



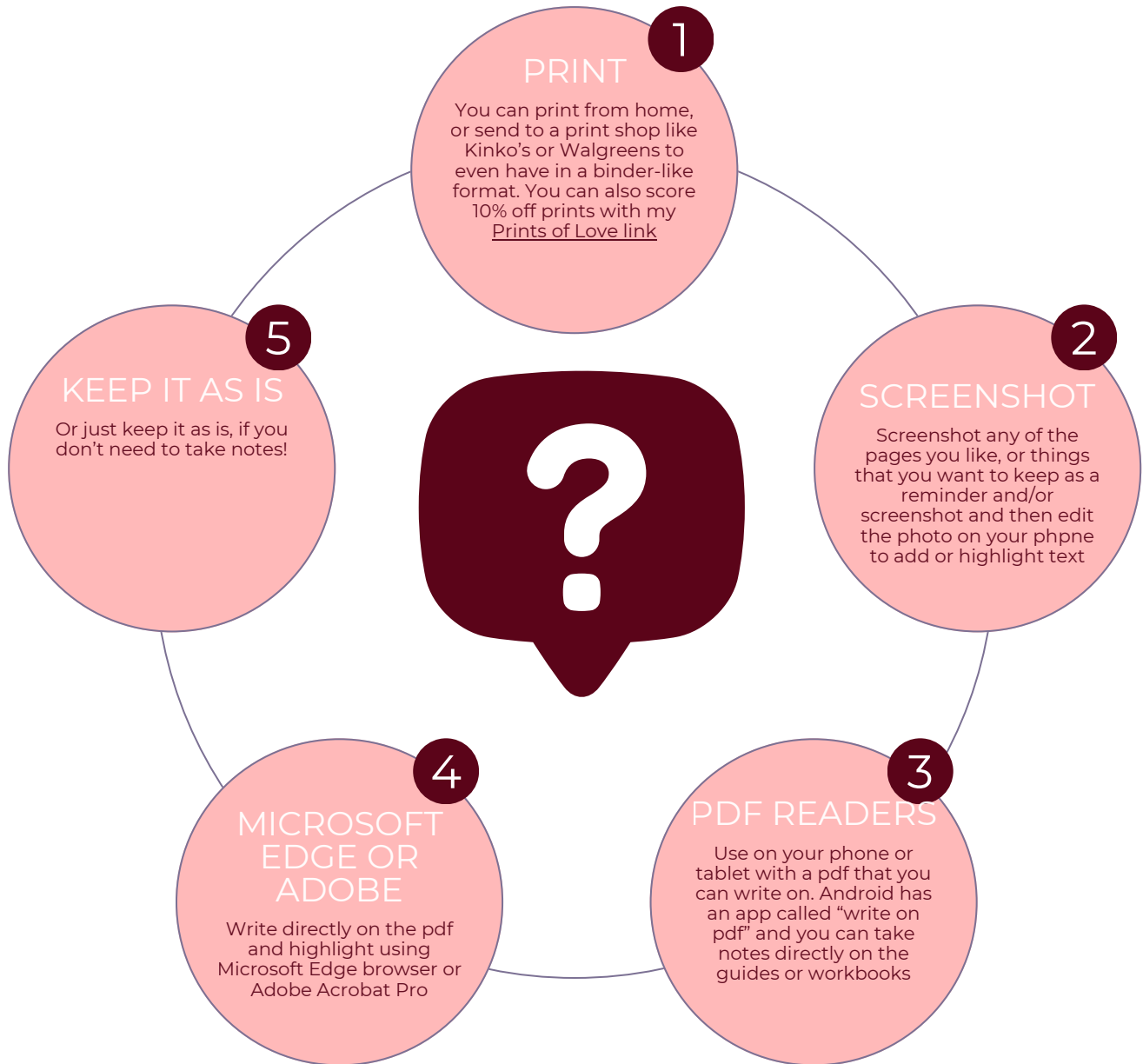
NERVOUS SYSTEM AND BLOOD SUGAR

*Why the nervous system should always be
considered in blood sugar and cortisol*

www.releaseology.com

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.



Copyright Disclaimer

Releaseology, LLC

www.releaseology.com

© 2025 Releaseology

All rights reserved.

This ebook is protected under the copyright laws of the USA. All rights are reserved by the author, Sara Becker, and any unauthorized reproduction, distribution, or transmission of this work in any form, or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without the prior written permission of the author, is strictly prohibited. No part of this ebook may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without written permission from the author, except for the inclusion of brief quotations in a review. For permissions, please contact Releaseology, LLC

**Thank you for
respecting the
hard work for the
author**

Medical Disclaimer

Consult with a clinician in your care

Disclaimer: The content in this guide, my site and social media are for educational and informational purposes only and not meant as medical advice. It is not intended as medical advice or to replace a relationship with a qualified healthcare professional. There is absolutely no assurance that any statement contained or cited in my guides touching on medical matters is true, correct, precise, or up-to-date. Always consult a clinician that is familiar with your care, before making any changes to medications, supplements, and movement.

Affiliate Disclaimer

**Some links in my guides and
site are affiliate links**

Please Note: Some links on my guides, website and more are affiliate links, which means that I collect a small portion of your sale, **at no extra cost to you**. This helps with the cost of hosting a website, affording software and more business expenses

www.releaseology.com

RELEASEOLOGY 2023 | ALL RIGHTS RESERVED | DO NOT REDISTRIBUTE

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 at your blood sugar control centers.** I have helped clients decrease stress, anxiety, improve appetite and approach more normal glucose levels.



Book Your In Person (AZ) or Virtual Appointment [Here](#)

Let's Release Your Body's Own Healing Potential

www.releaseology.com

[@releaseology](#)





The Nervous System, Blood Sugar, and Cortisol Connection

Your nervous system is the command center that controls not only how you feel but also how your body uses and stores energy. Every moment of stress, calm, or recovery is orchestrated through this intricate system – and one of its key roles is regulating blood sugar and cortisol, your body’s main stress hormone.

How Stress Alters Blood Sugar

*When your brain perceives stress – whether from emotional strain, pain, lack of sleep, or even chronic worry – it activates the sympathetic nervous system, triggering a “fight or flight” response. This causes the adrenal glands to release **cortisol** and **adrenaline**.*

These hormones tell your liver to release glucose (sugar) into the bloodstream, providing quick energy to “escape the threat.” It’s an ancient survival mechanism – great if you’re running from danger, but not ideal when the “threat” is a traffic jam or an overflowing inbox.

Over time, repeated activation of this stress response keeps blood sugar levels elevated. Chronic high cortisol not only disrupts insulin sensitivity but also affects mood, sleep, inflammation, and immune regulation.

Did You Know?

I have actual continuous blood glucose monitor values confirming that I decreased a patient’s blood sugar by working on the vagus nerve (see next page)

The Power of Regulation: A Real-Life Example

I worked with a patient who was under the care of Mayo Clinic, wearing a continuous glucose monitor (CGM) to track blood sugar patterns. Despite weeks of careful nutrition, medication management, and close medical supervision, their blood sugar numbers remained stubbornly high.

So I decided that the client needed focus on vagus nerve activation and nervous system regulation, something and something remarkable happened:

**blood sugar readings dropped,
for the first time in weeks.**

No change in diet or medication, actually the patient was being very strict about their diet. The only change was shifting the body out of a chronic stress state and into parasympathetic “rest and digest” mode and improving the signal between the brain and pancreas

The Role of the Vagus Nerve in Blood Sugar Control

The vagus nerve, the longest cranial nerve in the body, connects the brain to key organs like the heart, pancreas, liver, and gut. When it's functioning well, it helps regulate:

- Insulin release from the pancreas
- Glucose metabolism in the liver
- Inflammatory signaling that impacts insulin sensitivity

Low vagal tone (often seen in chronic stress, trauma, or burnout) disrupts this regulation, leading to spikes in cortisol and blood sugar. Restoring vagal balance through breathwork, gentle manual techniques, and lymphatic or cranial work helps your body return to metabolic stability.

Cortisol, Calm and the Healing State

When the vagus nerve signals safety, cortisol levels naturally decrease. This shift:

improves insulin sensitivity

reduces inflammatory cytokines

supports deeper sleep and recovery

enhances energy balance and fat metabolism

Essentially, regulating your nervous system helps your body trust that it's safe enough to stop clinging to energy stores and start healing.

In Summary

Your blood sugar isn't just a reflection of what you eat – it's a reflection of how your nervous system perceives the world. Chronic stress chemistry keeps you stuck in survival mode, while nervous system regulation invites your body back into balance.

Sometimes the most profound changes in health don't come from adding more – but from helping the body remember how to rest, repair, and regulate itself.

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)

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

\$197 for lifetime access

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

Pay as low as \$60/month with a payment plan

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?

Purchase the **FULL Sugar Free Nutrition Guide** [here](#)

If you liked this guide, I am always working on more resources as well

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

www.releaseology.com/recipe-resources or

www.releaseology.com/health-nutrition-resources

Book a virtual session or in-person session in Tempe, AZ to get one on one personal guidance.

HSA cards accepted in AZ only

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 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



@releaseology | www.releaseology.com

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](#)

Let's Release Your Body's Own Healing Potential



@releaseology | www.releaseology.com



NERVOUS SYSTEM AND BLOOD SUGAR

*Why the nervous system should always be
considered in blood sugar and cortisol*

www.releaseology.com