



**THE 7 FASTEST
(AND EASIEST)
WAYS TO IMPROVE
VAGAL TONE**

1. Rebounding

One of the causes of vagus nerve problems is the presence of a hiatal hernia, and the quickest and easiest way to correct this yourself is to use a high quality rebounder. The bouncing motion helps to bring it back down to its correct position, in as little as a few days.

2. Singing

When I say singing, I mean loud singing. The louder the better. So you don't annoy anyone, go for a drive and do it in your car. This loud singing provides an intense workout for the muscles in the back of the throat, and in turn, they activate the vagus nerve. And if you don't like singing, just cough loudly instead.

3. Gargling

Like the example above, gargling also use the muscles in the back of the throat, and also activates the vagus nerve. To get the best results with this method, you must do it at a very high intensity. No small, weak, 2 second gargles. Instead, gargle strongly, and if you can, to the point that it brings tears.

4. Tongue Flattening

This simple exercise involves you flattening your tongue on the roof of the mouth. Focus on the soft palate in the back of the mouth, as stimulating this area puts the vagus nerve into action. But the effect is two-fold, as this tongue posture further calms the nervous system.

5. Diving Reflex

The diving reflex might sound complicated, but you don't really need to know the technical details, but rather, just how to instigate it. Simply immerse your face in ice cold water. Scientific studies have shown this one of the most reliable and practical methods to stimulate the vagus nerve.

6. Valsalva Maneuver

You have probably done this before, but not known that this was the name. Such as on a flight, when you close your mouth, block your nose with your fingers, and exhale air forcefully, which comes out of your ears to relieve pressure. Do it for 15 seconds, and it helps your vagal tone.

7. Gagging

Forcing yourself to gag is the most powerful of these 5 techniques. Similar to when you stick your hand in your throat to induce vomiting, generating that same gag reflex is awesome for your vagal tone. You can use your finger, buy a tongue blade, or I just use a toothbrush and tickle the back of the tongue.

For further information on the vagus nerve to health connection, as well as solutions for many other medical conditions, please visit

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