

Reset Ventral Vagus Nerve

In *Accessing the Healing Power of the Vagus Nerve* by Stanley Rosenberg, there are a few exercises you can do to reset your ventral vagus nerve. They include The Basic Exercise, The Half Salamander Exercise and The Full Salamander Exercise:

The Basic Exercise

1. Lie on back
2. Interweave fingers on both hands and place behind head
3. Without turning your head, look to the right
4. Remain here until you spontaneously yawn or swallow
5. Return to the neutral state with head and eyes straight
6. Repeat on the other side

Rosenberg says the reason you move your eyes is there is “direct neurological connection between the eight suboccipital muscles and the muscles that move our eyeballs.”

The Half-Salamander Exercise

1. Eyes looks right without turning head
2. Tilt head to the right towards shoulder
3. Hold for thirty to sixty seconds
4. Then eyes and head straight back to neutral
5. Eyes look left without turning head
6. Tilt head to the left towards shoulder
7. Hold for thirty to sixty seconds
8. Then return to neutral state

A variation is to look in the opposite direction of the head tilt so the head tilts left and eyes look right and vice versa. Both hold their necks thirty to sixty seconds.

Full Salamander Exercise

1. Get on all fours
2. Head is facing down
3. Look left without turning head
4. Tilt head to the left
5. Let your left spine twist with the head tilt to the left

6. Hold for thirty to sixty seconds
7. Bring head and spine to center to straighten out
8. Repeat on right side