

# Vagus Nerve Stimulation & Truvaga™:

## Support Your Nervous System Naturally

### What Is the Vagus Nerve?

The **vagus nerve** is the longest cranial nerve in your body—running from your brainstem to your gut. It plays a key role in:

- Regulating digestion, breathing, and heart rate
- Calming the nervous system
- Supporting immune function
- Reducing inflammation
- Promoting “rest and digest” (parasympathetic state)

When underactive (due to chronic stress, illness, trauma, or poor lifestyle habits), vagus nerve dysfunction can contribute to:

- Anxiety
- Fatigue
- Poor digestion
- Brain fog
- Immune issues

### What Is Vagus Nerve Stimulation (VNS)?

**VNS** gently activates the vagus nerve to restore nervous system balance. Benefits include:

- Reduced anxiety and stress
- Improved digestion and gut-brain communication
- Immune system regulation
- Mental clarity and mood
- Systemic inflammation

## Meet the Truvaga™ Device

Truvaga™ is a **safe, wearable, non-invasive device** that stimulates the vagus nerve through gentle pulses on the side of the neck.

- ✓ **Clinically Inspired:** Based on evidence-backed neuromodulation
- ✓ **Non-Invasive & Drug-Free:** No implants, no medications
- ✓ **Quick & Easy:** Use 2–5 minutes per side, once or twice daily
- ✓ **Portable & Discreet:** Travel-friendly and simple to use

## Reported Benefits from Truvaga Users:

- Better sleep quality
- Reduced anxiety and overwhelm
- Improved digestion and gut function
- Greater emotional resilience
- Enhanced focus and mental clarity

## How to Use Truvaga™

1. Turn on the device and place it against your neck.
  2. Adjust intensity until you feel a gentle pulse (no pain).
  3. Use for **2–5 minutes per side**, once or twice a day.
- 💡 **Tip:** Pair with deep breathing or meditation for added results.

## Who Can Benefit?

Vagus nerve stimulation may help if you experience:

- Chronic stress or anxiety
- Long COVID symptoms
- IBS, bloating, or SIBO
- Autoimmune disorders
- Poor sleep or chronic fatigue
- PTSD or trauma-related symptoms

## Functional Medicine Perspective

In functional medicine, VNS is a **powerful tool** to help:

- Recalibrate your nervous system
- Improve brain-gut communication
- Increase resilience to stress
- Support healing when combined with **gut repair, mitochondrial support, and detoxification**

## Safety & Contraindications

Vagus nerve stimulation is typically safe. **However, consult your provider if you:**

- Have a **pacemaker or implanted device**
- Are **pregnant or nursing**
- Have **active bleeding disorders** or **recent neck surgery**
- Experience dizziness or discomfort during use