

Perry Nickelston - Vagus Nerve Mojo Webcast

Vagus Nerve Resets for Chronic Pain

The new online webcast course from Stop Chasing Pain. Teaching you our approach to decreasing chronic stress and chronic pain. Techniques and strategies we use every day and teach all of our clients. You can learn them too. This course is for all humans.

Why you should attend?

If you have hit a wall with therapy and nothing is helping you feel better this webcast is for you. You are tired of living in pain and want to take back control of your life. Learn self-help techniques you may have never seen before. Learning about the Vagus nerve is good, but what do you do next with the information? How can you apply it in real life for real results? We show you

What are some of the things you will learn?

- Moving the throat and esophagus to stimulate the vagus
- Taping strategies to ignite the nerve while you sleep
- How to reset the lungs to increase vagal tone (Lung Resets)
- Stomach Resets (The Vagus Exit)
- Breathing and the Diaphragm
- Sympathetic nervous system resets of the spine, neck and abdomen
- Parasympathetic nervous system resets
- Skull and tailbone self resets
- Sympathetic Dominance and the stress response
- Abdominal nerve plexus resets
- Manual nerve block techniques
- Vibration therapy
- Embryology development of the vagus nerve and why it matters
- Simple, practical and easy reset techniques you may have never seen before
- and more