How do you reset vagus nerve naturally?

Reset Ventral Vagus Nerve

- 1. Lie on back.
- 2. Interweave fingers on both hands and place behind head.
- 3. Without turning your head, look to the right.
- 4. Remain here until you spontaneously yawn or swallow.
- 5. Return to the neutral state with head and eyes straight.
- 6. Repeat on the other side.