

VAGUS NERVE STIMULATION GUIDE

Do you suffer from digestive issues related to vagus nerve sensitivity?

We've helped 1000s of clients get symptom-free quickly with our '4-SURE-PATHWAY' program.

Scan the code or tap here to see how it works.



The vagus nerve is one of the longest and most important nerves in the body and helps control a number of crucial functions.

It connects your brain to your gut, and can affect everything from your mood and stress levels to your digestion, heart rate and immune response.

It may also play a major role in inflammation and various chronic diseases if not working properly.

Here, we discuss what the vagus nerve is, what it does, and how stimulating it may be beneficial for both your physical and mental health.



VAGUS NERVE STIMULATION GUIDE

What is the Vagus Nerve?

The vagus nerve sends sensory information to the brain (like info about sights, smells, tastes and sounds), and controls certain motor functions throughout the body. It's the longest of 12 cranial nerves, and is referred to as cranial nerve X (or 10). There are actually two vagus nerves—the left and right—but both are often talked about as one.

In Latin, the word “vagus” means “wandering.” It's an apt name, given that the vagus nerve wanders through the body, from the brainstem to the heart, lungs, stomach, digestive tract, liver, kidneys and spleen.

It works within the parasympathetic system, which is responsible for the “rest-and-digest” response. Within this system, it regulates internal organ functions, like digestion, heart rate and respiratory rate, as well as reflex actions like gagging, sneezing and swallowing (1).

Vagus nerve functions

The vagus nerve communicates with organs in the body via motor and sensory impulses.

Signals run up and down the vagus nerve. They tell your brain when you're hungry or full, signal the muscles in your stomach to start the digestion process (peristalsis), slow down your heart rate, and activate your inflammatory stress response, among many other crucial functions.

The vagus nerve is also intimately involved within the microbiome-gut-brain axis, and even allows the microbes in the gut to directly communicate with the brain. Having a “gut feeling” stems from this connection (2).



VAGUS NERVE STIMULATION GUIDE

Impact on the gut

Along with connecting the brain to the gut, the vagus nerve also works directly in the digestive system.

It gets the muscles moving in your stomach (peristalsis) and increases stomach acidity and gut flow to promote healthy digestion.

Also, that feeling of satiety and satisfaction you experience after a meal is partly due to the activation of the vagus nerve ([12](#)).

Why the Vagus Nerve is So Important

The vagus nerve runs from the brain to the gut and helps or controls numerous functions throughout the body.

As part of the parasympathetic system, it allows the body to “rest and digest,” meaning it’s necessary to enable your body to better respond to and recover from stress.

Of its many functions, the vagus nerve regulates digestion, heart rate, respiratory rate and more.

It also plays a large role within the microbiome-gut-brain axis by sending signals between the gut and brain via gut bacteria.

As we begin to understand more, the idea of the mind-body connection becomes more clear. This means our physical and mental well-being are intimately interwoven, and the vagus nerve is a large reason why. Any damage or dysfunction to it can affect your mood, digestion or cardiovascular system. This is associated with low vagus nerve activity, or low vagal tone, which has been linked to chronic inflammation as well.



VAGUS NERVE STIMULATION GUIDE

10 ways to stimulate the vagus nerve

Vagus nerve stimulation continues to be a growing area of interest for researchers, as it may help treat a wide range of conditions, including depression, multiple sclerosis, Alzheimer's disease, migraines, hypertension and obesity (20, 21, 22).

Electronic stimulators, referred to as VNS devices, deliver electric impulses to the brain via the vagus nerve. As mentioned above, these have already been approved for use in depression and epilepsy.

But there are also many ways you can stimulate the nerve on your own. Below, are some proven techniques.

1. Cold Exposure

Exposing yourself to cold temperatures can activate the vagus nerve and also lower your "flight-or-fight" response (23).

Try it out by splashing cold water on your face, taking a cold shower or heading outside on a chilly day without a jacket. Over time, you may find you can handle the cold better.

2. Breathing Exercises

Deep and slow breathing has been shown to stimulate the vagus nerve, improve HRV and induce a sense of calmness (24).

Take a deep inhale, filling up your lungs with air as your belly expands, before slowly exhaling. Aim to take about 5–6 breaths per minute.

3. Yoga, Tai Chi and Qi Gong

Yoga has also been shown to stimulate the vagus nerve, and may be more effective than walking in increasing the activity of the parasympathetic nervous system (25).

Adding in rhythmic slow breathing (with similar inhale and exhale times) while doing yoga may enhance the effect even more (26).

Other mind-body practices like tai chi and qi gong can have similar effects (27).



VAGUS NERVE STIMULATION GUIDE

4. Singing, Chanting, Humming and Gargling

As mentioned earlier, the vagus nerve works with the muscles at the back of your throat. Activating these muscles via singing, chanting, humming or gargling will stimulate it and increase HRV. Singing in unison, like in a choir, can have an even greater effect (28). You can also add OM chanting to your yoga or meditation practice to stimulate it further (29).

5. Meditation and Positive Social Connections

Meditation can also increase vagal tone and positive emotions, especially via a technique called loving-kindness meditation (LKM).

This type of meditation focuses on positive social connections and feelings of love, compassion and goodwill toward yourself and others (30).

6. Laughter

Laughter will make anyone feel good, and the vagus nerve likely plays a part in this.

In fact, one side effect of VNS is laughter itself. In rare cases, even too much laughing can cause fainting from overstimulation of the nerve (31, 32).

In general, though, laughter has been shown to increase HRV and mood (33).

7. Exercise

Mild exercise can influence the vagus nerve to stimulate gastric motility or gut flow to enhance the stomach's ability to process food (34).

Interval training at moderate intensity may also increase its activity post-exercise (35).



VAGUS NERVE STIMULATION GUIDE

8. Massage & Acupuncture

Applying pressure to certain areas via techniques like massage and acupuncture has been shown to stimulate the vagus nerve.

This was observed as early as the 1880s, when it was found that manual massage and compression of the carotid artery in the neck could suppress seizures (36, 37).

Foot reflexology can also activate the vagus nerve, increase HRV and lower blood pressure (38).

Acupuncture has a similar effect, especially using acupoints in the head, ears and neck (39, 40).

9. Probiotics

Feeding the “good” gut bacteria with probiotics may be beneficial for both the brain and gut by means of the vagus nerve.

Newer research is starting to support this theory, especially when it comes to reducing anxiety and depression. The nerve serves as a conduit in communicating signals between the gut bacteria and the brain (41).

Probiotic strains like *Lactobacillus rhamnosus* and *Bifidobacterium longum* have been shown to reduce stress and depression, while bad bacteria induces anxiety-like behavior in mice. All of this happens via the vagus nerve (42).

Other probiotic strains have also been shown to stimulate the vagus nerve and relieve stress symptoms in both human and animal models (43).

10. Omega-3 Fatty Acids

EPA and DHA, the omega-3 fatty acids found mainly in fish, have been linked with an increase in HRV and activity of the vagus nerve (44).

Both consumption of fish and supplementation with fish oil has been shown to have beneficial effects on the nerve and, consequently, the brain and heart.

Interested in personalized guidance to reach your gut health goals as fast as possible?

Watch this short video on how our world-renowned '**4-SURE Pathway**' works to reverse symptoms and rebuild a healthy and resilient gut.

Tap below to watch now:
www.DietvsDisease.com

Alternatively, use the camera on your phone or iPad to scan the QR code to open the website.



A clinically-proven approach like no other.

At Diet vs. Disease we provide concierge-level care.

Our GI-specialist team dedicate time to understand your symptoms, medical history, diet, lifestyle and health goals.

We're the leading experts on everything that goes in and everything that comes out... so we (really) get to know you.





We utilize clinically accurate stool profiling to treat the root cause.

Our stool testing uses premier biomarkers and advanced technologies other clinicians don't have.

Combined with unique insights into digestive function, intestinal inflammation, and the gut microbiome, you get in-depth information that uncovers the root of the problem.

We hold your hand and stay by your side, start to finish.

Frequent one-to-one check-ins with your dietitian, alongside the best tools and proven techniques, ensures we stay on track to reach your goals.

You also receive unlimited messaging with your dietitian, so support is available to you whenever you need it.





Our holistic approach targets the gut, the brain, and the behaviour.

Diet is in our name, but we know gut health is much more than that.

You also get access to our mindset and psychology experts, specializing in anxiety management, vagus nerve sensitivity, the gut-brain axis, and emotional eating.

We make sure you're never on your own.

Access our (optional) private community that includes regular Q&A sessions and masterclasses by our GI-specialist team.

It's also an opportunity to connect and learn from the shared experiences of other clients in the program.



So that you can eat with freedom and live your best life.

Diet vs. Disease is a team effort. By partnering with our clients, 91% report dramatic improvements in symptoms and quality of life within weeks.

The “4-SURE Pathway”

Our world-renowned 4-step pathway to rebuilding a healthy and resilient gut. SURE is an acronym that outlines the process we follow:

SYMPTOM IMPROVEMENT

- You're paired with a leading specialist GI-dietitian who is available to you for on-demand support.
- We utilize a software/app for tracking your food and symptoms so your dietitian can understand everything going in and everything going out.
- This way we can provide precise instructions and make sure you are meeting all your nutrition needs too.

UNDERSTAND THE ROOT CAUSE

- We use evidence-based stool or breath tests to identify the root cause of your digestive issues.
- These are scientific, evidence-based tests that you can do from the comfort of your own home.
- We don't sell any supplements or try to upsell you anything.

REINTRODUCE & REBUILD

- We'll carefully reintroduce your favorite foods, rebuild a healthy gut microbiome, and help prevent symptom recurrence.
- Our mindset experts also assist with overcoming food-related challenges, boosting your confidence with food in any setting.

EAT WITH FREEDOM

- The ultimate goal is that you can eat with freedom and enjoy your life.
- We offer continuous support and a safety net throughout the process, ensuring you never feel alone in your journey.

Does this program work?

Read 650+ independent reviews on [TrustPilot](#).
Watch 100+ video testimonials in our [Client Stories](#).

 **Kristin Pruett**
1 review • US



2 days ago

After struggling with gut issues and...

After struggling with gut issues and diarrhea for 9 years with no real answers it was so reassuring to have someone in my corner to help with trial and error and not give up until we found healing for my gut. It takes time and Taylor was amazing to take the time.

 **Virginia**
US • 7 reviews



Got what I paid for, thank you!

What made this program outstanding was the constant access to health professionals and the way the "course" is constructed, with bi-weekly consults, reading material, therapy, and a couple of really useful apps to use every day. I used the program during a particularly stressful period, which has now somewhat resolved so although the program has concluded I feel I have all the tools needed to go back and study again. As a retired RN myself, I thoroughly enjoyed the delivery systemyes, it's expensive but trucking back forth to gastroenterologists, and having invasive tests is also expensive and time consuming. I feel that I got what I paid for in spades. And Emily, my dietician, was great. . .encouraging, informative, timely and always available.

 **Ashley Van Meter**
1 review • US



This is a whole health experience

This is a whole health experience. Each person who works on your file is concerned with not only your gut health, but your mental health, as well as your overall health. It is a whole person experience, where they work on the cause of your problems, not just treating your symptoms with a drug, as American medicine mostly does.

 **Janet**
US • 1 review

5 Jan 2025



PROGRAM IS VERY HELPFUL!

I have enjoyed working with the people at Diet vs Disease. I was diagnosed with Lymphocytic colitis and had it in remission after a few months of following a MODMAP diet I had found online. The gastrologist said to start eating foods and if they bothered me, don't eat them. I didn't like that answer and didn't want to constantly cause flair ups until I figured out what I could and couldn't eat.

After research, I found Diet vs Disease, talked to a couple of helpful people and I needed guidance on how different foods would affect me. I worked with a nutritionist who explained how the program worked and then the dietitian was amazing, she was very knowledgeable and had answers to all my questions and suggestions on how to reintroduce foods. I looked forward to zoom calls and she was quick to get back when I e-mailed her about any questions I had.

When I was finished with the program, I was given resources to continue to learn. I would recommend Diet vs Disease to anyone with digestive issues.

 **Mike Newby**
1 review • US



Healthy investment!

I have been on a two year journey of digestive problems. I feel somewhat unique because this all started after having Covid. No issues prior. I was reluctant at first due to the cost of diet vs disease. However, it has been a life changing investment. My journey continues, but I'm seeing progress and hope. I have learned a ton from my dietician Ryanne. More than any doctor that I have seen. She is very knowledgeable, supportive, kind, and compassionate. I'm not sure where I would be without here guidance. The support and information you can receive from the entire DvD community is fantastic. Thank you Ryanne and the entire team!

 **Janice**
2 reviews • CA



Updated 2 days ago

Moving forward to good health

We joined this program to help my 88 year old husband's quality of life. The pain episodes were constant and his will to live compromised. Within a week his belching and bm's improvement was noticeable. We learned so many aspects of what FODMAP foods do. How to navigate moving forward to good health with quality caring dietitian coaching Taylor. With this program, the 24/7 care was paramount !!!!!. who does that? The mindset coach Julie was so very helpful and set us up with resources to continue after this program ended. Joe has a great team to lead us to wellness.

 **Karen Rhodes**
US • 1 review

5 days ago



I learned so much about the gut and how...

I learned so much about the gut and how not to be in pain. Most important were my three team members.

Melissa has such a patient and enouraging manor.

Aimee my coach helped me gain a different perspective on some family problems. That helped me handle them differently. It was unusual for me to be on the other side of the "couch". Aimee was always upbeat and positive. Emily, was always there answering my emails and figuring out my questions about my gut.

 **Lisa Gardner**
US • 1 review

13 Jan 2025



Diet vs disease is a great choice for...

Diet vs disease is a great choice for anyone suffering with IBS or any other gut related condition. They have a great team of dedicated dietitians, mindset coaches and support staff. They also provide many tools and resources to help manage symptoms and stress.

Does this program work?



Claudia

US • 2 reviews

10 Jan 2025



Diet vs Disease is an amazing program...

Diet vs Disease is an amazing program that has taught me how to trouble shoot and survive my surgically induced IBS-D.

I have been given the tools and knowledge to choose my foods to maximize my body's nutritional needs and avoid those that cause me problems.

My Dietitian Nutritionist, Nicholas Needs, was outstanding. I have never had such a great experience with a medical provider in all my years (74 by the way)....He was knowledgeable, explained complicated situations that I could understand and lead me on a guided analysis of nutrition and how it affects my body. I will forever be grateful.

The Diet vs Disease program also offered Nerva's hypnotherapy and wellness exercises that pulled me out of my darkest moments and provided Cronometer to analyze my food intake. The Fodmap app guided me on food selections and recipes for daily living. Our wellness coach gave me tips on dealing with the stress of this disease and Dave Glasser gave me tips on exercise to build strength and resilience.

I give this program an A+ rating!!!! I am on my own now, but feel qualified with the tools needed to tackle my nutritional needs and trouble shoot any future gut health adventures.

Sincerely,

Claudia Fitzsimmons

Woodstock, GA USA



Lisa Reynolds

US • 1 review

21 Dec 2024



Triple A+ Program.

I highly recommend this program. The amount of support offered 24-7 is amazing. I have learned what triggers my colitis and have the knowledge to manage it will. I feel 100% better than when I started. The investment of dollars was returned a thousand times over. Thank you, Diet versus Disease and thank you, Tim.



Joy Meadows

US • 1 review

18 Dec 2024



Diet vs disease is truly amazing

I highly recommend the Diet vs Disease program. For anyone with digestive disorders, they have a team that is there for you all the way. Everyone I worked with was very dedicated to helping me get back to a normal life.



Jennifer Sargent

US • 4 reviews

24 Dec 2024



Knowledge and Results

1. Understanding my situation physically and mentally
2. A plan to address my digestion issues
3. Sources of information unknown to me until now
4. Results and tools to continue healing my gut and an understanding of what to address if there is a gut issue. without panic.



Kath Skinner

AU • 1 review

2 Jan 2025



Genuine and knowledgeable helpThe accessibility of all the...

The accessibility of all the consultants and the depth of knowledge available so quickly is really impressive in this program. Each person I have worked with has been incredibly professional with a very caring attitude and a genuine desire to help restore good health. Nothing seems too much trouble for these guys. I'm still not at the end of my health journey but I feel well supported to keep investigating.



Arlene Renico

US • 5 reviews

20 Dec 2024



Wowzer--I learned so much from D. vs D.!

Wowzer--I learned so much from D. vs D.! At 68+, I thought the problems I had would never get better, and I also felt my quality-of-life had greatly diminished. I felt defeated, depressed and "stuck" in a bad place. Enter D. vs D. which gave me some hope, and even though I'm tech-challenged, I learned SO much about my gut! Thank you D. vs D., Kirsten Watts and Melissa Daniels for giving me my health, energy & my optimal life back! I feel revitalized and younger now.



Kandy Duke

US • 1 review

17 Dec 2024



Ryanne has been a wonderful dietician...

Ryanne has been a wonderful dietician to help lead my long awaited diagnosis and healing path. I've worked with several physicians over the years and they never really listened or made any helpful suggestions. I have appreciated the followup and genuine concern for my health. It's also been helpful that my time with DVD got extended since it took awhile to determine what the actual cause of my symptoms is. I'm hopeful in another few weeks I'll be feeling better than I have in a long time. Thanks Ryanne and DVD.



Donna McClarin

US • 1 review

17 Dec 2024



Better eating, better health and less symptoms

After being given a generic gastroparesis diet, I tried research and follow. This past spring I was diagnosed with SIBO and was looking for a diet that would work with both diagnosis. I found diet vs disease and decided to try it. Best decision that I have made. I have not been getting sick during the night, which was happening several times a week before the program. Not only am I eating better, I am off 2 acid reflux medicines that I had been taking.

Your team is there to help. All you need to do is follow the advice and plan, try the suggestions, and commit to feeling better.

Does this program work?

CJ Cindy Jones
1 review • US



4 days ago

This program helped me so much

This program helped me so much! I was able to find out what was causing my digestion problems and really address that. My nutritionist really listened and helped to figure it out. I feel better than I have felt in 4 years

Date of experience: January 21, 2022

JE Judy Ellis
1 review • US



Dec 21, 2022

If you are suffering from gastro-intestinal distress . . .

DvD is an intelligent program with professional consultants and expert information. I started right after I had had a bad diverticulitis attack. I have not had another attack since then. It is great to have so many resources so close via computer. The program makes you focus on your eating habits and patterns. If you want success, you have to dedicate yourself to the work. It can be time consuming, so make sure you have the time and the desire for the results.

Date of experience: December 20, 2022

KD karen donaldson
1 review • US



Dec 20, 2022

Diet vs Disease is invaluable in all that it offers

The scope of Diet vs Disease with all it covered from 1:1 coaching, facebook groups, webinars and all the services made for an incredible learning experience. In addition the 1:1 work with the dietician was invaluable.

Date of experience: August 29, 2022

RR Ruthanne Robertson
1 review • US



Dec 11, 2022

I Have My Life Back

I won't say it was easy, but it was worth every penny and all the time spent. Having someone with the specialized knowledge regarding gastrointestinal health was indispensable. As I went through the program, I realized I couldn't have done it without guidance.

AS A Smith
US • 3 reviews

12 Dec 2024



Kristin Feiler, Dietitian

Kristin Feiler was amazing to work with as I worked on feeling better. Her expertise, knowledge, and compassion was so appreciated. Kristin's commitment to excellence and a genuine interest in helping me feel my best gave me the support I needed in helping to heal my gut. She is kind, insightful, generous, and encouraging in her approach. Thank you so much Kristin for being there to support me each step of the way! You truly are a gem and a huge asset to the DIETvsDISEASE community!

RO Roro
US • 2 reviews

6 Dec 2024



The program is so helpful

The program is so helpful! I would really recommend it. It helps you learn more how to listen to your body and eat what specifically works for you while working on your mindset too.

Not all diets work for everyone. Each one of us has specific symptoms toward certain foods that are unique to us. The team helps you figure out how to fix your gut problems.

It was a fun experience!

My digestive problems improved a lot after the program.

CA Carol
US • 1 review

4 Dec 2024



Dietitian Support and guidance

The importance of working with a dietitian to achieve success. I have less bloating and gas, lost weight, and feel healthier!

CW carol withall
US • 3 reviews

27 Nov 2024



I'm very impressed with the Diet vs. Disease program

The Diet vs Disease program proved to be very helpful in improving my digestive and gastrointestinal issues. After my initial feelings of overwhelm, (I'm 71 and barely know how to use a computer, let alone any Apps!) I was ready to give up. But instead, I received great personal support and encouragement from the staff, and by not giving up I learned a great deal about my gastrointestinal system, my symptoms, and how to manage those. And after a couple of weeks I was feeling fluent with the program's online tools being offered.

Really appreciated the ability to engage one-on-one with my dietitian and other staff. Everyone I encountered was very positive and helpful.

TA Tammy
US • 3 reviews

26 Nov 2024



This program works better than western medicine!

Every single person I talked to throughout this process was extremely kind, patient, and professional. The guidance was thorough and everything was explained to me in terms I understood. My nutritionist was excellent explaining about FODMAP's, which was foreign to me, and was available any time I had a question. The Facebook group was also very supportive answering questions on weekends and after hours. Support throughout the program was always available making it easy for my gut to recover and for me to lead a normal life.

Read 650+ independent reviews on [TrustPilot](#).
Watch 100+ video testimonials in our [Client Stories](#).

The Diet vs. Disease mission.

Most of us feel overwhelmed when it comes to diet and nutrition, *especially* those with a digestive disorder or disease.

It's clear that conventional systems and approaches lack the time, touch-points and support required to properly help the patient.



Our mission at Diet vs. Disease is to provide *personalized* guidance for your digestive disorder, with concierge-level support, to ensure we fix the problem...

So that you can live your healthiest and happiest life.

We look forward to meeting you!

Sincerely,

Joe Leech, MSc (Nutrition & Dietetics)

**Interested in personalized guidance to reach
your gut health goals as fast as possible?**



Watch this short video on how our world-renowned '**4-SURE Pathway**' works to reverse symptoms and rebuild a healthy and resilient gut.

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www.DietvsDisease.com

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