



# IMMUNE HEALTH AND THE VAGUS NERVE

*How your nervous system plays a role in your  
immunity*

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# Ways You Can Use This Guide: Here are Some Suggested Uses

If you like to take personal notes or be an active reader, there are ways you can still use this pdf guide to do that.



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hard work for the  
author**

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**Consult with a clinician in your care**

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# Releaseology



The study of releasing pain, stress & dysfunction

## About the Author

Hi! I'm Sara Becker, DPT (doctorate of physical therapy), Certified Health Coach, Nutritional Therapist, Vagus Nerve Guru and Movement Specialist. I pride myself on the nontraditional approach to healthcare as **I believe the body and brain are capable of so much more healing than traditional medicine has given it credit for.**

My approach focuses on the brain and nervous system which has helped me treat diagnoses and symptoms that I was taught not possible. By improving the physical aspects of someone's nervous system, it improves the signal of the cranial nerves and vagus nerve, **to improve communication between your immune cells and the brain.** I have helped clients with stress, anxiety, depression, irritability, energy levels and so much more.



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# 04

## Nervous System

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**bONUS** *this is a free bonus chapter from my Immune Health Guide. In this chapter, readers will learn why the nervous system should always be considered in immune health*





# The Nervous System-Immune System Connection

*Your immune system doesn't work in isolation – it's in constant communication with your nervous system. Every immune response, from fighting off an infection to healing a small injury, is influenced by the signals your brain and nerves send throughout your body. In other words, your state of regulation determines your state of health.*

## How the Nervous System Guides Immunity

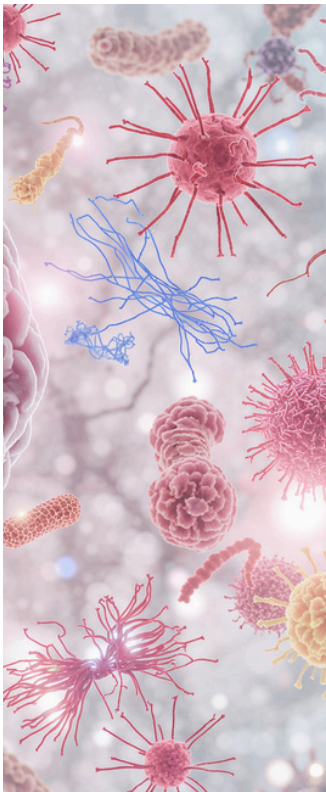
*Your body operates through two main branches of the autonomic nervous system:*

- **The Sympathetic System** – your “fight, flight, freeze and fawn” mode.
- **The Parasympathetic System** – your “rest, digest, and repair” mode.

*When you're in a chronic stress state, your body diverts energy away from long-term processes like digestion and immune defense to handle immediate threats. Over time, this creates immune suppression, making you more prone to illness, inflammation, and slower healing.*

*When your parasympathetic system – especially the vagus nerve – is active, your immune system shifts into repair and regulation. Cytokine levels balance, inflammation decreases, and your body becomes more efficient at identifying and neutralizing pathogens.*

## The Role of the Vagus Nerve



The vagus nerve acts as the bridge between the brain, the gut, and the immune system. It carries signals that influence heart rate, digestion, inflammation, and even mood. When your vagus nerve is functioning well, it helps your body:

Detect and calm inflammation

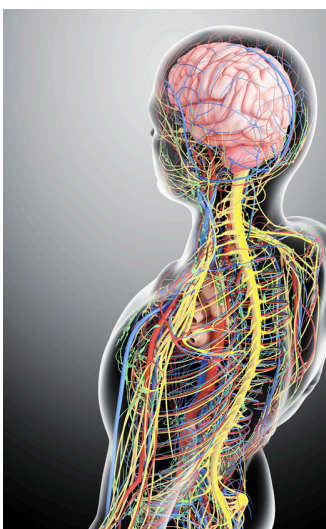
Improve gut health  
(where 70% of your immune system lives)

Support balanced immune responses instead of overreactions

Encourage deep rest and recovery

When vagal tone is low — often due to chronic stress, trauma, or lack of restorative sleep — your immune system can become confused, overactive, or sluggish.

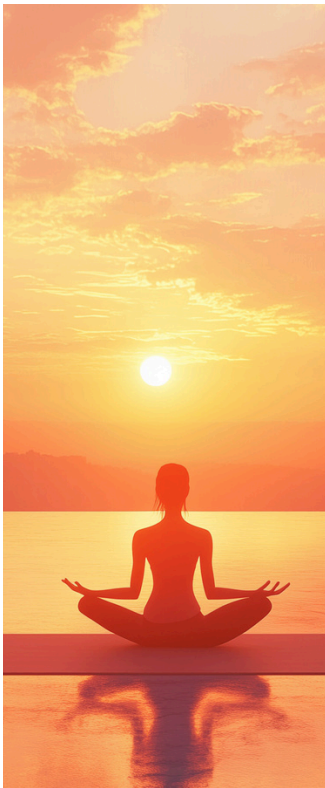
## The Stress-Inflammation Loop



When the body perceives threat, the sympathetic system triggers a stress response that floods the body with cortisol and adrenaline. While this is helpful short-term, long-term activation leads to elevated inflammation and immune dysfunction. The brain and immune system start “talking” in stress language — constantly preparing for danger rather than focusing on healing.

This is why practices that calm the nervous system (like breathwork, lymphatic drainage, sound therapy, or gentle movement) are not “extras” — they are **immune system regulation tools**.

## Regulation as Medicine



You can think of nervous system regulation as a natural immune booster. When your body feels safe, your physiology shifts toward healing. Here's how:

Deep breathing and vagus nerve exercises **lower inflammation markers.**

Gentle movement **keeps lymph and blood circulating immune cells.**

Sound, laughter, and singing stimulate vagal pathways that **improve immune balance.**

Mindful rest and grounding **tell your body it's safe to repair.**

You can have access to my entire library of exercises for the vagus nerve and nervous system regulation by purchasing my course (next page)

## In Summary



**A calm nervous system supports a strong immune system. When you regularly regulate your body through breath, touch, movement, and connection, you're not just reducing stress — you're creating the internal environment where your immune system can do what it was designed to do: protect, repair, and restore.**

# Help Stress with my Vagus Nerve Services

The vagus nerve, is THE nerve responsible for how your body reacts to stressors based on past experiences. Improving it's signal and ability to resiliently flip between fight, flight, freeze and fawn and rest and digest will significantly decrease your stress levels. Learn more about the how and why and how to improve your response to stress with my courses (or book a one-on-one session with me at [www.releaseology.com/booknow](http://www.releaseology.com/booknow))

## Nervous System Foundations

- **1/3** of my exercise vault
- **20** movements & exercises
- Why is the vagus nerve so important (a brief **overview**)
- Signs and symptoms of vagus nerve dysfunction
- Ways to improve vagus nerve signal (an **overview**)
- Product discounts
- BONUS: position chart
- BONUS: symptom chart

**\$97 for lifetime access**

## Nervous System Integrations

- **2/3s** of my exercise vault
- **40** movements & exercises
- Why is the vagus nerve so important (a **deeper dive**)
- Signs and symptoms of vagus nerve dysfunction (**why some symptoms make sense**)
- Ways to improve vagus nerve signal (**more in depth**)
- Product discounts
- BONUS: position chart
- BONUS: symptom chart

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Pay as low as \$35/month with a payment plan

## Nervous System Mastery

- My **FULL** exercise vault
- **60** movements & exercises
- Why is the vagus nerve so important (**the full view**)
- Signs and symptoms of vagus nerve dysfunction (why **each** symptom make sense)
- **All** ways to improve vagus nerve signal
- Product discounts
- BONUS: position chart
- BONUS: symptom chart
- BONUS: **recipes & meal plans**
- BONUS: **my virtual vagus nerve workshop**

**\$347 for lifetime access**

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## Nervous System Coaching

- personalized 1:1 guidance in your healing journey
- weekly 1-hour Zoom or phone calls (virtual sessions)
- daily check-ins (via text or e-mail)
- FREE access to the Nervous System Mastery Course
- FREE 3-months access to the [NeuroFIT App](#)
- choose your duration of commitment 1, 2 or 3 months

**\$3000 per month**

Pay as low as \$515/month with a payment plan

# Want More?

If you liked this guide, I have a more expanded version in my [Immune Health Guide here](#).

I am always working on more resources as well

For the most up-to-date guides, head to:

[www.releaseology.com/antiinflammatory-resources](http://www.releaseology.com/antiinflammatory-resources) or

[www.releaseology.com/healthnutrition-resources](http://www.releaseology.com/healthnutrition-resources)

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My journey into the world of physical therapy began with a deep fascination for the brain and nervous system—the way these intricate networks quietly orchestrate everything we do without our conscious awareness. It was always second nature to me, this understanding of how our bodies move, heal, and adapt. The nervous system just made sense.

Throughout my career, I dedicated myself to neurorehabilitation. I spent countless hours helping patients recover from life-altering events like strokes, traumatic brain injuries (concussions), and spinal cord injuries. These experiences were as challenging as they were rewarding, and they fueled my determination to help people regain not just their movement, but their independence, confidence, and quality of life.



Over time, I began to see a critical connection: true healing wasn't just about addressing muscles and joints—it was about working with the nervous system itself. Pain, stress, and dysfunction often have deeper roots in how the brain and body communicate. I realized that by targeting pain at its neurological source, I could help people experience deeper, lasting relief.

This revelation led me to immerse myself in perfecting hands-on techniques like neurokinetic therapy (NKT), vagus nerve regulation, dry needling, and myofascial release. I crafted a practice centered on holistic, root-cause healing that not only reduces pain and dysfunction but helps my clients feel more at ease in their bodies.

## Let's Release Your Body's Own Healing Potential



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# About Releaseology

At Releaseology, my mission is simple: to help you uncover the root cause of your pain, stress, or dysfunction—and give you the tools to finally release it. Unlike many traditional clinicians who focus only on the obvious symptoms, I take a deeper, more investigative approach. I look for the overlooked patterns, the hidden dysfunctions, and the subtle compensations that others might miss. This is where true, lasting change begins.

## Why Releaseology Is Different

- **Root-Cause Focused:** I don't just treat where it hurts. I explore the nervous system, movement patterns, and compensations that are often ignored.
- **Hands-On Techniques:** From neurokinetic therapy and dry needling to cupping and fascial release, every session is tailored to you.
- **Rapid Results, Real Change:** My goal isn't to keep you coming back forever—it's to help you improve as quickly as possible while still making sustainable, long-term progress.

## In-Person or Virtual Options

I offer in-person services in Tempe, Arizona, as well as highly curated virtual services. And here's something you should know about me: ***I don't do anything halfway.***



During COVID, insurance companies required that telehealth sessions be certified as “just as effective” as in-person care. At that time, I refused to offer virtual sessions because the tools I used then were most effective in person. I couldn't, in good conscience, promise the same results virtually. But today? That's different. The virtual services I now provide have been carefully designed and tested to be just as effective and valuable as my in-person care. When you book a virtual session, rest assured—it's because I know it will work.

**Why This Matters?** Whether you're here in Arizona or connecting with me virtually, you'll get the same level of detail, dedication, and results-driven care. I only offer what I know can help you feel and move better.

Ready to see the difference? Book with me [here](#)

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