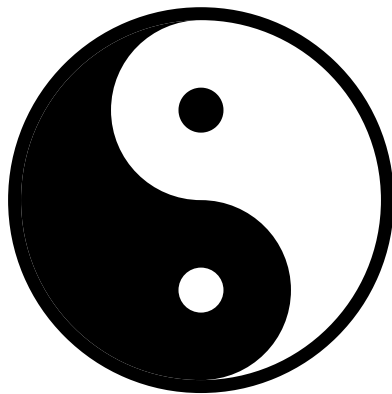


HACK YOUR HEALTH

NERVOUS SYSTEM REGULATION

with Megan Leslie

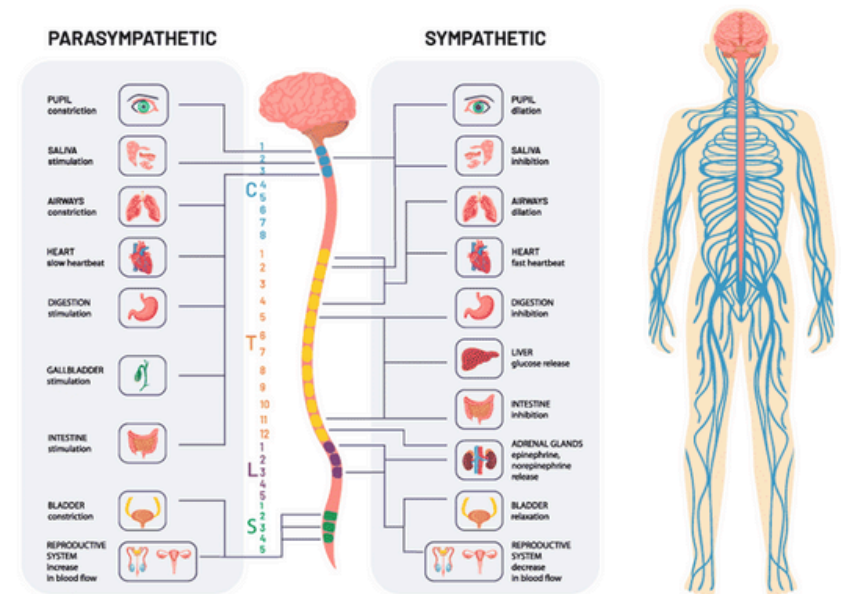


“Balance is the key to everything. What we do, think, say, eat, feel, they all require awareness and through awareness we can grow.”

KOI FRESCO

OVERVIEW

Everything your body does is connected in some way to your nervous system. From controlling complicated processes like movement, thought and memory, to telling your heart to beat and your lungs to breathe, your nervous system controls it all - very often, at times when you don't even think about it.



WHAT IS REGULATION?

Nervous system regulation is simply about finding balance between the 2 divisions of our nervous systems - the sympathetic nervous system (fight, flight, freeze) and the parasympathetic nervous system (rest and digest).

THE VAGUS NERVE

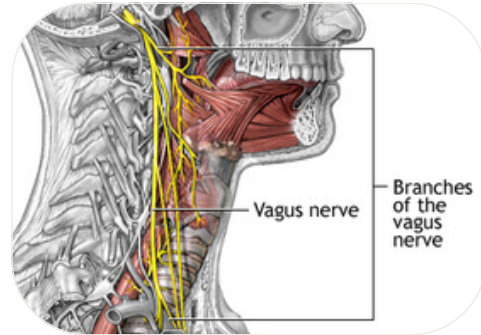
The vagus nerve represents the main component of the parasympathetic nervous system, which oversees a vast array of crucial bodily functions (including control of mood, immune response, digestion, and heart rate). It establishes one of the connections between the brain and the gastrointestinal tract and sends information about the state of the inner organs to the brain via afferent fibers.

Chronic cortisol is the #1 underlying cause for many diseases among adults

TOOLS & PRACTICES

WHY IS IT IMPORTANT?

- Homeostasis
- Coordination and Control
- Response to Stimuli
- Mental Health
- Sleep Regulation
- Growth and Development
- Protection Against Diseases
- Digestive Health
- Trauma Release



TAKE IT BACK TO THE BASICS

- Breathwork
- Adequate sleep
- Get back to nature
- Grounding
- Get sun on your face
- Humming/singing
- Gargling water
- Low intensity movement
- Limit blue light exposure in AM/PM



STEP IT UP

- Orienting
- Havening
- Butterfly tapping
- EFT tapping
- Legs up asana
- Ear massages
- Grounding
- Cold exposure
- Weighted blankets
- Infrared therapy

Let's connect:



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ABOUT MEGAN

Megan Leslie is a Fitness and Wellness professional, modern day yogi and biohacking enthusiast. Megan has been in the fitness industry for over 10 years, what started as a passion for bodybuilding and personal training, eventually turned into a love for holistic health, nervous system healing and deeply understanding our biology in order to reach our fitness goals, while maintaining longevity. Now she dedicates her time and energy into blending eastern medicine with western fitness and sharing her knowledge and experience with her platforms. She also works 1:1 with clients to help them become the best version of themselves, while teaching them how to build the body of their dreams, rewire thought patterns and manage stress.

You can find her across all platforms, IG, FB, TikTok: @megsleslie

NOTES/QUESTIONS SECTION: