



ANTI INFLAMMATORY VAGUS NERVE

*Learn about the vagus nerve and how it is THE
nerve that controls inflammation*

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

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Consult with a clinician in your care

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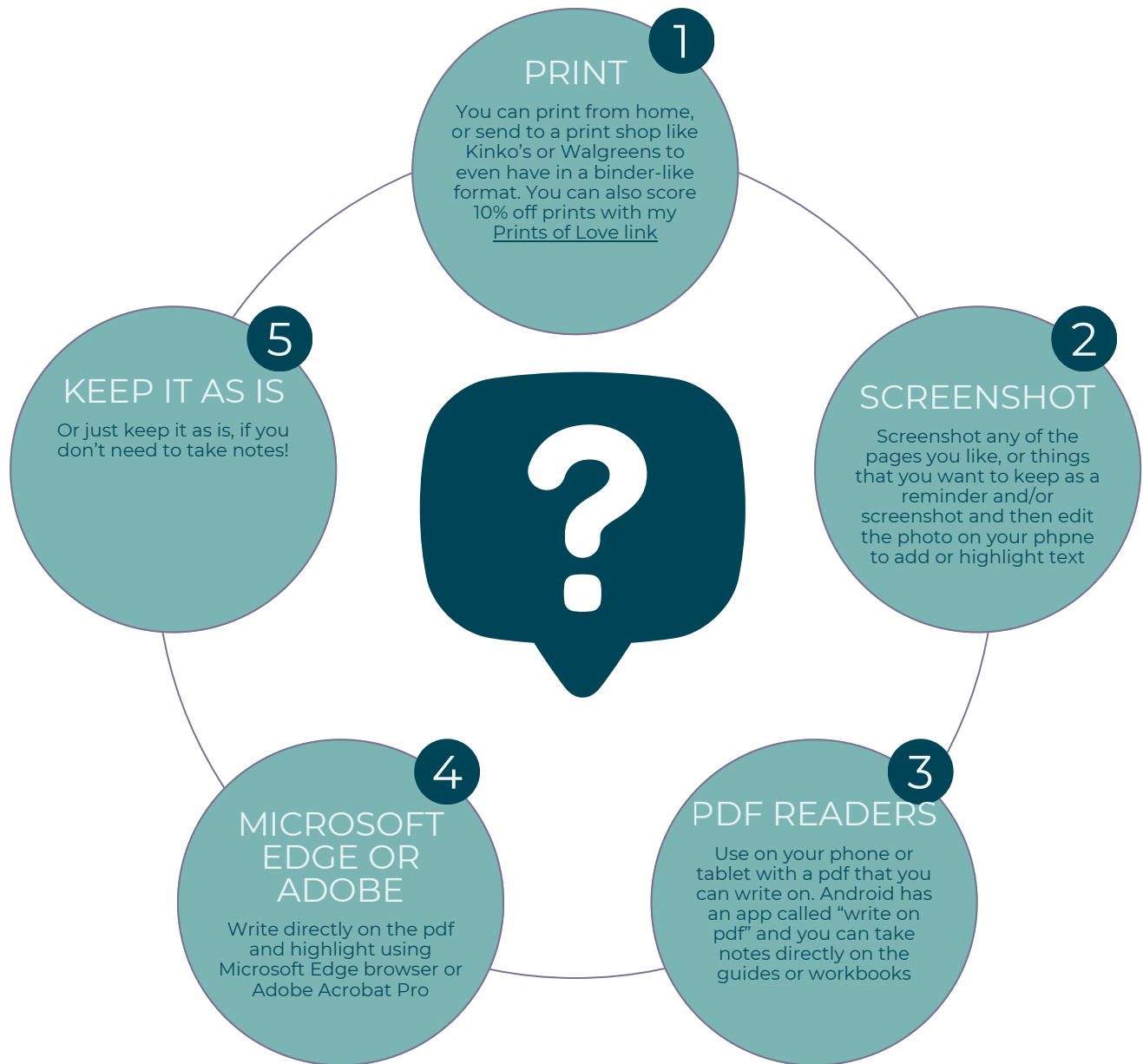
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Ways You Can Use This Meal Plan: Here are Some Suggested Uses

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.



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, **THE nerve that is responsible for the level of inflammation in your body. If the signal to the vagus nerve is dampened (many of ours are) it results in a misread of levels of inflammation and it cannot react properly.**



Read more about me and my approach at the end of this workbook

Let's Release Your Body's Own Healing Potential

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Vagus Nerve

The Master Regulator of Inflammation

When we talk about inflammation, we often think of swelling, pain, and redness — the body's alarm system signaling that something is wrong. But few realize that this alarm system is directly influenced by the vagus nerve — the longest cranial nerve and the true regulator of how our body turns inflammation on and off.

The Inflammatory Reflex: How the Vagus Nerve Controls the Fire

The vagus nerve acts as the communication highway between the brain and every major organ, constantly scanning the body for signs of imbalance. When it detects inflammation, it activates what's known as the cholinergic anti-inflammatory pathway — the body's built-in mechanism for cooling the fire.

Here's how it works:

- The vagus nerve senses inflammatory signals like cytokines.
- It sends a message to the brainstem (specifically the nucleus tractus solitarius).
- The brain responds by sending signals back through the vagus nerve to release acetylcholine, a neurotransmitter that binds to immune cells and literally tells them to stop overreacting.
- This process helps prevent runaway inflammation that can damage tissues and lead to chronic disease.

This two-way feedback loop is called the inflammatory reflex, and it's the reason why vagal tone — or the strength of vagus nerve activity — directly influences inflammation levels.

When the Vagus Nerve Is “Offline”

Chronic stress, poor sleep, trauma, and even infections can dampen vagal tone, reducing the nerve’s ability to regulate the immune system.

- When the vagus nerve isn’t firing properly:
- The body stays stuck in a sympathetic “fight or flight” mode.
- The inflammatory response doesn’t get turned off.
- Over time, this can contribute to conditions like autoimmune disorders, irritable bowel syndrome, chronic fatigue, arthritis, and even depression.

It’s not just about having inflammation — it’s about failing to resolve it. The vagus nerve is the resolution switch.

The Brain-Body-Immune Connection

The vagus nerve is the main conduit of the [gut-brain axis](#), influencing digestion, microbiome balance, and immune signaling. Around 80% of its fibers carry messages from the body to the brain, not the other way around — meaning your internal organs are constantly updating your brain on the state of your internal environment.

When gut inflammation occurs, the vagus nerve picks it up and signals the brain. When the brain perceives safety and balance, it sends calming signals back down — reducing cytokine production and promoting repair.

This makes vagus nerve health one of the most underappreciated aspects of reducing systemic inflammation — even more foundational than diet alone.

The Vagus Nerve vs. Anti-Inflammatory Drugs

Modern medicine has tried to replicate what the vagus nerve does naturally. Research has shown that vagus nerve stimulation (VNS) — both invasive and non-invasive — can reduce inflammation in conditions like rheumatoid arthritis and Crohn’s disease, even when traditional medications fail. (see next page)

But here’s the beautiful part: you don’t always need a device. You can train and tone your vagus nerve through breathwork, cold exposure, humming, gentle movement, and other nervous-system–based exercises — tools that restore your natural anti-inflammatory reflex.

The Takeaway

Inflammation is not the enemy — dysregulation is.

The vagus nerve is the commander-in-chief of your inflammatory response, turning the immune system’s fire up when needed and extinguishing it when the threat is gone.

If you want to create a truly anti-inflammatory lifestyle, start by regulating your vagus nerve. Because when your nervous system feels safe, your body finally has permission to heal.

Get my entire library vault of vagus nerve exercises with my nervous system course.

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Vagus Nerve and Anti-Inflammatory Research

“Vagus nerve stimulation and inflammation: expanding the scope beyond cytokines” (2022)

A review that discusses how VNS, via the “inflammatory reflex”, can modulate cytokines and immune activity in multiple systems.

“Clinical perspectives on vagus nerve stimulation: present and future” (2022)

Reviews preclinical & clinical evidence of VNS in various disease contexts — including inflammation and immune regulation.

“Non-invasive vagus nerve stimulation and exercise capacity in healthy volunteers: randomized, double-blind, sham-controlled trial” (2021)

A trial in healthy subjects showing that non-invasive VNS improved cardiorespiratory fitness & attenuated inflammation. Good for showing non disease-states.

“Transcutaneous auricular vagus nerve stimulation attenuates inflammatory bowel disease in children: a proof-of-concept clinical trial” (2023)

Clinical pilot in pediatric IBD showing ta-VNS (ear stimulation) reduced activity indices and biomarkers.

“A randomized, double-blind, sham-controlled, clinical trial of VNS in moderate to severe rheumatoid arthritis (RA)” (2024)

A key RCT on VNS in RA patients who were incomplete responders to standard therapy.

Clinical safety and feasibility of a novel implantable neuroimmune modulation device for the treatment of RA (the RESET-RA study)” (2024)

Focuses on safety & implantable VNS for RA — good to reference for “human disease + device” context.

“Neuroimmune modulation through vagus nerve stimulation reduces inflammatory activity in Crohn’s disease patients: a prospective open-label study” (2023)

Study in Crohn’s disease (CD) showing VNS reduced clinical activity, biomarkers, cytokines.

“Anti-inflammatory properties of the vagus nerve” (2014)

A foundational review on how the vagus nerve influences immune responses via cholinergic anti-inflammatory pathway.

“Vagus nerve stimulation for treatment of inflammation: Systematic review” (2016)

Earlier review that covers both preclinical and clinical VNS for inflammation — helpful for historical context

“Control of inflammation using non-invasive neuromodulation” (2023)

Discussion of non-invasive neuromodulation (including VNS) for inflammatory conditions — supports the “non-device” or “accessible” angle.

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About the Author

how Releaseology can help with
inflammation

The Anti-Inflammatory “Hack” Not Being Talked About Enough

The vagus nerve, is THE nerve responsible for the level of inflammation in your body. We compress it all day and society is not nice to our vagus nerves, so most people’s signal is dampened which causes misread in inflammation and thus a misread in how to properly clear inflammation.

My courses teach this information and exercises to help improve vagus nerve signal.

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 anti-inflammatory meal plan:

<https://releaseology.myflodesk.com/antiinflammatorymealplan>

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/healthnutrition-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, anxiety, depression 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. **And yes, these hands on techniques have been used to help clients with anxiety, stress, depression and more.**

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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