



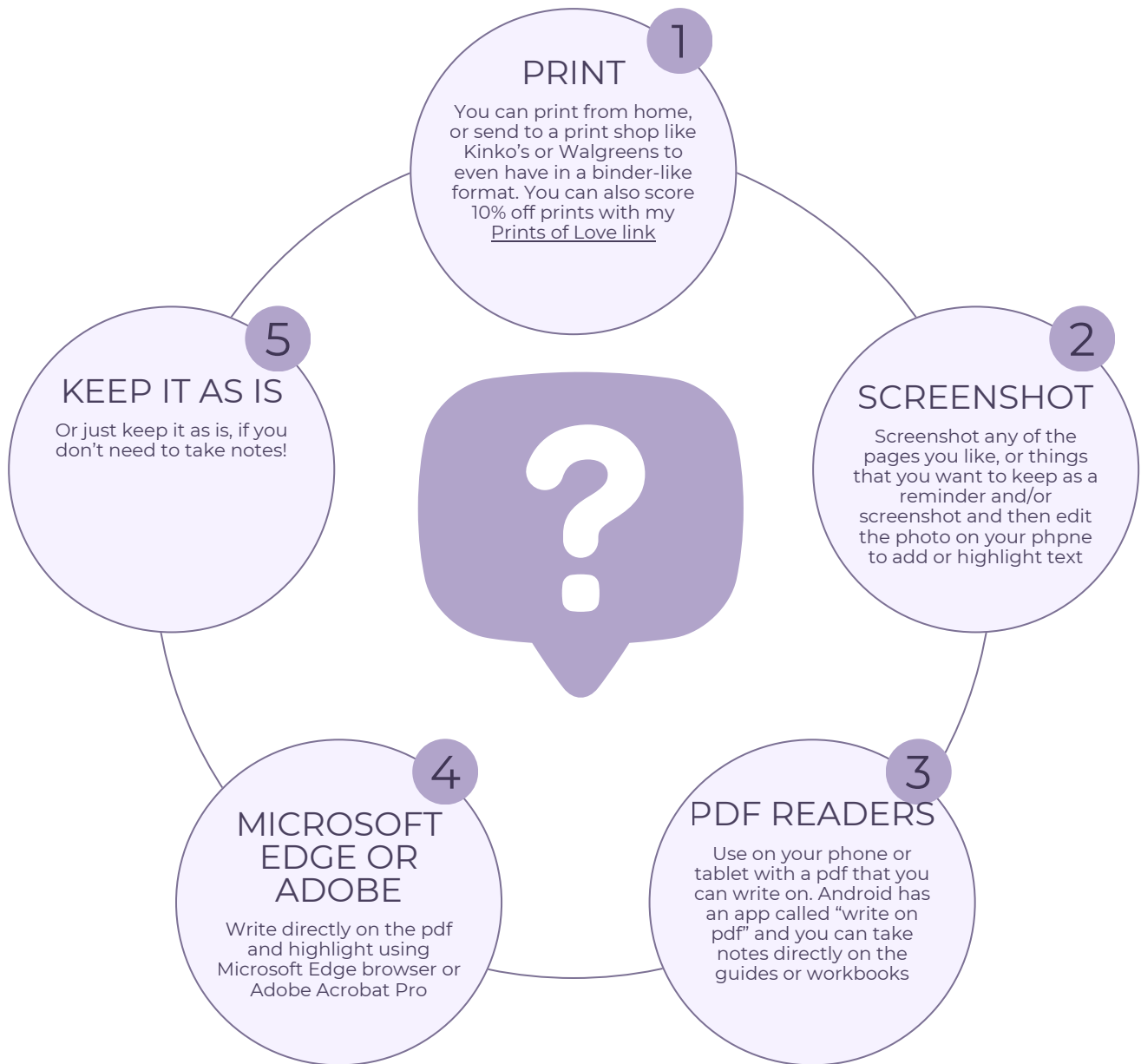
SIGNS & SYMPTOMS OF VAGUS NERVE DYSFUNCTION

www.releaseology.com

By Sara Becker, PT, DPT
Founder of Releaseology

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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respecting the
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 apply neuro PT rehab experience and principles to pain, vagus nerve work and more. I work with adults who are navigating complex diagnoses, chronic symptoms, and those overwhelmed by their health reconnect with their body's ability to heal.

My work focuses on physically improving the signals between your brain and body through hands-on vagus nerve techniques and stimulating senses. By lowering the nervous system's "threat bucket," I create the conditions where your body can finally shift out of protection mode. My goal is that in just one session, you feel something most people haven't felt in a long time: **hope that healing is actually possible.**



Let's Release Your Body's Own Healing Potential
Book Your In Person (AZ) or Virtual Appointment [Here](#)

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Symptoms and Diagnoses of Vagus Nerve Dysfunction

Physical

- Stiffness
- Soreness
- Aches
- Pains
- Fibromyalgia
- Migraines
- Headaches
- Eye Tension
- Face Tension
- Jaw Pain
- Arthritis
- Fatigue
- Menstrual Pain
- Flaccid Muscles
- Choking
- Swallowing Difficulty
- Hoarse Voice
- Seizures
- More prone to injury

Immunity

- Allergies
- Frequent Flu
- Minor Infections
- Skin Problems
- Inflammation
- Autoimmunity

Want to know why each symptom makes sense? I detail this in my [nervous system mastery course](#)

Emotional & Behavioral

- Anxiety
- Anger
- Autism
- ADHD
- Asperger's Syndrome
- Apathetic
- Asocial
- Cortisol levels
- Depression
- Hopelessness
- Helplessness
- Lack of Energy
- Feeling Guilty
- Feeling Ashamed
- Irritability
- Frustration
- Cry Easily
- Easily Triggered
- Nervousness
- Excessive Worry
- Restlessness
- Difficulty Sleeping
- Difficulty concentrating
- Feeling "out of body"

Hormones

The state of your nervous system influences how the hormones are released

Heart & Lung

- Chest Pain
- Asthma
- Hyperventilation
- Shortness of Breath
- Irregular Heart Rhythm
- Low or high blood pressure
- Vasovagal syncope
- Fainting
- POTS
- Dizziness
- Lethargy
- Cold hands & feet

Digestion

- Overeating (no satiety)
- Loss of appetite
- Stomach problems (IBS)
- Leaky gut
- Gallstones
- Constipation
- Diarrhea
- Hyperacidity (ulcer, heartburn)
- Nausea
- Secretion of GLP-1

The Science Behind the Nerve

Clinical studies show that increasing vagus nerve activity improves mood, lowers inflammation, and even reduces depression symptoms (Scientific American, 2024).

Because the vagus nerve connects directly to emotional centers in the brain (like the amygdala and prefrontal cortex), stimulating it helps regulate both physical and emotional reactions.

You literally feel better because your brain receives signals of safety, not danger.

Symptoms and Conditions I've Helped

That you wouldn't necessarily think a PT could help

Blood Glucose

My patient's blood glucose monitor measured a decrease in blood sugar post session. I focused on decreasing inflammation, cortisol, stress and improving the signal of the pancreas

Stress & Anxiety

By bringing the body out of fight, flight, fawn or freeze it doesn't sense everything as an attack and can respond to every day stressors as stress and not an attack.

Senses

Our cranial nerves are responsible for how we sense smell, sound, vision, touch and taste and how it is interpreted. I can work to help heighten these senses to decrease the threat bucket and other profound health effects.

Depression

By improving the movement of your ribs and diaphragm it has a PROFOUND effect on behavioral and emotional triggers along with your energy level.

Inflammation

By improving the signal of the vagus nerve, this will improve its ability to sense inflammation

Respiratory Dysfunction

Long COVID and other respiratory diseases, even a chronic cough has tight diaphragm and ribs, which makes it harder to get over the symptoms if your body cannot produce the full force cough required to expel the mucus

Constipation

By improving the fascial adhesions in the gut, diaphragm and improving sensory input to the gut so that your body knows when it's time to get things moving along.

Pelvic Floor & E.D.

I have mostly helped with this in person. But virtually, I can guide you through scar tissue releases that can be contributing to these along with other parts of the body that can help provide improved input to this area.

Migraine & Headaches

So many things come into play with headaches and migraines. I would look at your neck, jaw, eyes, face and so much more

Dizziness & Vertigo

Improving the vagus nerve and the visual and vestibular systems so they can accurately relay to your brain what your body is experiencing, no longer resulting in a mismatch that causes dizziness.

Uncontrollable Vomiting

Improving gut function including the valves in the gut that helps food move through by releasing fascial restrictions and more has profound gut effects

Insomnia

By improving the signal of the vagus nerve, this improves the calming signals your body is trying to send the brain.

Merging My Rehab Worlds

Many of my patients in neurological rehab had a traumatic experience that PRECEDED their diagnosis (MS, Parkinson's disease, Fibromyalgia) and many of my patients ended up with some adverse health reaction after being a caregiver to a loved one.

It was common that patients would have an older injury from childhood that started hurting again
after having a stroke

This shows how much the body keeps at bay, until something higher priority came along

Their support system and attitude definitely affected their prognosis in rehab.

I Can Help

In my virtual sessions, I guide you through personalized vagus nerve and cranial nerve activations that reset the way your brain and body communicate.

We decrease threat signals, strengthen safety cues, and allow stored emotions and tension to release naturally. Clients often report:

- ***feeling calmer and more grounded***
- ***improved focus and energy***
- ***better digestion and sleep***
- ***emotional lightness and resilience***

These sessions are for anyone ready to stop “running from invisible lions” and finally feel safe in their own body.

When you’ve been living with pain, tension, or burnout, your body isn’t broken – it’s protecting. Releaseology helps your system unlearn protection so it can finally relax and heal. Every session focuses on:

- Finding and releasing stored physical and emotional stress
- Restoring your body’s communication with your brain
- Expanding your capacity so your bucket fills slower and drains faster

**Most people don’t need more effort -
they need permission to release.**

Schedule your Release Session: [Here](#)

Other Ways I Can Help

[Release in 7](#)

[Lifestyle Tweaks](#)

[Health & Wellness Guides](#)

[Nervous System Library](#)

[Nervous System Mastery](#)

[Nervous System Coaching](#)

Release in 7™

What You Get

7-Minute Reset Video

Guided by a nervous system + movement specialist using proven brain-body techniques.

Audio Version

For on-the-go calm without a screen.

Lifetime Access

Use it anytime you feel overloaded.

Bonuses

Stress Management Workbook (an \$18 Value) for FREE

Learn why focusing on the vagus nerve improves your stress response and actionable work-book style ways to identify your own stressors and how to manage them effectively.

Threat Bucket Quiz

Learn how life's stressors have filled your threat bucket which affects your health and how to drain it

Why Release in 7™ Works

This protocol is clinically designed to:

- Downshift your sympathetic system**
- Activate vagal tone**
- Improve breath mechanics**
- Release protective muscle patterns**
- Reduce overwhelm + emotional intensity**
- Build real nervous-system resilience**

Think of it as a reboot button for your brain + body.

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About the Author

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

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



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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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