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Vagus Nerve Stimulator Recommendations

Combined feedback from my own personal experience, my patients' feedback along with gurus in the profession

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

Medical Disclaimer

Consult with a clinician in your care

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Options for

Vagus Nerve Stimulation



One Size Does Not Fit All everyone is different

**Based on decades of experience, ONE
technique and one device cannot work for
everyone.**

Nervous system work is MULTIFACTORIAL. Vagus nerve stimulation only works on ONE aspect of the vagus nerve and misses the emotional, behavioral and mental piece. And therefore, it is still a band-aid approach if used in isolation. My individualized nervous system assessments make sure to cover EVERY aspect of vagus nerve work for true root-cause change.



[Book your individualized assessment here](#)

In Tempe, AZ - choose a 60-minute Releaseology Session
Virtual - choose the online physical therapy or nervous system coaching option

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Releaseology's Release in 7 \$27

\$27	Mode of Delivery	Learn More
No additional fees Lifetime access The exercises my patients have used for amazing change.	Self-paced course with an instructional video & audio to stimulate your vagus nerve with exercises and other stimuli	Purchase and learn more here

Releaseology's Nervous System Reset Library \$97

\$97	Mode of Delivery	Learn More
No additional fees Lifetime access The exercises my patients have used for amazing change.	Self-paced course with instructional videos to stimulate your vagus nerve with exercises and other stimuli	Purchase and learn more here

Releaseology Assessment \$150+

\$150	Mode of Delivery	Book Here
Additional visits based on my recommendations and your own budget includes homework and exercises included in my courses as a part of your sessions	In-person hands-on assessment OR virtual using your body and nervous system as the indicator	Book in person (Releaseology Session) virtual (online physical therapy) and even a consult here

Ve-Relief Prime by Hoolest \$199-399+

\$199-399+	Mode of Delivery	Learn More
Requires purchase of gel tips. 10% off with RELEASEOLOGY on VeRelief Prime only	Uses DC current with a handheld device you would apply to your neck. Company reports great results with 2x 3 mins/day stimulation	I list more pros and cons on their individual page

Fringe Heals (Red Light Devices) \$229-749

\$229-749+	Mode of Delivery	Learn More
10% off with releaseology10 No subscriptions or electrode gel required	Red light therapy helps to decrease inflammation to improve vagus nerve function. My patients and I have had fantastic results with red light and vagus nerve stimulation	I list more pros and cons on their individual page

Pulsetto \$296+

\$296+	Mode of Delivery	Learn More
Requires purchase of electrode gel. Monthly premium app subscription, if desired. Users report they've broken their devices	Uses DC current that goes around your neck. Company reports great results with 2x 4 mins/day stimulation	I list more pros and cons on their individual page

Truvaga \$299-499+

\$299-499+	Mode of Delivery	Learn More
Requires purchase of electrode gel. \$299 model limited to 350 sessions	Uses DC current with a handheld device you would apply to your neck. Company reports great results with 2x 2 mins/day stimulation	I list more pros and cons on their individual page

Releaseology's Nervous System Mastery Course \$347

\$347	Mode of Delivery	Learn More
No additional fees Lifetime access The exercises my patients have used for amazing change. Absolutely everything I know	Self-paced course with instructional videos to stimulate your vagus nerve with exercises and other stimuli	Purchase and learn more here

Kineon's Red Light Laser \$499

\$499	Mode of Delivery	Learn More
No additional fees 10% off with code RELEASEOLOGY Also applies ON TOP of any existing sales	Red light therapy helps to decrease inflammation to improve vagus nerve function. Plus this has a class 1 laser	I list more pros and cons on their individual page

Hoolest Pro \$599-799

\$599-799	Mode of Delivery	Learn More
Requires purchase of gel tips. Currently at launch price of \$599	Uses DC current attached to headphones. Can use the noise canceling headphones with or without music. Company reports great results with 2x 3 mins/day stimulation	I list more pros and cons on their individual page

Veterans

**contact the VA for a free
stimulator**

**I'm not sure what department, but talk to your
doctor at the VA and they'll provide you with a
vagus nerve stimulator!**

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My Most Recommended is what you will actually use consistently.

For me, it is not an actual vagus nerve stimulator with e-stim as I find the stimulation actually irritates me and the electrode gel is annoying although there are upcoming devices that combine e-stim with others that I may find an ultimate recommendation in the future.

Also, exercises and movements, like this free one below will stimulate the vagus nerve as well along with all the exercises I include in my



[Nervous System Reset Library](#)

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

01

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Vagus Nerve Stimulators

Pricing, Discounts and Pros & Cons

Nervous System Reset Library.

What You Get for \$97
Payment plans also available

Why the Vagus Nerve is So Important

In simple to understand anatomy and physiology terms, I clearly layout why the vagus nerve is not "woo woo"

Over 20 Ways to Stimulate Your Vagus Nerve

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

Grounding Exercises

to help induce calm to your physical body but also stimulate your body awareness sense that can have amazing effects on your movement moving forward

Breathing Exercises

You will not find this in anyone else's nervous system program: physically improve how your ribs and diaphragm move. Many of my clients found me because breathwork made their anxiety and symptoms worse

Face, Neck and Head Releases

As this is the place that the vagus nerve can get stuck. You'll find once you decrease your body's perceived threat how much neck, jaw and face pain can decrease

Abdominal Releases

Another high concentration area for the vagus nerve to get cramped and stuck that will improve physical symptoms of the gut, but also nutrient absorption

Results My Clients Have Had with this Work

improved constipation, dizziness, inflammation, POTS, breathing and so much more that shows the absolute power of the vagus nerve

Lifetime Access

So that you don't feel rushed to complete the information

Grab it Here

Individual Nervous System Eval

\$150+	An absolutely individualized nervous system assessment addressing physical, chemical, mental and emotional aspects of the vagus nerve. PLUS homework that you can use to carry over after my sessions
Additional Fees	<ul style="list-style-type: none">• Additional sessions based on my recommendations and your individual needs at \$150 each
Mode of Delivery	<ul style="list-style-type: none">• In person in Tempe, AZ (Releaseology Session)• or Virtual (online physical therapy or nervous system coaching session)
Features	<ul style="list-style-type: none">• I test if your nervous system is actual responding to each exercise I give you
Pros	<ul style="list-style-type: none">• completely individualized• addresses the mental and emotional aspects of the vagus nerve• true root-cause and lifestyle change approach• usually recommended to schedule weekly to monthly frequencies - never lifelong, never multiple sessions in a week• HSA accepted for Arizona residents
Cons	<ul style="list-style-type: none">• Requires an hour evaluation and 30-60-minute follow-ups , more time than the vagus nerve stimulators take
Book Here	<u>Book your appointment here</u>



Caution

Placement and Fit Matter

If you are not placing the stimulator correctly there is a chance you are not actually stimulating the vagus nerve.

Each individual device is different, so you would have to consult the information that each company supplies, to assure use.

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Ve-Relief Prime by Hoolest

\$199-399+	Smaller than the Truvaga and eliminates the need for electrode gel
Additional Fees	<ul style="list-style-type: none">• Requires purchase of electrode gel tip supply after initial is out
10% Discount	<ul style="list-style-type: none">• 10% off with code RELEASEOLOGY (only applicable on ve-relief prime)
Mode of Delivery	<ul style="list-style-type: none">• Handheld device delivering DC current• Don't need to stimulate both sides to be effective, but can only do one side at a time
Features	<ul style="list-style-type: none">• no app required• 30-day money back guarantee
Pros	<ul style="list-style-type: none">• see features above• smaller than Truvaga (I've seen patients hook it onto their keychain)• includes 4 gel tip pairs in \$199 price• lifetime protection and warranty
Cons	<ul style="list-style-type: none">• as with all vagus nerve stimulators: PLACEMENT matters or you may not be correctly stimulating the vagus nerve
Purchase	<i>Purchase the Ve-Relief here</i>

Fringe Heals

\$229-749	Do not underestimate the effects of red light for the vagus nerve!
Additional Fees	<ul style="list-style-type: none">• They do have add on wraps and covers, but that's not required
Discount	<ul style="list-style-type: none">• 10% with code releaseology10
Mode of Delivery	<ul style="list-style-type: none">• Red Light Therapy• Charges via charging port and no app required
Features	<ul style="list-style-type: none">• Fringe has wraps, a mat, head and face wraps and more
Pros	<ul style="list-style-type: none">• amazing results with 15 minutes per day consistent use• easy to apply without any additional supplies needed
Cons	<ul style="list-style-type: none">• do need to be mindful of shielding eyes as needed, depending on the device purchased
Purchase	<p><i><u>Purchase Fringe Heals here</u></i> <i>Don't forget to use code <u>releaseology 10</u></i></p>

Pulsetto

\$296+	Unique in it's wrap around the neck feature, but it does have cons
Additional Fees	<ul style="list-style-type: none">• Electrode gel - need for each use, so supply needs will vary• Premium app is a monthly charge
Mode of Delivery	<ul style="list-style-type: none">• Rests around your neck delivering DC current• Can stimulate both sides at once
Features	<ul style="list-style-type: none">• tracks HRV, sleep data, etc• pairs with Oura Ring & Apple Watch
Pros	<ul style="list-style-type: none">• reports amazing results after 30 days consistent use at 2x 4 minutes per day• easy to apply• can be used for several users
Cons	<ul style="list-style-type: none">• I was automatically charged, after purchase for the premium app I didn't sign up for. It was resolved quickly, but when I asked what happened, the response was basically that there is a glitch to their system• Currently under lawsuit for taking Truvaga's software• Several users report they've broken the device• Difficult consistent use secondary to gel application• Questionable marketing strategies ("orgasm for your brain")• Unusable if you get logged out of the app• PLACEMENT and FIT matters or you may not be correctly stimulating the vagus nerve
Purchase	<i><u>Purchase the Pulsetto here</u></i>

Truvaga

\$299-499+	HIGHLY recommended by vagus nerve gurus
Additional Fees	<ul style="list-style-type: none">• Electrode gel - need for each use, so supply needs will vary• \$299 model is limited to 250 sessions
Mode of Delivery	<ul style="list-style-type: none">• Handheld device delivering DC current• Don't need to stimulate both sides to be effective, but can only do one side at a time
Features	<ul style="list-style-type: none">• \$499 version has unlimited session• 30-day full refund if unsatisfied
Pros	<ul style="list-style-type: none">• reports amazing results after consistent use at 2x 2 minutes per day• highly recommended by gurus that I trust• 20+ years of research• +100 Scientific Studies• 7 Technology FDA clearances
Cons	<ul style="list-style-type: none">• as with all vagus nerve stimulators: PLACEMENT matters or you may not be correctly stimulating the vagus nerve
Purchase	<i>Purchase the Truvaga here</i>

Nervous System Mastery.

What You Get for \$347

Payment plans also available

All My Expertise on the Vagus Nerve

The vagus nerve is multi-faceted. I simply explain why the vagus nerve is so important based on the anatomy and physiology of the vagus nerve. All the signs and symptoms that show vagus nerve dysfunction

Why the Vagus Nerve is So Important

In simple to understand anatomy and physiology terms, I clearly layout why the vagus nerve is not "woo woo"

Symptoms and Diagnoses of Vagus Nerve Dysfunction

Symptoms include physical, heart & lung, digestion, autoimmune disorders, emotional and behavioral along with hormones.

Over 70 Ways to Improve Vagus Nerve Signal (and counting)

Guided by a nervous system + movement specialist using proven brain-body techniques. With instructional demonstration videos with closed captions so that everyone can learn the exercises. Includes bonus: Ai Chi, Lymphatic Drainage and More movements. Any newly developed exercises will be added to this course

Results My Clients Have Had with this Work

improved constipation, dizziness, inflammation, POTS, breathing and so much more that shows the absolute power of the vagus nerve

Lifetime Access

So that you don't feel rushed to complete the information

BONUSES

- *A full-guided 7-minute nervous system reset \$27 value*
- *Virtual Vagus Nerve Workshop - almost 60 minutes of combined movements and meditations for a pure reset*
- *Bonus Recipes and Meal Plans for Vagus Nerve Health - Get 50 recipes that can improve vagus nerve health (anti-inflammatory, Mediterranean, Intermittent Fasting, Sugar-Free, and keto). This is a bonus only for this program*

[Grab it Here](#)

Kineon's Red Light Laser

\$499	Do not underestimate the effects of red light for the vagus nerve! PLUS this combines red light therapy and a class 1 laser
Additional Fees	<ul style="list-style-type: none">• If you want to purchase the extender strap, it is not required
Discount	<ul style="list-style-type: none">• 10% with code RELEASEOLOGY
Mode of Delivery	<ul style="list-style-type: none">• Red Light Therapy• Class 1 Laser• Charges via USBC
Features	<ul style="list-style-type: none">• Laser and red light pods strap into a strap that you can place around many body parts.• Around the abdomen or chest the extender strap may be required, but I recommend using kinesiotape to my clients
Pros	<ul style="list-style-type: none">• amazing results with 15 minutes per day consistent use• easy to apply without any additional supplies needed
Cons	<ul style="list-style-type: none">• do need to be mindful of shielding eyes as needed, depending on the device purchased
Upcoming	<ul style="list-style-type: none">• NOTE that currently in development is a specific red light plus e-stim unit for both the abdomen and the neck
Purchase	<p><i>Purchase Kineon's Red Light Laser here</i> <i>Don't forget to use code RELEASEOLOGY</i></p>

Hoolest Pro Headphones

\$599-\$799	Eliminates the need for electrode gel PLUS combination of sound!
Additional Fees	<ul style="list-style-type: none">• Requires purchase of electrode gel tip supply after initial is out
Discount	<ul style="list-style-type: none">• 10% off with code RELEASEOLOGY (only applicable on ve-relief prime)
Mode of Delivery	<ul style="list-style-type: none">• Headphones delivering DC current• Stimulates both sides
Features	<ul style="list-style-type: none">• no app required• 30-day money back guarantee• pairs with sound stimulation, if you like
Pros	<ul style="list-style-type: none">• see features above• use the headphones by themselves as well• includes 4 gel tip pairs• lifetime protection and warranty
Cons	<ul style="list-style-type: none">• as with all vagus nerve stimulators: PLACEMENT matters or you may not be correctly stimulating the vagus nerve• the headphones can be heavy
Purchase	<i>Purchase the Hoolest Pro here</i>

Ve-Relief Prime by Hoolest

\$199-399+	Smaller than the Truvaga and eliminates the need for electrode gel
Additional Fees	<ul style="list-style-type: none">• Requires purchase of electrode gel tip supply after initial is out
10% Discount	<ul style="list-style-type: none">• 10% off with code RELEASEOLOGY (only applicable on ve-relief prime)
Mode of Delivery	<ul style="list-style-type: none">• Handheld device delivering DC current• Don't need to stimulate both sides to be effective, but can only do one side at a time
Features	<ul style="list-style-type: none">• no app required• 30-day money back guarantee
Pros	<ul style="list-style-type: none">• see features above• smaller than Truvaga (I've seen patients hook it onto their keychain)• includes 4 gel tip pairs in \$199 price• lifetime protection and warranty
Cons	<ul style="list-style-type: none">• as with all vagus nerve stimulators: PLACEMENT matters or you may not be correctly stimulating the vagus nerve
Purchase	<i>Purchase the Ve-Relief here</i>



Caution

everyone is different

Consult your clinician before starting ANY of these devices, no matter your health status.

The content in this guide is for educational and informational purposes only and not meant 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.

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About the Author

What Makes Releaseology Different

About the Author

Hi! I'm Sara Becker, DPT (doctorate of physical therapy), Certified Health Coach, 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



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





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Vagus Nerve Stimulator Recommendations

Combined feedback from my
own personal experience, my
patients' feedback along with
gurus in the profession

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