



When your brain is not functioning well nothing else in the body functions well. This includes your brain's ability to communicate with your body.

Your vagus nerve activates the branch of your autonomic nervous system called the **parasympathetic** branch that signals your body to relax, repair and heal. Digestion, detoxification, and immune functions are only turned on when your body is in a parasympathetic state. Simply put: you cannot heal outside of the parasympathetic state.

Your Body Doesn't Work Outside Of The Parasympathetic State

- **In your brain**, the parasympathetic state helps control anxiety and depression.
- **In your stomach**, the parasympathetic state stimulates stomach acid, for optimal digestion.
- **In your intestines**, the parasympathetic state allows for nutrient absorption and triggers peristalsis. These muscle contractions allow food and waste to move through the digestive tract. Low vagal tone is a primary cause of constipation.
- **In your pancreas**, the parasympathetic state triggers enzyme production and release for digestion.
- **In your heart**, the parasympathetic state controls heart rate and blood pressure. The parasympathetic state lowers the risk of heart disease.
- **In your bladder**, the parasympathetic state allows for bladder retention, so inability to drop into the parasympathetic state can cause frequent urination.
- **In your liver**, the parasympathetic state triggers detoxification and blood sugar functions.
- **In your gallbladder**, the parasympathetic state triggers the release of bile, which rids the body of toxins and breaks down fat (critical for most paleo and keto diets).
- **In your reproductive organs and genitals**, the parasympathetic state supports fertility and sexual arousal.
- **In your immune system**, the parasympathetic state regulates inflammation, switching off the production of proteins that fuel your inflammation immune response.

We should optimally be in a relaxed parasympathetic state, where digestion, detoxification and your immune system turn on, 80% of the time. Unfortunately, many of us struggle to be in this state at any point during our day. This is because stress inhibits your parasympathetic response. There are consequences: your body's essential processes shut down.

Do You Need Help Activating Your Parasympathetic State?

Use the checklist below to determine whether you need help activating the parasympathetic state.

- | | |
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| <input type="checkbox"/> Dry mouth or eyes | <input type="checkbox"/> Easily startled |
| <input type="checkbox"/> Clenched or grinding teeth | <input type="checkbox"/> Chronic Inflammation |
| <input type="checkbox"/> Lump in throat or difficulty swallowing | <input type="checkbox"/> Frequent urination or incontinence |
| <input type="checkbox"/> Slow bowel movements and a tendency towards constipation | <input type="checkbox"/> Difficulty relaxing |
| <input type="checkbox"/> Insufficient stomach acid/GERD | <input type="checkbox"/> Sensitive to bright or flashing lights |
| <input type="checkbox"/> Tendency for anxiety | <input type="checkbox"/> Difficulty sleeping or Nightmares |
| <input type="checkbox"/> Bloating or burping after fatty or fried meals | <input type="checkbox"/> Floating stool |
| <input type="checkbox"/> Episodes of a racing heart | <input type="checkbox"/> Migraines, Dizziness or Vertigo |
| <input type="checkbox"/> Chronic Infections or Compromised immune system | <input type="checkbox"/> High or Low Blood pressure |
| <input type="checkbox"/> Tense muscles, especially around the neck/shoulder | <input type="checkbox"/> Chronic tension |
| <input type="checkbox"/> Poor digestion (poor motility) | <input type="checkbox"/> Tendency for depression |
| <input type="checkbox"/> Digestive complaints, including IBS, SIBO or Crohns | <input type="checkbox"/> Digestive disorders including leaky gut and food allergies |
| <input type="checkbox"/> Low Libido or Erectile Dysfunction | <input type="checkbox"/> Not being able to tell when you are full or hungry |
| <input type="checkbox"/> ADD/ADHD | <input type="checkbox"/> Sleep Problems |

If you experience 2 or more of the above on a regular basis, you would likely benefit from activating your parasympathetic state. **Vibrant Blue Oils Parasympathetic blend can help!**