

# Finding Your Body's "Safety Switch"

## What is the Mind-Body Connection?

Your brain, your hormones, and your immune system are all part of one big team. Think of your brain as a "security guard" that is always looking out for danger. If you have experienced a lot of stress in the past—even as a child—your security guard can get stuck in the "ON" position. When this happens, your body stays in a state of "threat," which makes it very hard to heal your gut, sleep well, or feel energized.

## Why This Matters For You

- **It Explains the "Stuck" Feeling:** If you feel like you've tried every diet and supplement but still feel "wired but tired," it might be because your nervous system doesn't feel safe yet.
- **It Protects Your Digestion:** When your body is in "threat mode," it pauses digestion and repair. Calming the brain helps your gut finally start working again.
- **It Lowers Sensitivity:** A calm nervous system is less likely to overreact to foods, scents, or new supplements, helping you feel less "reactive" to the world around you.

## What You Can Do Today

1. **The "Physiological Sigh":** This is the fastest way to tell your brain you are safe. Take two quick inhales through your nose (one big breath, then a tiny extra sip of air), followed by one very long, slow exhale through your mouth. Repeat this 3 times when you feel tense.
2. **Wake Up Your Vagus Nerve:** Your Vagus Nerve is like an "air traffic controller" for relaxation. You can stimulate it by gargling water vigorously, singing loudly in the car, or even humming or chanting "Om" for a few minutes.
3. **Check Your "Safety" Signals:** Throughout the day, ask yourself, "Does my body feel safe right now?" If your shoulders are at your ears or your jaw is clenched, take a moment to soften your muscles and breathe. This tells your brain the "threat" is over.

## Questions to Discuss with Your Practitioner

- Based on my history, does it seem like my "security guard" (limbic system) is overactive?
- How can we use tools like Heart Rate Variability (HRV) to see if my body is moving out of "threat mode"?

- Should we focus on calming my nervous system for a few weeks before we try new gut or hormone protocols?
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