



WELLNESS WITH JOANNA

Vagus Nerve Aftercare

With every Kinesiology session the vagal tone will be increased, and this homework will also help:

- Cold water face wash (or a good splash of cold water after washing face)
- Cold blast at the end of every shower
- Deep, slow breathing - belly expands on in breath and navel pulls to spine on out breath
- Singing, gargling, humming
- Probiotics (as prescribed during session)
- Zinc (as prescribed during session)
- Omega 3 (as prescribed during session)
- Clean diet - avoid wheat, cow's milk, refined sugar and processed salt)
- Exercise (something you enjoy!)
- Massage - particularly the neck and/or feet

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