

# THE VAGUS NERVE AND CHIROPRACTIC

HEALTH ISSUES #53

The vagus nerve is the longest and one of the most complex nerves of the autonomic nervous system and is one of the most important nerves in the body. It carries both motor and sensory information, and it supplies innervation to major organs and systems including the heart, major blood vessels, airways, lungs, esophagus, and stomach. It also helps to balance other parts of the nervous system.

“Vagal nerve activity predicts the risk of and prognosis in many major health conditions.”

## JOURNAL OF CLINICAL MEDICINE

Gidron, Y. The Vagus Nerve Can Predict and Possibly Modulate Non-Communicable Chronic Diseases Oct 7(10) 2018: 371

“Low vagal nerve activity may affect genetic susceptibility, which could explain why, in people with the same low vagal activity, some may develop Alzheimer’s Disease whereas others may develop cancer or other types of cardiovascular disease.”

## CLINICAL SCIENCE

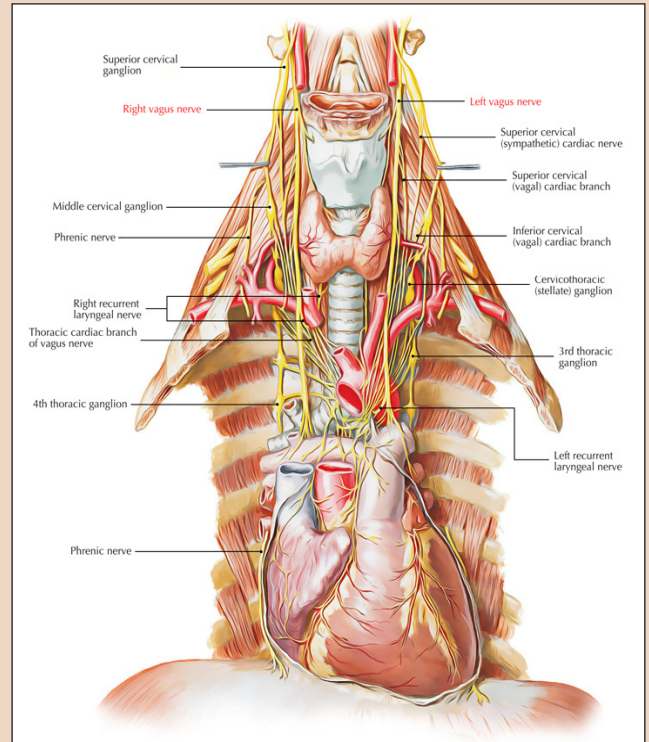
De Couck, I. You may need the vagus nerve to understand pathophysiology and to treat disease. 2012) 122, 323–328

**The strength of the vagus response can be measured by heart rate variability. Heart rate variability is directly related to the body’s regulatory systems and ultimately, its efficiency and health.**



“An optimal level of HRV within an organism reflects healthy function and an inherent self-regulatory capacity, adaptability, or resilience.”

## ADVANCES IN HEALTH AND MEDICINE



**A study monitored HRV, an indicator of vagus nerve activity, and found that patients who received routine chiropractic care showed improved HRV.**

## JRNL MANIP AND PHYSIO THERA

Zang, J. Effect of chiropractic care on heart rate variability and pain. 2006.29(4), 267-7

Metabolic changes in the brain and skeletal muscles, as well as reductions in subjective pain and muscle tension after chiropractic adjustments may be associated with reduced sympathetic nerve activity.

## EVID BASED COMPLEMENT ALT. MED.

Inami, A. Glucose Metabolic Changes in Patients Treated with Chiropractic 2017 Jan 12