

Friedman Chiropractic, Inc.

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NEWS

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VIVA LA VAGUS

Understanding how the vagus nerve plays a key role in protecting our health is similar to winning the jackpot in Las Vegas. The 10th cranial nerve, also called the “wandering nerve,” starts in the brain and travels through the chest to the lower abdomen. It is the main nerve of the parasympathetic nervous system which controls relaxation and digestion. Approximately 80% of its function is to transmit information from our internal organs to the brain and 20% from the brain downwards. It also is the main connector of our gut-brain axis and is essential for a healthy gut microbiome.

As the 5 senses --- sight, hearing, touch, taste and smell --- monitor the external environment, the vagus

monitors our internal organs and may indeed be our sixth sense of perception. What we have called intuition or gut feelings appear to be real signals that can guide our lives.

What Exactly Does the Vagus Nerve Do?

It controls heart rate and blood pressure, intestinal secretions such as bile, speech and swallowing, blood sugar, lowers inflammation, supports lung function, elevates mood and protects

cognitive function.

What Disturbs the Vagus Nerve?

Vagal function or tone can be disturbed by EMF exposures, anxiety, depression, smoking, alcohol, lack of exercise, nutritional deficiencies, gut bacterial overgrowth, over-medication, and

*“We know more than
we can tell”*

*Michael Polanyi
Scientist*

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disturbed sleep.

This wandering nerve may produce the following conditions: depression, anxiety, Alzheimer's, Parkinson's, Multiple Sclerosis, weight gain, chronic fatigue, malabsorption, heart problems, hiatal hernia, shortness of breath, nausea, heartburn, addictions, leaky gut, IBS, and fibromyalgia.

Healing Options

Improving sleep, diet, exercise and stress levels are primary for good vagal function. Secondly, breathing exercises, prayer, meditation, chanting, singing, laughing, and cold showers all support

good nerve function. Restoring gut bacteria by weeding out the toxic organisms and reseeded the gut with probiotics as well as periodic intermittent fasting are all important.

NVD chiropractic directly addresses the vagus via abdominal therapies. This is how it works: NVD treatment simulates the vagus to start gall bladder contraction. Then a wave of antiseptic and anti-inflammatory green alkaline bile moves into the intestines, vitally important for health. NVD is both helpful in resetting vagal tone for ongoing health conditions and as a preventive wellness method.

Office News: Dr. Friedman is now working most Saturdays.



Pythagorean Center for Natural Healing

A Facility of Friedman Chiropractic Inc.

With the inception of our website, we decided to personalize Friedman Chiropractic, Inc. in honor of a physician-philosopher whose approach to natural healing epitomizes our methods.

His name was Pythagoras.

For more information on this remarkable man, please visit our website.

Applied Kinesiology...

...is a diagnostic tool using the muscle structure of the body to aid in the examination of a patient. Its use allows immediate feedback aiding the doctor in making decisions on what type of care the patient needs.

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This newsletter is intended to provide health information to improve quality of life and assist users to better understand their health and arrange more easily for healthcare services. It is not an attempt to replace the need to seek healthcare services nor to provide specific healthcare advice. Information provided should not be used to diagnose or dispute a qualified healthcare professional's judgement. If you have any questions, please give our office a call or check with your local healthcare professional.