



## Research & background information

### **VAGUS NERVE:**

Vagus Nerve Stimulation, Stefan Chmelik

<http://www.thrivehealth.co.uk/blog/pain/viva-the-vagus/>

The Vagus Nerve – How Inflammation Can be Controlled by the Brain

<http://darouwellness.com/the-vagus-nerve-how-inflammation-can-be-controlled-by-the-brain/>

Viva vagus: Wandering nerve could lead to range of therapies

<https://www.sciencenews.org/article/viva-vagus-wandering-nerve-could-lead-range-therapies>

Dacher Keltner on the Vagus Nerve

[https://www.youtube.com/watch?v=5d6e\\_Un6dv8](https://www.youtube.com/watch?v=5d6e_Un6dv8)

"Hacking the Nervous System" by Gaia Vince

<http://mosaicscience.com/story/hacking-nervous-system>

Stimulate Your Vagus Nerve to Relieve Inflammation, Depression, Migraines And More

<http://healthycures.org/6-ways-to-instantly-stimulate-your-vagus-nerve-to-relieve-inflammation-depression-migraines-and-more>

Bioelectric dreams

An extra from Hacking the nervous system

Treating disease and inflammation could become a far more precise game by hacking the nervous system using bioelectronics rather than drugs. By Gaia Vince.

<http://mosaicscience.com/extra/bioelectric-dreams>

Vagus Nerve Stimulation Dramatically Reduces Inflammation, Christopher Bergland Christopher Bergland

<https://www.psychologytoday.com/blog/the-athletes-way/201607/vagus-nerve-stimulation-dramatically-reduces-inflammation>

Mindfulness Meditation and the Vagus Nerve Share Many Powers, Christopher Bergland

<https://www.psychologytoday.com/blog/the-athletes-way/201602/mindfulness-meditation-and-the-vagus-nerve-share-many-powers>

Stephen Porges: The Polyvagal Theory & The Vagal Nerve

<https://www.youtube.com/watch?v=yVVaTRbegJs>

“The agenda in creating a healthy world or life, is to enable your ANS (Vagus nerve) to support health, growth and restoration instead of being recruited for defence.”

Function of the Vagus Nerve, Dr Sircus

<http://drsircus.com/medicine/function-vagus-nerve/>

The vagus nerve, emotions and the difficulty with mindfulness practices

<https://healingfromthefreeze.wordpress.com/2011/08/18/the-vagus-nerve-and-the-difficulty-with-mindfulness/>

Humming greatly increases nasal nitric oxide.

<http://www.ncbi.nlm.nih.gov/pubmed/12119224>

Int J Yoga. 2011 Jan-Jun; 4(1): 3–6.

doi: 10.4103/0973-6131.78171

PMCID: PMC3099099

Neurohemodynamic correlates of ‘OM’ chanting: A pilot functional magnetic resonance imaging study

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3099099/>

Forsythe P, Bienenstock J, Kunze WA. Vagal pathways for microbiome-brain-gut axis communication. Adv Exp Med Biol. 2014;817:115-33.

Kok, B, Fredrickson, B, Coffey, K, et al. How Positive Emotions Build Physical Health: Perceived Positive Social Connections Account for the Upward Spiral Between Positive Emotions and Vagal Tone. Psychological Science 2013 24: 1123

Meditation, especially loving kindness meditation which promotes feelings of goodwill towards yourself and others. A 2010 study by Barbara Fredrickson and Bethany Kik found that increasing positive

emotions led to increased social closeness, and an improvement in vagal tone. In 2010, Barbara Fredrickson and Bethany Kok recruited around 70 university staff members for an experiment. Each volunteer was asked to record the strength of emotions they felt every day. Vagal tone was measured at the beginning of the experiment and at the end, nine weeks later. As part of the experiment, half of the participants were taught a meditation technique to promote feelings of goodwill towards themselves and others. Those who meditated showed a significant rise in vagal tone, which was associated with reported increases in positive emotions. "That was the first experimental evidence that if you increased positive emotions and that led to increased social closeness, then vagal tone changed," Kok says.

### **STRESS:**

How stress affects your brain - Madhumita Murgia  
<https://www.youtube.com/watch?v=WuyPuH9ojCE>

Importance of Diagnosing Stress, Dr Sircus  
<http://drsircus.com/medicine/importance-of-diagnosing-stress/>

### **MEDITATION:**

How You Can Meditate Everywhere, Anytime, Mingyur Rinpoche  
<https://www.facebook.com/HuffingtonPost/videos/10154053656801130/>

Dr. Stephen Porges, founder of the Polyvagal Theory, comments on mindfulness & hypervigilance  
<https://healingfromthefreeze.wordpress.com/2016/03/28/mindfulness-meets-ancient-circuitry/>

Prosody, prosodic speech

Prosody is the study of the tune and rhythm of speech and how these features contribute to meaning.

[https://en.wikipedia.org/wiki/Prosody\\_\(linguistics\)](https://en.wikipedia.org/wiki/Prosody_(linguistics))

<http://clas.mq.edu.au/speech/phonetics/phonology/intonation/prosody.html>