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Vagus nerve massage for stress and anxiety RELIEF So let me share something with you if you have Let me show you a super fast anti- If you're struggling to deal with What are your go-to acupuncture points for emotional health? In TCM it is said that 70% of all chronic illnesses stem from longÂ ... Watch the recording of Dr. Heyne's free workshop on overcoming Reset Massage For ADHD, Overthinking, Anxiety Practical, science-based writing on the body, the nervous system, and feeling like yourself again. Join 19000+ readers:Â ... Traumatization makes it harder for the vagus nerve to move the body out of fight-or-flight into regulation, but stimulating it canÂ ... Alleviate Anxiety and Stress with this ear massage technique These acupuncture points are great to help put the patient in a parasympathetic state, so they can relax, be calm and restore theyÂ ...