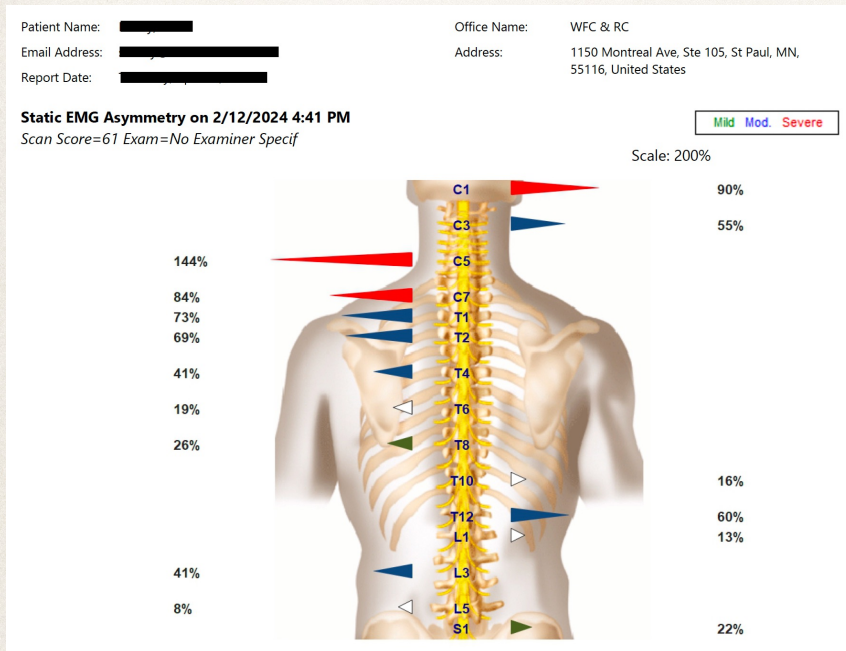
YouTube: yoopod

Body Work Techniques

- ❖ OT and Reflex Integration
- ❖ Craniosacral Therapy
- ❖ Osteopathic Manipulation
- ❖ Neurologically Based Chiropractic
 - ❖ Whole Family Chiropractic in St. Paul
 - ❖ www.healthyfamilymn.com
 - ❖ Others who trained under Dr. Ebel:
 - ❖ www.pxdocs.com



Neuro-Based Chiro — ANXIETY — 8 years old



BEFORE:

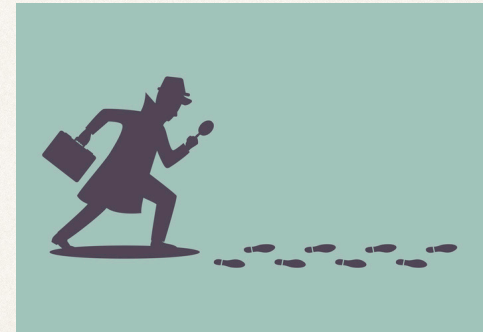
- Anxious
- Quick to temper (sister a big trigger)
- Frustrated easily, doesn't want to be rushed
- Restless sleep, wakes up half the nights and needs consoling
- Recent neck pain, twitching head a lot
- Born c-section, lots of reflux and digestion issues
- Skipped crawling
- Ear tubes, adenoids removed

AFTER:

- Sleeping later by second adjustment
- Sleeping through night on own – 1 month in
- More patient with sister
- Seeing lots of calm, less frustration
- Neck feeling better, not twitching
- Less outbursts, calmer body
- "Seems happy!" – 2 months in

What Can You Do?

- ❖ Ask about:
 - ❖ Fertility stress, pregnancy stress, labor and delivery
 - ❖ Infancy, development as a toddler, early childhood
 - ❖ Digestion, immune system, sleep, etc



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Let's Connect!

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