

Wellness with Joanna

Vagus Nerve Homework

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

- Cold water face wash
- Cold blast at the end of usual shower
- Deep, slow breathing
- Singing, gargling, humming
- Probiotics
- Zinc
- Omega 3
- Clean diet
- Exercise (something you enjoy)
- Massage - particularly the neck and/or feet

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