

OUTLINE

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Upgrading the Gut-Brain Axis through Vagus Nerve Activation

- I. Overview of the Vagus Nerve
- II. Gut-Brain Connectivity and Cholinergic Anti-Inflammatory System
- III. Parasympathetic functions of the Vagus Nerve
- IV. Understanding the causes of Vagus Nerve Dysfunction
- V. Assessing Vagus Nerve function in home and clinical settings
- VI. Understanding Heart Rate Variability
- VII. Treatment and methods to activate Vagus Nerve and improve signalling