Vagal nerve stimulation

Description

Vagal nerve stimulation

The easiest way to stimulate the vagal nerve is with a rechargeable vibration device placed very lightly on the area of the zyphoid process (flappy cartilage) where the rib cages meet below the sternum.

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Seizures

In studies, 40% of people with epilepsy can see a 50% reduction in seizures with a vagal nerve stimulation device (VNSD).

Depression

50% of people in some studies found over 50% reduction of depression with a VNSD.

VNSD appears to also help:

Inflammation

Autoimmune disorders

Sepsis

Pain

Migraines & headaches

Weight loss if overweight

Cardiovascular disease, stroke, heart attacks

Lung damage

TBI

Diabetes

A review of vagus nerve stimulation as a therapeutic intervention. Johnson RL, Wilson CG. J Inflamm Res. 2018 May 16;11:203-213. doi: 10.2147/JIR.S163248. PMID: 29844694; PMCID: PMC5961632. ncbi.nlm.nih.gov/pmc/articles/PMC5961632/

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Category

1. Uncategorized

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