



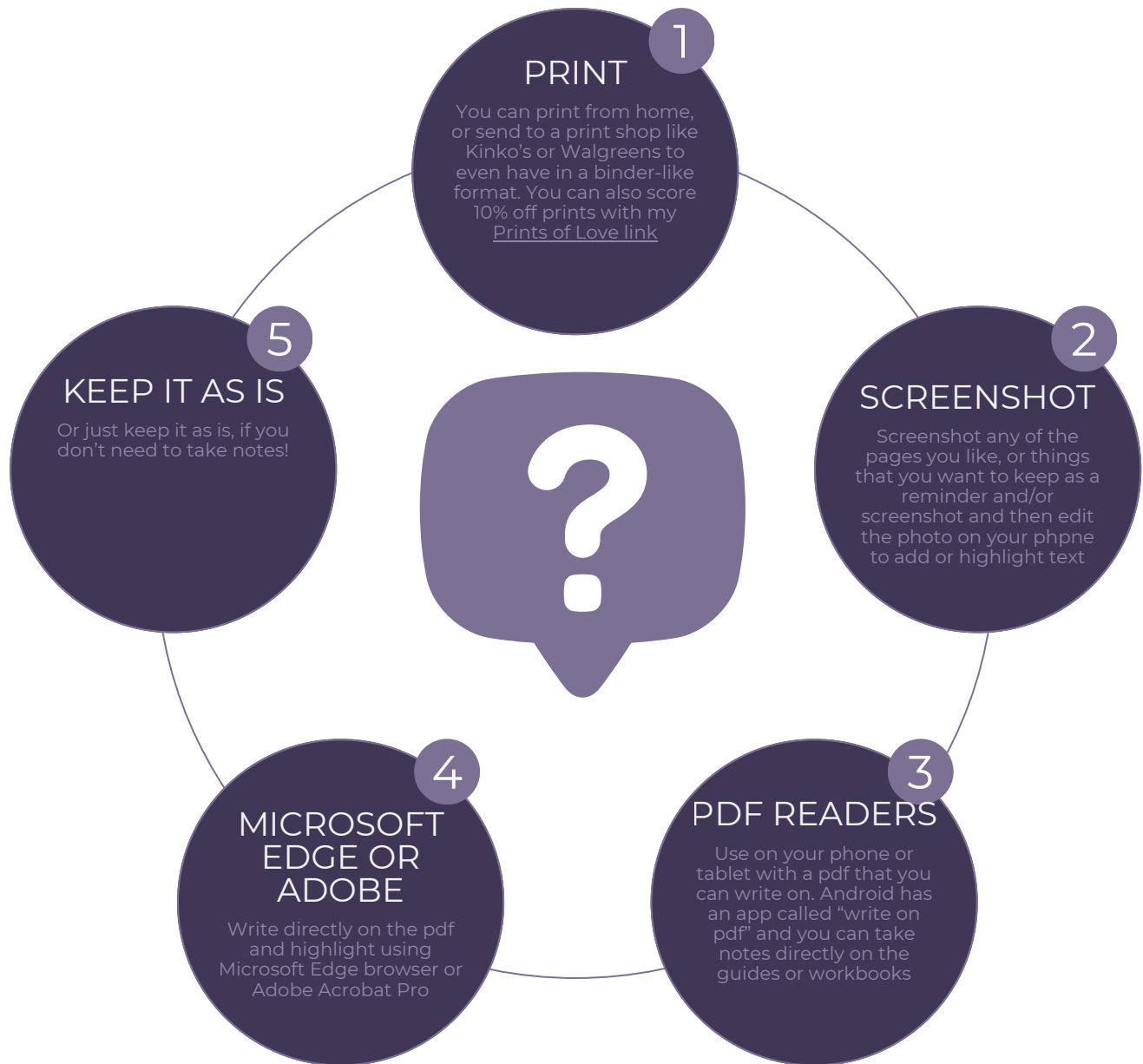
# THYROID HEALTH AND THE VAGUS NERVE

*How the vagus nerve influences your thyroid health*

[www.releaseology.com](http://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](http://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](http://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 support your gut health to ultimately improve thyroid health.** You will read more about it in this guide, that the connection between thyroid and nervous system needs to be talked about more.



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

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

[www.releaseology.com](http://www.releaseology.com)

[@releaseology](#)



# 07

## The Nervous System

---

*This is an excerpt from The Guide to Thyroid Health. This chapter explores the nervous system and the thyroid connection*

# The Vagus Nerve

## The Missing Link in Thyroid Health

Most people think of the thyroid as a single gland sitting quietly in the neck, producing hormones that regulate metabolism, energy, and temperature. But your thyroid doesn't work alone—it's part of a complex communication network that includes your brain, gut, and nervous system. At the center of this network lies the vagus nerve, the main pathway connecting your brain to nearly every major organ, including the gut.

## The Brain-Gut-Thyroid Connection

The vagus nerve acts like a two-way messenger. It carries information from the gut up to the brain and sends calming, regulatory signals back down. When this nerve is functioning well, it promotes digestion, nutrient absorption, and hormone balance. When it's underactive—often due to chronic stress, inflammation, or shallow breathing—communication between the brain, gut, and thyroid can falter.

Here's why that matters: your gut plays a surprisingly large role in thyroid hormone activity. **Around 20% of thyroid hormones are activated or synthesized in the gut,** with help from beneficial bacteria. These microbes help convert the inactive thyroid hormone (T4) into its active form (T3), allowing your cells to use it for energy and metabolism. When the gut is inflamed, sluggish, or out of balance, this conversion slows down—and so does your metabolism.

## How the Vagus Nerve Fits In

The vagus nerve controls the “rest and digest” branch of your nervous system, which governs gut motility, stomach acid production, and enzyme release. If your vagal tone is weak, digestion slows, nutrient absorption declines, and gut bacteria may shift in an unhealthy direction. Over time, this can lead to lower thyroid hormone conversion, nutrient deficiencies (especially iodine, selenium, and zinc), and the feeling that your thyroid is “off,” even if your lab tests look normal.



## Supporting the Vagus Nerve to Support Your Thyroid

*The good news is that the vagus nerve can be trained and strengthened. Simple daily practices—such as deep breathing, humming, cold exposure, singing, or gargling—stimulate vagal activity. These habits not only calm the nervous system but also improve digestion and microbiome balance, indirectly supporting thyroid hormone synthesis in the gut.*

### In Summary

*Your thyroid doesn't act alone. It depends on healthy gut bacteria to activate about 20% of your hormones—and the vagus nerve to keep that gut environment balanced and responsive. By nurturing your vagus nerve, you're not just calming your stress response—you're also helping your thyroid work at its best.*

My nervous system courses will guide you through vagus nerve exercises (see next page)

# The Vagus Nerve Perceives to Improve Stress Regulation

Your brain and nervous system program your body how to react based on past experiences. So anything that seems familiar to what you've experienced before your brain automatically perceives a threat, joy, etc. You can teach your nervous system how to effectively manage those stressors along with exercises to stretch your gut. I have my ENTIRE vault of exercises for purchase, available in 3 tiers to fit every budget/lifestyle.

## 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 Guide to Thyroid Health 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/health-nutrition-resources](http://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

# 08

## About the Author

---

*Sara Becker with Releasology  
offers such a different approach.*

[www.releaseology.com](http://www.releaseology.com)

# 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](http://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](http://www.releaseology.com)



# THYROID HEALTH AND THE VAGUS NERVE

*How the vagus nerve influences your thyroid health*

[www.releaseology.com](http://www.releaseology.com)