

Introducing: The Vagus Nerve

The Vagus Nerve

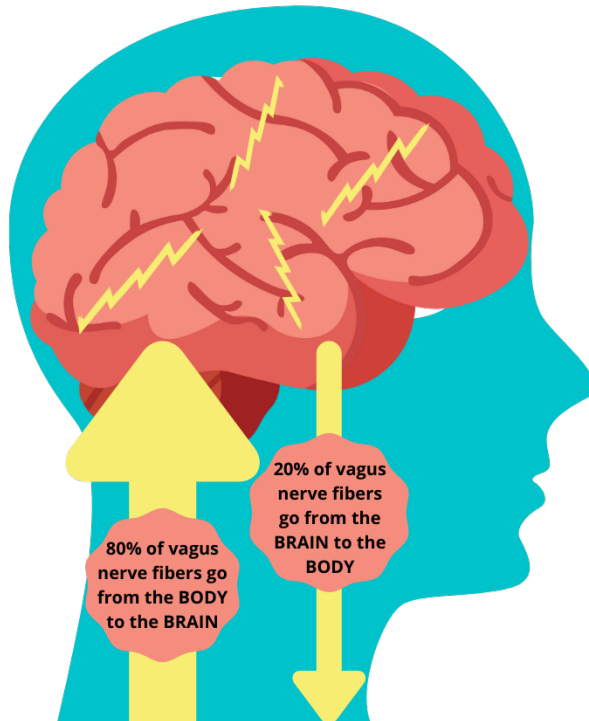
The secret to unlocking your superpower of calm

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The Vagus Nerve and the Brain

BRAIN



From the Brain to the Body

The brain sends signals along the vagus nerve to release the neurotransmitter acetylcholine.

Acetylcholine:

- Helps calm you down
- Speeds up digestion
- Counteracts an overactive immune response

From the Body to the Brain

The vagus nerve's **most important function** is relaying sensory information from the body organs to the brain. It lets your brain know if you're hungry or full. It also lets your brain know if you're scared or stressed.

The Vagus Nerve and the Face & Throat

(This h1-tagged text was changed to h2, as directed. The change from h1 to h2 removed it from the TOC as a chapter title. Good lesson!)

FACE & THROAT



From the Brain to the Face and Throat

The vagus nerve controls many **reflex actions** in the face and throat:

- Coughing
- Sneezing
- Swallowing
- Vomiting

It is also involved in making sounds.

From the Face and Throat to the Brain

The vagus nerve sends **taste sensations** from the foot of the tongue to the brain.

Glossary

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