



HOW TO ACTIVATE VAGUS NERVE MASSAGE TECHNIQUES

PLUS

BONUS ACUPUNCTURE POINTS

Areas & techniques to focus on



MASSAGE

EAR

- **Circular movements under ear lobe.**

Use fingertips with moderate pressure to stimulate vagus nerve underneath the ear lobe area. Repeat for about one minute.

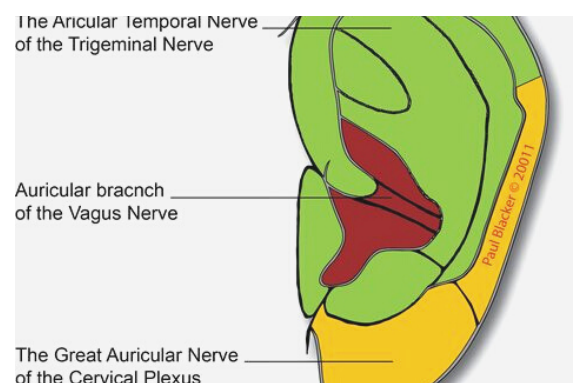
- **Rubbing the concha area inside ear.**

Use index fingers with firm pressure in up/down, side to side movements in the concha area of the ear (see image of darkened area where vagus nerve innervates in ear). This is located in the dipped area around the ear canal hole. Rub the whole area on both ears for up to 2 minutes.



WHAT'S INSIDE:

1. Massage -
 - A. Ear
 - B. Neck
 - C. Occiput
2. Massage Ball
3. Acupuncture Points

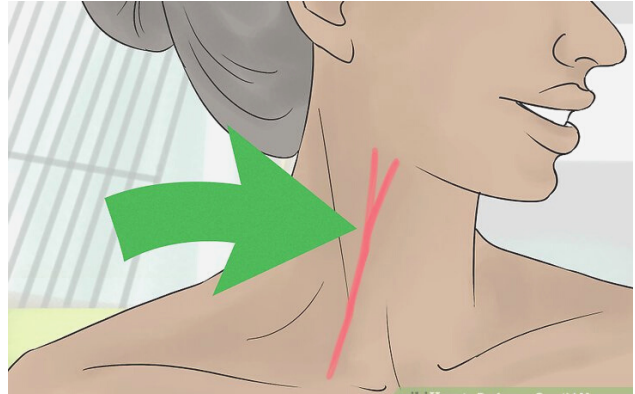


MASSAGE

NECK

- **Massage carotid artery vien area in neck,**
You can locate this area by turning your head to one side. A muscle called the sterno-cleido-mastoidus muscle will stand out. Place your fingers in front of this muscle. Slowly and firmly drag your fingers downwards, from under chin area down to the collar bone.

Repeat this up to 10 times on each side.



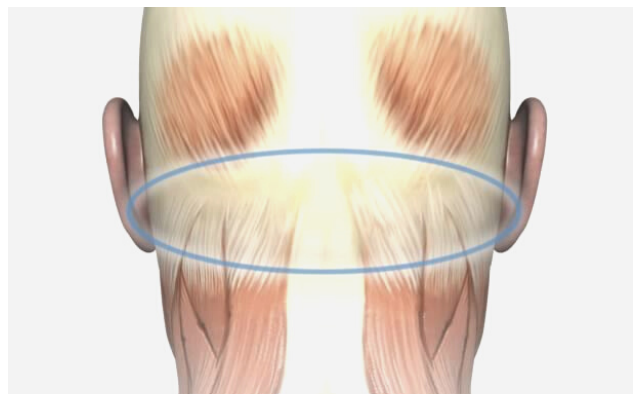
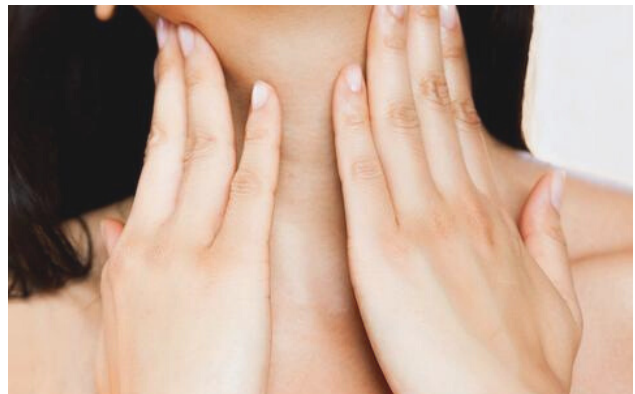
OCCIPUT

- **Apply pressure progressively along under the occipital ridge**
Locate the occiput area first. It usually corresponds to the area where the hairline meets the back of the neck.

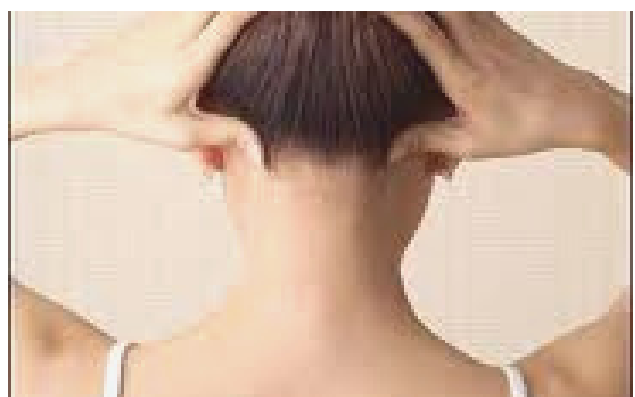
If massaging yourself, use thumb pressure (as seen in bottom photo). Use both thumbs simultaneously. Start with them at the midline of the body. Press firmly in and hold for for about one second each time.

Move your thumbs outwards along the ridge, moving outwards at about 3 cm at a time. Press inwards on each area for three times. You should have three to four areas (on each side of the midline) to cover your whole occipital ridge.

If massaging someone else, lay the person on their back. Place your forefinger and mid fingers on the points. Apply the same pressure in the same areas.



- **Use circular motions on the same areas as described above.** If massaging yourself, use your thumbs to rotate in small circles in the above described areas. If massaging someone else, use your fore and mid fingers to rotate in small circular motions.
- **Rub up and down in vertical movements over same areas.** Once again, starting at midline, use either thumbs (if massaging self) or fore and mid fingers (if massaging someone else) to rub upwards from upper neck onto the skull. Movements should be firm. They should be small, only about 4 cm each. Focus on same areas as described above.



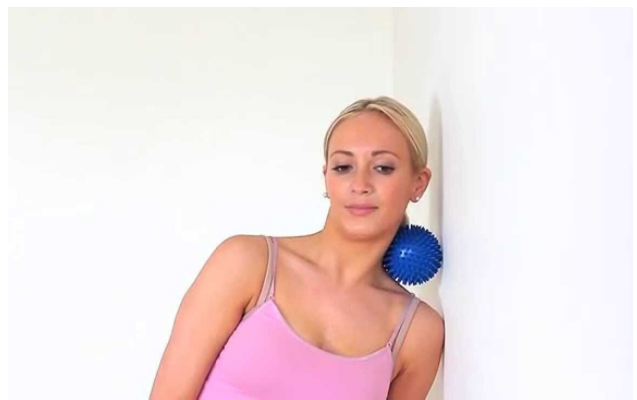
MASSAGE WITH BALL

NECK

- **Using a soft massage ball, move side to side over the front of the neck area.**

This is best done smoothly, reasonably firmly so as to break down calcified deposits and tension in the neck muscles, carotid artery and thyroid area.

You can view how this is done by viewing this short **3 minute video**.



UNDER RIBS

- **Place the ball under ribs while laying on your side.**

Lay on the floor and place the ball under your rib cage. Gently breathe in and out at least five times slowly. This will work deeply into the chest organs to relax the vagal nerve.

You can view the video for more instruction **here**.



LOWER ABDOMEN (BELLY)

- **Lay on top of ball while it is under your lower abdomen.**

While laying face downwards on the floor, place the ball below the belly button. Allow your body weight to press onto your abdominal organs. Gently breathe in and out. Repeat three breaths for each area. Move the ball around so it covers most parts of your lower abdomen.



ACUPUNCTURE POINTS

Occipital Ridge Acupuncture Points

You can activate acupuncture points for the vagus nerve by using the following methods :

- Acupuncture needles
- Pressure seeds, magnets or press stud needles
- Pressure with a blunt utensil or fingers
- Electro-stimulation ((Using an **electro probe**)
- Colour light therapy using one of these two tools (The **photonstimulator** and the **Red Light torch** with probe).
- There are three major points located on the underside of the occipital ridge which can be used to activate the vagal nerve - DU 16 (also known as GV 16), GB 20 and BL 10 (also known as UB 10). (See photo on side for locations.)



Red+ (660+850) Photopuncture Kit



Ear Acupuncture Points

You can activate acupuncture points for the vagus nerve using the same above methods described above. Any points which are tender in this ear area is an indication it will be beneficial to be stimulated.

If using colour for acupuncture, use warming colours (red, orange, yellow) for stimulation and increasing energy. Use cooling colours (purple, blues and green) for sedating over-active conditions (such as insomnia, anxiety, irritability).

