

Massage for Vagus Nerve Stimulation

1. Stimulate your senses using OSEA's aromatic Vagus Nerve Oil by manually massaging your neck, focusing along the carotid sinus. ...
2. Step 4: Repeat along the right side of your neck.
3. Step 5: With two fingers, gently rub behind your earlobes.
4. Step 6: Bring your hand to your chest interlacing your fingers.

Most people **will** experience a vasovagal response due to a stressor or overstimulation of the **vagus nerve** at some point. ... Some other problems linked with **vagus nerve** dysfunction include: obesity, anxiety, mood disorders, bradycardia, gastrointestinal diseases, chronic inflammation, fainting and seizures.^{May 28, 2018}

What side of the neck is the vagus nerve on?

On the right **side**, it arises from the trunk of the **vagus** as it lies beside the trachea. On the left **side**, it originates from the recurrent laryngeal **nerve** only. These branches end in the deep **part** of the cardiac plexus.^{Dec 8, 2017}

Get a massage or acupuncture treatment. Research has shown that receiving a massage or acupuncture treatment can lead to increased vagal activity and vagal tone. Aim to schedule a massage or treatment once every 2-3 months for consistent stimulation of the vagus nerve.^[9]

- Massages are most effective at stimulating the vagus nerve when they're done on the feet and on the carotid sinus.^[10]
- You may also look into craniosacral therapy, which is a gentle form of massage that focuses on the area between the neck and spine.^[11]
- For best results from acupuncture treatment, try having it performed on your ear.^[12]