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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- When life gets stressful, we often close off our heartsâ€”our chest tightens, our breathing shortens, and our energy contracts. A moment with Shannon Reed owner of The Healing Haven. Traumatization makes it harder for the vagus nerve to move the body out of fight-or-flight into regulation, but stimulating it canÂ ... Watch the recording of Dr. Heyne's free workshop on overcoming Learn about the connection between Progressive Muscle Relaxation for Stress Relief