

References For Stimulating The Vagus Nerve For Optimal Health

[Vagus Nerve and Vagus Nerve Stimulation, a Comprehensive Review: Part I - PubMed \(nih.gov\)](#)

[Heart-rate variability: a biomarker to study the influence of nutrition on physiological and psychological health? - PubMed \(nih.gov\)](#)

[Vagus Nerve as Modulator of the Brain-Gut Axis in Psychiatric and Inflammatory Disorders - PubMed \(nih.gov\)](#)

[Neuroanatomy, Cranial Nerve 10 \(Vagus Nerve\) - PubMed \(nih.gov\)](#)

[Vagus nerve: Anatomy, function and branches | Kenhub](#)

[Vagus Nerve Stimulator - PubMed \(nih.gov\)](#)

[Neuroanatomy, Parasympathetic Nervous System - PubMed \(nih.gov\)](#)

[Clinical perspectives on vagus nerve stimulation: present and future - PMC \(nih.gov\)](#)

[Fundamental challenges and likely refutations of the five basic premises of the polyvagal theory - ScienceDirect](#)

[The Vagus Nerve, Neurotransmitters & Hormones - SelfHacked](#)

[Inflammation, Immunity, Fibrosis, and Infection: Vagus nerve cholinergic circuitry to the liver and the gastrointestinal tract in the neuroimmune communicome - PMC \(nih.gov\)](#)

[The gut-brain relationship: Investigating the effect of multispecies probiotics on anxiety in a randomized placebo-controlled trial of healthy young adults - PubMed \(nih.gov\)](#)

[A 12-month pilot study outcomes of vagus nerve stimulation in Crohn's disease - PubMed \(nih.gov\)](#)

[Choline - Health Professional Fact Sheet \(nih.gov\)](#)

[Vagus Nerve Stimulation and the Cardiovascular System - PMC \(nih.gov\)](#)

[Dietary sodium effects on heart rate variability in salt sensitivity of blood pressure - PubMed \(nih.gov\)](#)

[The intestinal neuro-immune axis: crosstalk between neurons, immune cells, and microbes - PubMed \(nih.gov\)](#)

[The Vagus Nerve And Cancer | Health Yourself \(crystalwind.ca\)](#)

[The Role of the Vagus Nerve in Cancer Prognosis: A Systematic and a Comprehensive Review - PMC \(nih.gov\)](#)

[Gut-brain axis biochemical signalling from the gastrointestinal tract to the central nervous system: gut dysbiosis and altered brain function - PubMed \(nih.gov\)](#)

[Brain's Blue Spot, Locus Coeruleus, Is A Key Player in Sleep Quality and Memory - Neuroscience News](#)

[Therapeutic Potential of Vagus Nerve Stimulation for Inflammatory Bowel Diseases - PubMed \(nih.gov\)](#)

[The Vagus Nerve at the Interface of the Microbiota-Gut-Brain Axis - PubMed \(nih.gov\)](#)

[Music structure determines heart rate variability of singers - PubMed \(nih.gov\)](#)

[Effect of laughter on mood and heart rate variability in patients awaiting organ transplantation: a pilot study - PubMed \(nih.gov\)](#)

[The Vagal Nerve, Inflammation, and Diabetes—A Holy Triangle - PMC \(nih.gov\)](#)

[Differential effects of vagus nerve stimulation strategies on glycemia and pancreatic secretions - PMC \(nih.gov\)](#)

[Differential effects of vagus nerve stimulation strategies on glycemia and pancreatic secretions - PMC \(nih.gov\)](#)

[The polyvagal theory: New insights into adaptive reactions of the autonomic nervous system - PMC \(nih.gov\)](#)

[Polyvagal Theory: A biobehavioral journey to sociality - ScienceDirect](#)

[Antibiotics and the Nervous System—Which Face of Antibiotic Therapy Is Real, Dr. Jekyll \(Neurotoxicity\) or Mr. Hyde \(Neuroprotection\)? - PMC \(nih.gov\)](#)

[Vagal sensory neurons and gut-brain signaling - PMC \(nih.gov\)](#)

[From the Cover: Ingestion of Lactobacillus strain regulates emotional behavior and central GABA receptor expression in a mouse via the vagus nerve - PMC \(nih.gov\)](#)

[The Vagus Nerve at the Interface of the Microbiota-Gut-Brain Axis - PMC \(nih.gov\)](#)

[Gut Microbe to Brain Signaling: What Happens in Vagus... - ScienceDirect](#)

[Unravelling the secrets of the vagus nerve will revolutionise medicine | New Scientist](#)

[Low-Intensity Exercise Training Increases Heart Rate Variability in Patients With Peripheral Artery Disease - PubMed \(nih.gov\)](#)

[Role of estrogen and stress on the brain-gut axis | American Journal of Physiology-Gastrointestinal and Liver Physiology](#)

[Randomised clinical trial: yoga vs written self-care advice for ulcerative colitis - PubMed \(nih.gov\)](#)

[Heart Rate Variability, Flow, Mood and Mental Stress During Yoga Practices in Yoga Practitioners, Non-yoga Practitioners and People with Metabolic Syndrome - PubMed \(nih.gov\)](#)

[Breathing at a rate of 5.5 breaths per minute with equal inhalation-to-exhalation ratio increases heart rate variability - PubMed \(nih.gov\)](#)

[6 Powerhouse Herbs for Nerve Damage Regeneration - Modern Neuropathy](#)

[Vagus nerve: Anatomy, function and branches | Kenhub](#)

[Vagus Nerve as Modulator of the Brain-Gut Axis in Psychiatric and Inflammatory Disorders - PubMed \(nih.gov\)](#)

[Can natural ways to stimulate the vagus nerve improve seizure control? - PubMed \(nih.gov\)](#)

[Vagus Nerve Stimulation and the Cardiovascular System - PMC \(nih.gov\)](#)

[Vagus Nerve Stimulation: A Personalized Therapeutic Approach for Crohn's and Other Inflammatory Bowel Diseases - PMC \(nih.gov\)](#)

[Olfactory stimulation with scent of essential oil of grapefruit affects autonomic neurotransmission and blood pressure - PubMed \(nih.gov\)](#)

[Essential Oils for Vagus Nerve Stimulation \(neuvanalife.com\)](#)

[Neuroprotective Herbs and Foods from Different Traditional Medicines and Diets - PMC \(nih.gov\)](#)

[Drumming as Somatic Therapy | Somatic Psychotherapy Today](#)

[Acupuncture at the auricular branch of the vagus nerve enhances heart rate variability in humans: An exploratory study - PMC \(nih.gov\)](#)

<https://integratedlistening.com/products/ssp-safe-sound-protocol/>

[Physiology, Diving Reflex - PubMed \(nih.gov\)](#)

[Vagus Nerve Stimulation and Headache - PubMed \(nih.gov\)](#)

[Methods of assessing vagus nerve activity and reflexes - PMC \(nih.gov\)](#)

[Vagus nerve stimulation: mechanisms and factors involved in memory enhancement - PMC \(nih.gov\)](#)

[A 12-month pilot study outcomes of vagus nerve stimulation in Crohn's disease - PubMed \(nih.gov\)](#)

[The Real CBD - CBD for the Vagus Nerve](#)

[Cannabidiol activation of vagal afferent neurons requires TRPA1 - PubMed \(nih.gov\)](#)

[Gut Microbe to Brain Signaling: What Happens in Vagus... - ScienceDirect](#)

[Therapeutic Anti-Depressant Potential of Microbial GABA Produced by Lactobacillus rhamnosus Strains for GABAergic Signaling Restoration and Inhibition of Addiction-Induced HPA Axis Hyperactivity - PMC \(nih.gov\)](#)

[Non-invasive Vagus Nerve Stimulation Acutely Improves Blood Pressure Control in a Placebo Controlled Study - Sabino-Carvalho - 2017 - The FASEB Journal - Wiley Online Library](#)

[Chronic Low-Level Vagus Nerve Stimulation Improves Long-Term Survival in Salt-Sensitive Hypertensive Rats - PMC \(nih.gov\)](#)

<https://www.embodiedphilosophy.com/>

- Lecture Notes, Brain Maps and Slides from "The Science of Spirit" by Dr. Joe Loizzo
- Lecture Notes and Slides from "The Universal Mystic" by Dr. Kenneth Rose
- Articles from Tarka Issue #10: "Positive Neuroplasticity: The Neuroscience of Mindfulness" by Rick Hanson; "Contemplative Psychotherapy: The Future of Mindfulness" by Joe Loizzo; "Ancient Rituals, Contemplative Practices, and Vagal Pathways" by Stephen Porges

- Embodied Brain Conference Talk - video and transcript of "On the Polyvagal Theory" by Stephen Porges
- Article from Tarka Issue #12: "The Transforming Brain in Yoga Practice" by Julian Walker

Norm Farb, University of Toronto: on Present Moment Awareness, www.normanfarb.com/research

The Vagus Nerve: Your Superhighway to Health

<https://yogainternational.com/article/view/the-vagus-nerve-your-superhighway-to-health/>

Eight Ways to Improve Vagal Tone--and Get Healthier

<https://bottomlineinc.com/health/wellness/eight-ways-to-improve-vagal-tone-get-healthier>