

# Mold #4

Nervous system

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# Nervous System

What is the nervous system:

Brain, spinal cord and nerves

Responsible for many autonomic functions - things we don't have to think about - breathing, heart beating and heart rate...

Responsible for movement coordination, sensory functions, and all brain functions

Mostly subconscious....

Protective.....until it's not....

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# Nervous System

When I refer to the nervous system and mold:

1. SNS balance
2. Vagus nerve
3. Limbic system

All these areas are important for healing and sometimes even being able to start other treatments

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# What affects the nervous system?

Injuries to the head or spinal cord

- Physical injury/trauma
- Neurological diseases
- Autoimmune disease/attacks

Seizures

Exposure to toxins

Nutritional deficiencies

Stress - trauma

Mental health conditions

Chemicals like histamine (made in our own body)

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# ANS

SNS - Sympathetic nervous system

PSNS - Parasympathetic nervous system

These systems produce opposite reactions

<https://www.youtube.com/watch?v=NRRBVMFTSWI>

We want balance.

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# SNS

Has a purpose in survival - but not chronically stimulated

Fight  
Flight  
Freeze

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# What keeps us stuck in SNS?

Chronic stress

Type A personality - Go-Go-Go

Chronic anxiety, can't turn brain off

Histamine

Trauma - especially unprocessed

Poor coping, lack of relaxation techniques

Illness - Pain

Toxins

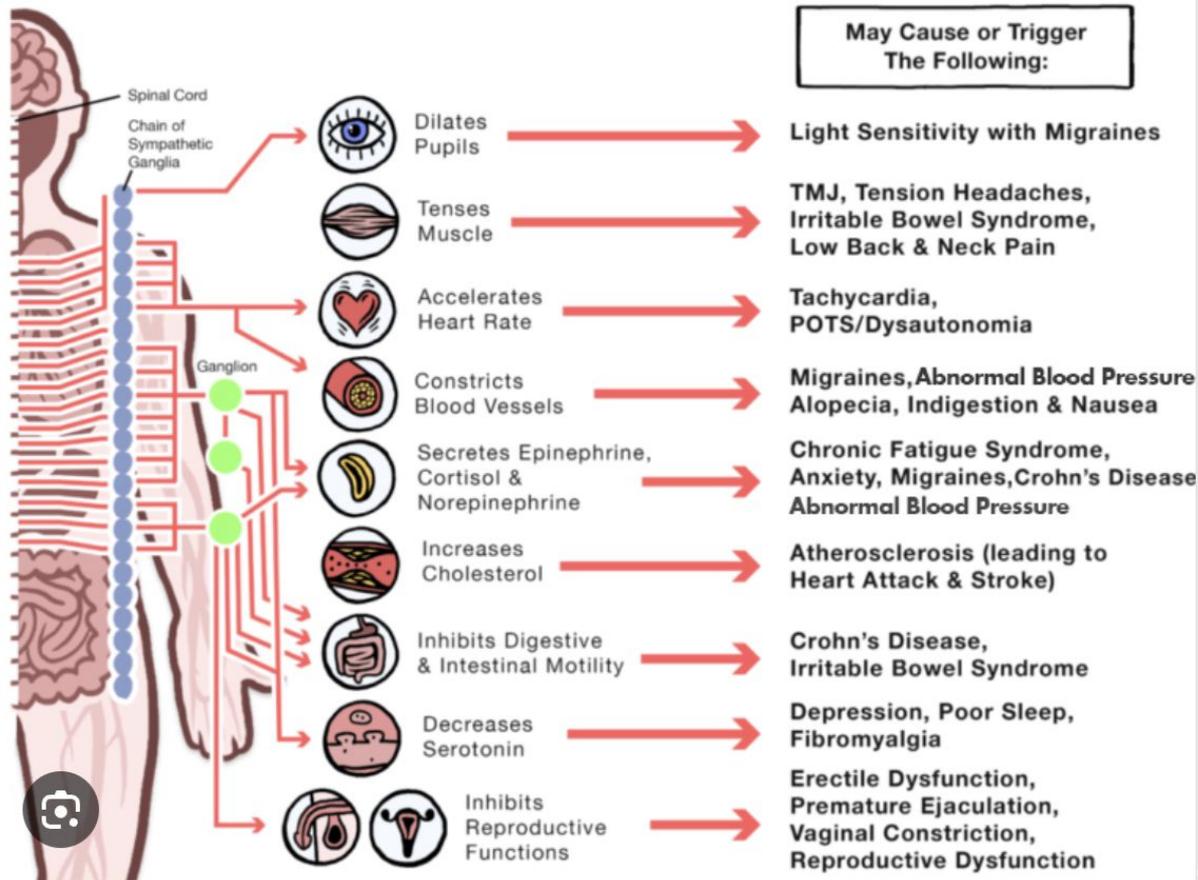
Lack balance - sleep, movement....

Stimulants - caffeine, nicotine

Dysglycemia

Structural - neck, mouth

# SYMPATHETIC OVERDRIVE



May Cause or Trigger The Following:



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# PSNS

Salivation

Heart slows down, BP goes down

Digest our food

Detox

Sleep better

Decreases pain

We can eliminate (bowels and bladder)

We heal in this state

Energy conservation

Immune system recovery

Better mental clarity and focus

Mood stabilization

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# PSNS

Mindfulness Practice: meditation, breathing, muscle relaxation

Regular physical activity - walks, yoga, tai-chi

Quality Sleep

Stress management tools

Vagus nerve exercises

Other:

- Hot bath

- Chatting with a friend

- Time in nature

- Grounding

Massage or other therapies

Tapping, Find your pace

Do nothing!

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# Vagus Nerve

Main nerves of your PSNS. (75%)

Controls bodily functions:

- Digestion

- Heart rate, BP, breathing

- Immune system

- Mood

- Mucus and saliva production

- Skin and muscle sensations

- Speech

- Taste

- Urine output

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# Vagus nerve

Longest cranial nerve (CN X) - from brain to large intestine.

Take a long winding course through body

Exit lower brainstem → neck → chest → Heart → Lungs → Abd

Affects liver, pancreas, gallbladder, kidney, ureter, spleen, lungs, sex organs (in females), neck (pharynx, larynx and esophagus), ears and the tongue

As it goes through the body - structural defects or inflammation in these areas can affect the vagus nerve.

Vagus nerve is correlated to the root cause of many health conditions.

# Vagus nerve connections/impacts

- Brain - helps control anxiety and mood.
- Gut - increases stomach acidity, gut flow/motility and other digestive enzyme production. Low stomach acid
- Heart - controls heart rate variability, heart rate and blood pressure.
- Pancreas - controls blood sugar balance and digestive enzymes.
- Liver - controls bile production and detoxification through hepatic phase 1 and phase 2 conjugation.
- Gall bladder - controls bile release to help break down fats.

# Vagus nerve connections/impacts

- Kidneys - promotes general function including water balance, glucose control and sodium excretion which helps control blood pressure.
- Bladder - controls voiding of urine.
- Spleen and gut - manages and reduces inflammation.
- Sex organs - helps to control fertility and sexual pleasure including orgasms.
- Mouth and tongue - helps to control ability to taste and saliva production through salivary gland control.

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# Vagus nerve

Vagus nerve damage/problems can cause:

Gastroparesis - food stops moving. (DM, viruses, surgery, AI)

Vasovagal syncope - vagus nerve overreacts to certain situations  
Blood draw, extreme heat, anxiety, hunger pains, stress.

Orthostatic hypotension - BP drops - making you dizzy

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# Vagal nerve symptoms - W.

Abdominal pain and bloating

GERD

Changes to heart rate, BP, blood sugar

Difficulty swallowing - loss gag reflex

Dizziness or faintness

Hoarseness, wheezing, loss voice

Loss appetite, feeling full quickly

Nausea and vomiting

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# Vagal nerve - functional

Loss of appetite

Memory Loss

Brain Fog

Fatigue

Muscle or joint pain

Food sensitivities

Anxiety

GI Issues

Low testosterone/hormone issues

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# Vagus Nerve Stimulation

Regularly stimulating the vagus maintains a crucial balance  
Influences HR, digestion, stress response, inflammation levels.

By fine-tuning this balance:

Calmer nervous system

Reduces stress

Improves digestion

Supports mental and physical health.

# Ways to stimulate the vagus

1. Deep breathing (with exhale 2x long inhale) 4-7-8
2. Meditation, prayer
3. Yoga
4. Cold - Plunge, Face, Shower, exposure -
5. Hot bath/relaxation
6. Gargling/singing/humming
7. Gagging (Uvula should move 10x) - if not decreased vagus)
8. Massage, acupressure, tapping
9. Structural therapies (coughing)
10. Positive relationships, laughter
11. Exercise, tai-chi
12. Fasting - Microbiome health
13. Coffee enemas
14. Sun, nature, grounding



### 1. GARGLE

Drink several glasses of water per day and vigorously gargle each sip until you finish the glass. You should gargle long enough and deep enough to make it challenging. It will not work unless it challenging. Do this exercise for several weeks to help strengthen the vagal pathways.



### 2. SING LOUDLY

Sing as loudly as you can when you have the opportunity. This exercise may become a nuisance for family members if you can't find time to do it alone, such as in the car, but it is therapeutic.



### 3. GAG

Lay a tongue blade on the back of your tongue and push down to activate a gag reflex. Do not jab the back of your throat. Try to make yourself tear as this indicates you are activating the vagus. Gag reflexes are like doing push-ups for the vagus while gargling and singing loudly are like doing sprints. You need to perform this several times a day for several weeks to produce change.



### 4. COFFEE ENEMAS

Distending the intestines with an enema activates the vagus. The caffeine in the coffee stimulates intestinal motility by acting on cholinergic receptors. A coffee enema is very easy to do. For detailed instructions, visit [drknews.com](http://drknews.com) and search "coffee enema." The key is to struggle to hold the enema in order to activate the vagus.

# Structural/manipulative therapy for vagus nerve

## Rosenberg Exercises

## Osteopathic Cranial Manipulation (cranial instability)

- Very important tool, skilled person
- Biodynamic osteopathy
- Listen to your cues/energy - wait to see what they can treat
  - Don't want to fix a compensation before it's ready
- James Jellis -

## Craniosacral therapy

Consider looking at the jaw/dental crowding, bite with a specialized dentist

<https://www.drtashaturzo.com/alf-providers>

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# Vagal therapies

FSM

LENS biofeedback

Safe and Sound

Tapping

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# Devices

Heart math

Apollo neuro

Brain tap

Alpha Stim

Choose muse

Truvaga

VieLight

Now Tone Therapy - <https://nowbysolu.com/>

Sauna

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# Limbic System

Group of interconnected brain structures that help regulate your emotions and behavior.

Works with other brain regions by processing your memory, thoughts and motivations, then tell your body how to respond.  
Needed for survival!

Tied to olfactory area

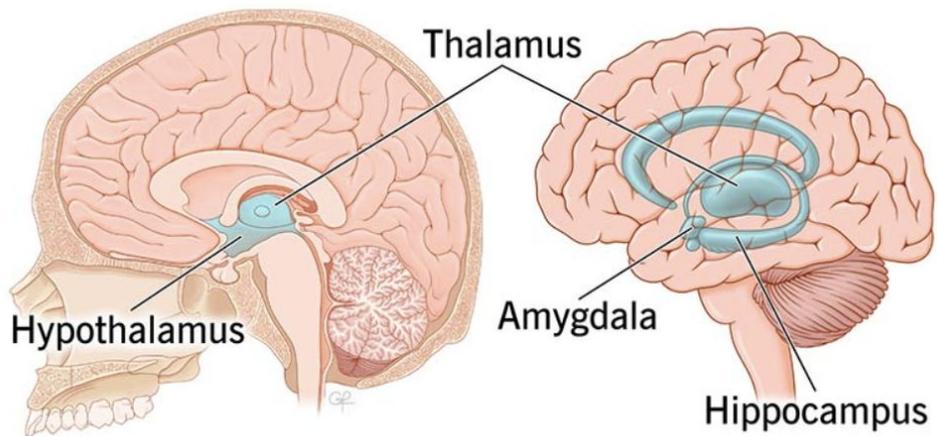
Feeling and reacting brain (Not the thinking brain) mediated by the autonomic nervous system (automatic....)

Activates SNS - triggering a physical response to conscious and unconscious “threats”.

# Limbic system

Inside view of brain

Outside view of brain



Limbic system processes and manages:



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# Limbic System

5 F's:

Feeding, Fleeing, Fighting, Feeling, Fornicating

Emotion

Sensitivity

Cognition

Energy

Pain

Kindling - learning patterns

Sensitization - less stimuli to trigger - more things to trigger

Attachment to story - rebooting negative circuitry every time

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# Limbic System Dysfunction

Mood changes - irritability, fear, sadness, other mood swings

Memory Loss - hippocampus involvement

Anxiety and depression - when limbic is stuck in stress response

Social difficulties - makes it hard to interact with others

Mental Health - can contribute to the development of PTSD, Schiz

Addiction

Illness loops - chronic reactivity

The body doesn't feel safe - everything is a threat

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# So what is happening?

Your body is under threat from toxicity/infection - all the time  
Coordination between SNS and PSNS is uncoordinated  
    SNS dominates - adrenals are stressed and run high

Primes the cell response to future exposures - even if the original trigger is gone.

    Trauma

    Experiences

    Illness/Toxin Triggers

Most chronically ill feel betrayed by their body, the medical community, their friends and family

They do not feel safe - which is worse with MAST/MCS/histamine

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# Nervous System

You cannot heal if you don't feel safe (even subconsciously)  
A lot goes back to CDR (cell danger response)  
Nervous system is hypervigilant and hyperreactive  
This is not psychiatric but neurological!

We are often unaware of triggering the neuro response  
But we are aware of the body's response  
So we become hypervigilant and hyperreactive  
Becomes a vicious cycle

<https://www.youtube.com/watch?v=a-ddSEHRWVg>

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# Limbic System

You can remove the threat (mold, viruses, heal the trauma)  
But the body will still “remember” and has pathways to “protect you”.

This can and will keep you sick.

We need to rewire these pathways

We need to let the body know it is safe and we don't need it to subconsciously set off pathways of protection

Very specific programs proven to work

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# Limbic System Programs

There are a lot of programs out there

- Many are out for your money
- Many prey on words like “Christian” - but have no training or studies of effectiveness
- Many have absolutely no training of any kind - use only their experience

These programs are different than therapy - vagal nerve - meditation.

It takes specific things to rewire the brain

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# Limbic Programs

You are always in control - this is not new age.

This is not anti-Christian

It is simply trying to make new pathways in a system that created pathways to protect.

It does take repetition and time for it to work (2-6 months)

It does not take hours a day. 20 minutes can be adequate

Essential for those “sensitive” patients

Essential for anyone with chronic illness

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# Limbic Programs

Annie Hopper DNRS  
<https://retrainingthebrain.com/>

Gupta  
<https://guptaprogram.com/>

Primal Trust  
[www.primaltrust.org](http://www.primaltrust.org)  
Most encompassing program

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# Take home message

We have to address the imbalances in the nervous system

We have to get out of chronic SNS

    This will take some work

We need to retrain the body and brain how to respond (or not respond) to external subconscious cues

