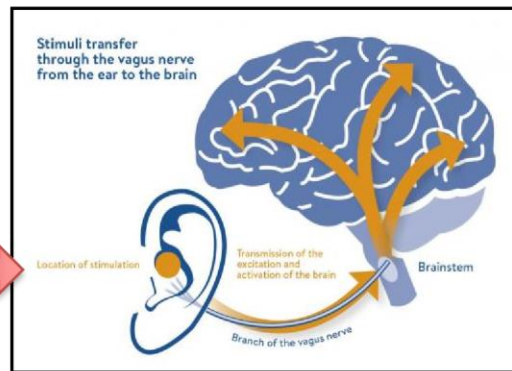
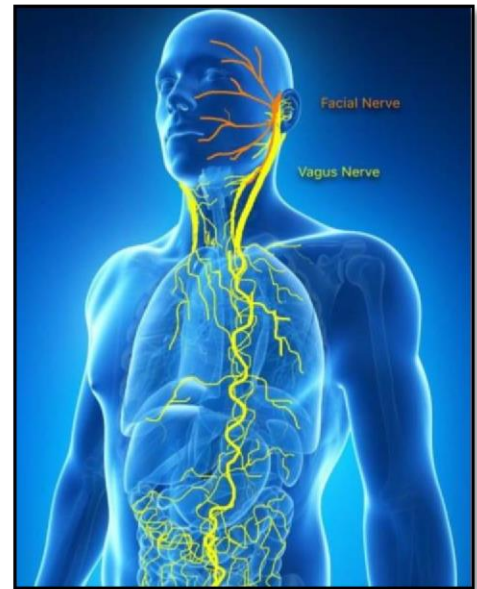
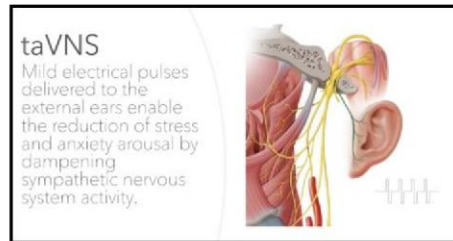




TRANSCUTANEOUS VAGUS NERVE STIMULATION (taVNS)

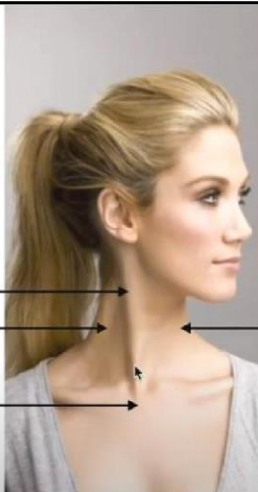
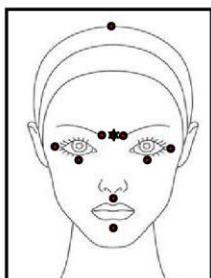


Vagus nerve representation of innervation



Acupuncture needling, acupressure, or using an “acu-pen” or “meridian pen” (*mild pulsed electrical stimulation*) can help relieve a sympathetic response – ie: when you get that lump in your throat sensation or start to feel anxiety building...

Plus this little inexpensive “pen” can also act as a TENS machine to reduce pain and relax muscles. Great one to have in your medicine chest. It takes 1 x AA battery and lasts for ages!



Lie down or sit comfortably and RELAX.
 Massage a small amount of magnesium oil to the ear and neck area
 Use opposite hand to area you are treating (*can use same hand if more comfortable*)

To start, I suggest using the acu-pen on setting 1 or 2 for 1 min on each point:

- 1) in the ear (*see diagram 1- Auricular acupoints*)
- 2) between the eyebrows (*YINTANG * midline*)
- 3) on the inner edge of each eyebrow
- 4) outer eye
- 5) below the eye
- 6) above lip, below the nose (*midline*)
- 7) below the lip (*midline*)
- 8) sliding down the neck muscles from behind the ear to the collar bone (*Sternocleidomastoid = SCM*)
- 9) can extend it to the trapezius muscles and to the back of the neck as well

It may make your muscles “jump” or twitch – it feels a little strange, but it is totally ok – it can help to relax them – so focus on not tensing up!

