

Epilepsy and Vagus

Epilepsy is one of the most common neurological diseases and impacts many people worldwide. Recurring seizures can be disruptive to a person's day-to-day life and impact their ability to have independence, hold a job, get an education, care for themselves or others, and more. It can also raise health concerns. The options for patients don't always seem that great as they are left to choose from a variety or combination of anti-seizure medications. While this can help reduce or eliminate seizures for some patients, putting heavy amounts of medication isn't exactly an optimal choice.

Researchers have been studying the impact of vagus nerve stimulation on epilepsy since the 1990s with the use of invasive vagus nerve stimulation. At an improvement rate of around 50%, which is higher than many anti-epileptic medications it seems as though this would be a more ideal option than medication. However, the invasive surgery and risks make this option much less appealing. This turns the emphasis to non-invasive vagus nerve stimulation. Through stimulating the vagus nerve, researchers actually see a change in the neurological pathways in the brain. Since epilepsy occurs as a result of a disruption in nerve cell activity, it makes sense that the vagus nerve could drastically change the way the brain functions!

Neurologically-based chiropractic care focuses on restoring optimal function to the brain and overall body through removing interference of the nervous system. As a result, the nervous system is free to function as optimally as possible and the rest of the body (including the brain) is better equipped for optimal function! For epileptic patients, this means the ability of their brain to form proper neurological pathways and allows a better line of communication between those pathways.



**Study after study
has shown that
improving the
function of the
Vagus Nerve means a
world of difference
for those who suffer
from seizures.**

Von Wrede, R., Rings, T., Schach, S., Helmstaedter, C., & Lehnertz, K. (2021). Transcutaneous auricular vagus nerve stimulation induces stabilizing modifications in large-scale functional brain networks: Towards understanding the effects of tavns in subjects with epilepsy. *Scientific Reports*, 11(1). doi:10.1038/s41598-021-87032-1



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