

Resources for a Healthy Vagal Nerve

Studies

Polyvagal Theory: The Science of Safety (2022)

<https://doi.org/10.3389/fnint.2022.871227>

<https://cptsdfoundation.org/2022/04/28/vagus-informed-therapy-creates-conditions-for-a-person-to-heal-from-trauma/>

The Vagus Nerve in the Neuro-Immune Axis: Implications in the Pathology of the GI Tract <https://www.frontiersin.org/articles/10.3389/fimmu.2017.01452/full>

Childhood Adversity Impact on Gut Microbiota and Inflammatory Response to Stress During Pregnancy (2018) <https://doi.org/10.1016%2Fj.bbi.2018.11.005>

Subdiaphragmatic Vagal Afferent Nerves Modulate Visceral Pain (2008)

<https://journals.physiology.org/doi/full/10.1152/ajpgi.00588.2007>

We May Need to Treat Nerve Pain (2014) DOI: 10.1097/AJP.0000000000000071

Association between gut microbiota and psychiatric disorders (2023)

<https://www.frontiersin.org/articles/10.3389/fpsyg.2023.1215674/full>

Microbiota-gut-brain axis: relationships among the vagus nerve, gut microbiota, obesity, and diabetes | Acta Diabetologica (2003)

<https://link.springer.com/article/10.1007/s00592-023-02088-x>

The Vagus Nerve in Appetite Regulation, Mood, and Intestinal Inflammation (2017)

doi:10.1053/j.gastro.2016.10.046

Vagus Nerve and Underlying Impact on the Gut Microbiota-Brain Axis in Behavior and Neurogenerative Diseases (2022). Journal of Inflammation Research.

Vagus Nerve as Modulator of the Gut-Brain Axis in Psychiatric and Inflammatory Disorders (2018) <https://www.frontiersin.org/articles/10.3389/fpsyg.2018.00044/full>

The Interplay between the Autonomic Nervous System and Inflammation across Systemic Autoimmune Diseases (2022) <https://www.mdpi.com/1422-0067/23/5/2449>

Cumulative Childhood stress and Autoimmune Diseases in Adults (2009)

doi:10.1097/PSY.0b013e3181907888

Impact of Chronic Immobilization stress (2019)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6691234/>

From Gut Dysbiosis to Altered Brain Function and Mental Illness: Mechanism and Pathways (2016) <https://www.nature.com/articles/mp201650>

Nutrients and Diet

Anti-inflammatory Diet / Mediterranean Diet; modified Paleo Diet

Vitamins: B12, B Complex, Vitamin C, D

Adaptogen herbs for stress / immune response (Schisandra, Ashwagandha, Rhodiola, Olive leaf), [Omega 3's](#), multi strain probiotic ([Probiotic 42.5](#)), [proteases](#), lipase / [digestive enzymes](#), soothing herbs for the gut (Marshmallow root, Ginger, Licorice root)

Leaky gut/dysbiosis: L-glutamine, choline, HCL, quercetin, berberine, Vit A and Vit D, [probiotics](#), [proteases](#), [digestive enzymes](#) ([Digest](#), [Protease](#), [Gastro](#), [Probiotic 42.5](#))

SIBO clients should use [Transbiotic™](#)

Exercises and VN Restoration

HRV, vagal stimulation, cold water, gargling, chanting, humming, singing (for the larynx), walks in nature, pets, psychobiotics, grounding, meditation, yoga/breathing, laughter, HIIT training/exercise.

Cryotherapy, chiropractic, craniosacral massage

Patient Resources

Intro to PVT and ANS:

<https://youtu.be/ZdlQRxwT1I0?si=m6SauCcTz2Pga9ue>

Trauma and The Nervous System:

<https://youtu.be/4bisa3dYf7U?si=7uBleYpo7xF1TeAO>

Books about Trauma

The Body Keeps the Score by Van de Kolk

Trauma and Memory and *In an Unspoken Voice* by Peter Levine

The Developing Mind by Dan Siegel

The Myth of Normal by Gabor Mate

Polyvagal Institute (resources for Vagal Nerve)

More Books on Trauma

The Gut-Brain Connection by Emeran Meyer, MD

Traumatized by Kati Morton, LMFT

The Pocket Guide to the Polyvagal Theory by Stephen W. Porges

Websites

<https://drdansiegel.com/books/>

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

<https://www.polyvagal institute.org/>

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