

The Dark Matter of the Vagus

Our brain is a central hub for function in the human body. A large part of who we are stems from our brain! The functionality of the brain is what makes us think and feel – shaping our personality! Our brain forms a central part of our nervous system, which helps our body function. This connection is part of why we feel emotions throughout our whole body. It also allows our brain to tell the rest of our body what to do without being conscious of this communication. For example, our brain tells our legs to walk, our arms to move, our lungs to breath, our heart to beat, etc.

Having so much functionality means we need to ensure this connection remains open! If any disturbance blocked that connection, we might not feel, think, or function properly. This can mean anything from impaired ability to process emotions to our heart rate not functioning correctly and impacting our physical health. This connection has been studied back to the 1930s when it was discovered that electrode stimulation could predict brain areas causing seizures in patients. The study found that this stimulation triggered responses in other body areas such as the hand, forearm, and elbow.

Today, researchers still study the connection better to understand this essential line of communication within the body. Signals shape our mood and memory from the brain to other organs in the body. For example, if we find out bad news, we feel sad, but our body typically feels a physical response. We may cry, and we may feel sick or weak. This connection emphasizes the role that the brain plays in shaping who we are, the way we live our lives, and the necessity for this connection to keep our body functioning! With neurologically-based chiropractic care, we can keep this connection open without any interference. This allows the nervous system to keep a clear line of communication so that everything can function optimally!



C i r c u i t s o f
t h e V a g u s
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t h o u g h t s ,
m o t i v a t i o n s ,
a n d m o o d .

Emily Underwood Jun. 10, 2021. (2021, June 10). Newly detailed nerve links between brain and other organs shape thoughts, memories, and feelings. Science. <https://www.sciencemag.org/news/2021/06/newly-detailed-nerve-links-between-brain-and-other-organs-shape-thoughts-memories-and>.



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