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Functional Medicine

TWEET GM #03

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GUT-BRAIN AXIS WORKS BOTH DIRECTIONS THANKS TO VAGUS NERVE!

More and more scientific evidence accumulates showing the importance of cross talk between the gut and the brain: it has been coined as **gut-brain axis**. The vagus nerve represents an enormous motorway with numerous lanes bringing data from gut to brain, and from brain to gut as well. Any mechanical issue affecting this critical nerve, even minor, will impact the digestion. Osteopaths commonly trigger digestive relief and burping by releasing neck tensions, typically muscle contractures or minor disruption affecting C3 vertebra position (more frequently on left side of the neck).