

# Enhancing the Health of Your Nervous System



An Options to Health eBook

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# Options to Health eBook

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*Thank you for taking the time to read this eBook. I hope I have been able to simplify the complex aspects of the nervous system and offer you ways to reduce the feelings of stress, anxiety and overwhelm.*

*During my summer vacation I participated in two summits: The Biology of Trauma Summit and the Vagus Nerve Summit. I learned so much from leading Naturopathic Doctors, Chiropractors, Therapists, Essential Oil experts and more. It was so interesting and also overwhelming. I'm still pulling pieces together.*

*One take away from the summits is that techniques for calming your nervous system and rewiring the brain (neuro-plasticity) can be simple. My take on SIMPLE:*

**Something Impossible Made Possible with Less Effort.**

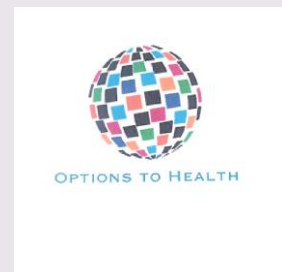
*If you have any questions or want to reduce stress or effects from trauma, please contact me.*

Thank you,  
Ginger

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# There are Three States of the Nervous System

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## SYMPATHETIC

Fight or Flight/Anxiety



## FREEZE

Overwhelm, Collapse



## PARASYMPATHETIC

Calm, Connected, Grounded

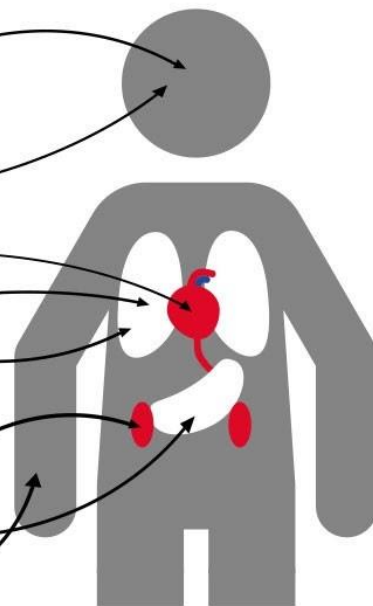


# Sympathetic Nervous System

When the **Sympathetic Nervous System** is activated, you experience ‘Flight or Fight’ with the noticeable and hidden effects.

## “FIGHT OR FLIGHT” ACUTE STRESS RESPONSE

- Increased blood flow to brain;  
Increased production of catecholamines (epinephrine, norepinephrine, dopamine) which help to facilitate cognitive performance
- Pupils dilate/Peripheral vision is reduced
- Heart rate increases
- Faster, deeper breathing
- Increased blood flow to large muscle groups
- Adrenal hormones (cortisol and DHEA) released, resulting in increased energy mobilization
- Digestion slows dramatically
- Blood pressure increases



### REACTIONS

- Increased alertness
- Increased short term strength
- Increased ability to handle stress
- Heightened ability to focus
- Increased oxygen to the brain
- Faster, deeper breathing
- Heightened sense of smell
- Body and mind are hyper-alert

### OTHER RESPONSES

- Perspiration increases to cool body
- Muscle tension increases to prepare for “fight or flight”
- Saliva production decreases
- Metabolism speeds up considerably
- Inflammation increases
- Blood flow from skin surface is diverted to larger muscle groups & brain
- Body extremities can change temperature
- Blood pressure increases

# Fight or Flight Anxiety State



## NOTICEABLE EFFECTS

Pupils dilate/vision reduced

Mouth goes dry

Neck & shoulder muscles tense

Heart pumps faster

Chest pain

Palpitations

Sweating

Muscles tense for action

Breathing fast & shallow

Hyperventilation

Oxygen needed for muscles

## HIDDEN EFFECTS

Brain gets body ready for action

Adrenalin released

Body & mind hyperalert

Blood pressure rises

Liver releases glucose for muscles

Digestion slows or ceases

Sphincters close

Cortisol released to depress the immune system

# What Else Happens in Fight or Flight?

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- You lose creativity and the ability to see other options;
- You make more mistakes;
- Things seem black and white;
- You becomes hyper-focused on getting through the task;
- Awareness is often lost.



# **Freeze/Collapse/ Crash**

## **Dorsa Vagal Freeze**

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### **Dorsal Vagal Nervous System**

**Part of the autonomic nervous system that's responsible for monitoring for threat and shutting down the system when threat is detected.**



# What Happens in the FREEZE State?

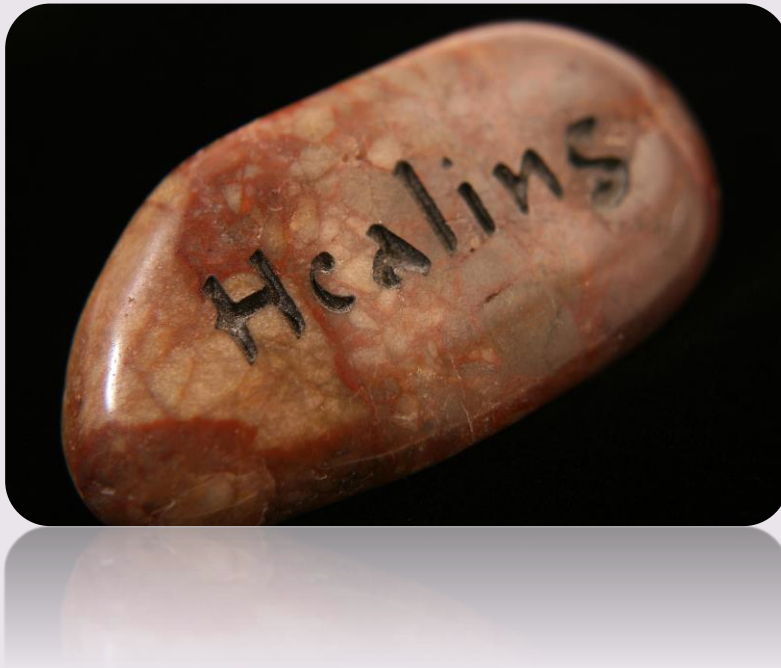
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- This is the OVERWHELM state;
- Too much is happening too fast;
- Too little energy for too long - trying to conserve;
- Exhaustion, wanting to recover;
- Depression;
- Trauma;
- GI disturbances;
- Chronic pain;
- Feeling like, “what’s the point?”;
- Shut-down survival state/withdrawal;
- For many this is a chronic functional freeze state even though the stress is over.





No Healing Can Take Place in a  
FIGHT, FLIGHT, FREEZE state



For your body to heal, you must  
be in a healing state.

# Parasympathetic Nervous System and the Vagus Nerve

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***The Parasympathetic Nervous System is the opposite of survival or fight, flight, freeze.***

It is when you feel:

- Fully present;
- Alive;
- Calm
- Aware;
- Curious:
- Creative;
- Grounded;
- Healthy;
- Socially engaged;
- Able to digest



# The Importance of the Vagus Nerve

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The **Vagus Nerve** – 10<sup>th</sup> cranial nerve – when stimulated, activates the Parasympathetic Nervous System and begins the regenerative, healing state of your nervous system.

The Vagus Nerve when activated has a positive affect on many organ systems:

Heart, Lungs, Liver, Gut/Brain Axis, Inflammation, Brain, Mouth, Blood Vessels,

Skeletal Muscles, including muscles responsible for swallowing.



# How Do You Activate Your Vagus Nerve?

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# Activating the Vagus Nerve

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## THINGS YOU CAN DO FOR YOURSELF

- Hum/Sing/Chant
- Laugh
- Meditate
- Pray
- Connect with Nature
- Sunshine
- Gratitude Journal
- Deep Breathing
- Socially Engage
- Flower Essences \*
- Essential Oils \*
- Cold Shower/work up to 2 minutes
- Yoga
- Probiotics

## THINGS YOU MIGHT NEED SUPPORT FOR

- Acupuncture
- Therapy
- Somatic Therapy
- Cranial/Sacral Therapy
- Yoga
- Infrared Sauna
- FLOTE
- Appointment with health professional
- Holding a purring cat \*
- Havening Technique \*
- \* See following pages for more info

# Hold a Purring Cat!?

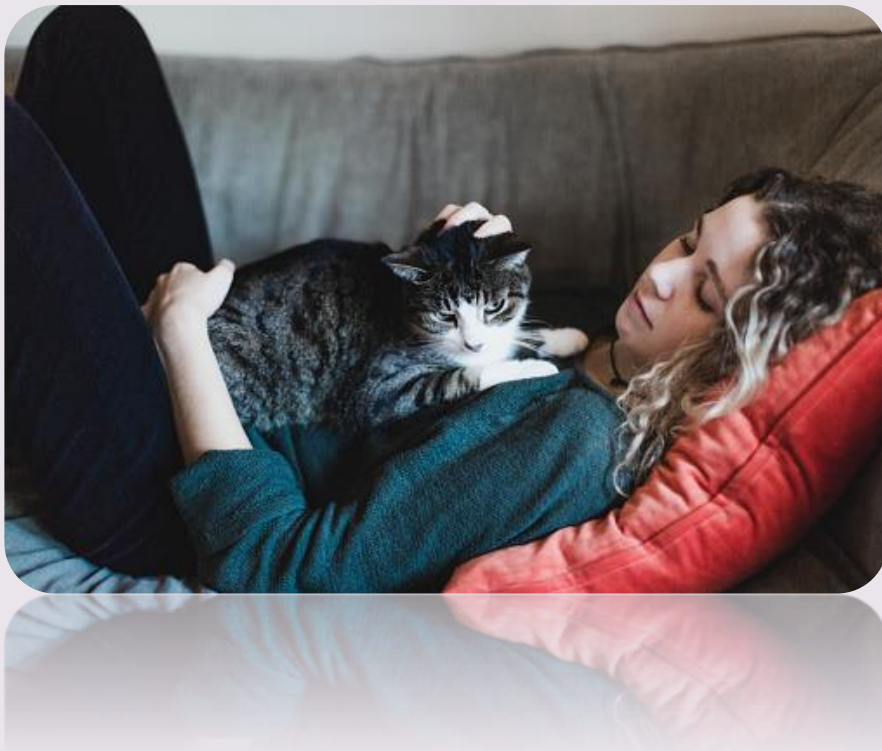
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Yes!

During the Vagus Nerve Summit, I discovered that when a kitty purrs, she is resetting her nervous system by stimulation the Vagus Nerve!

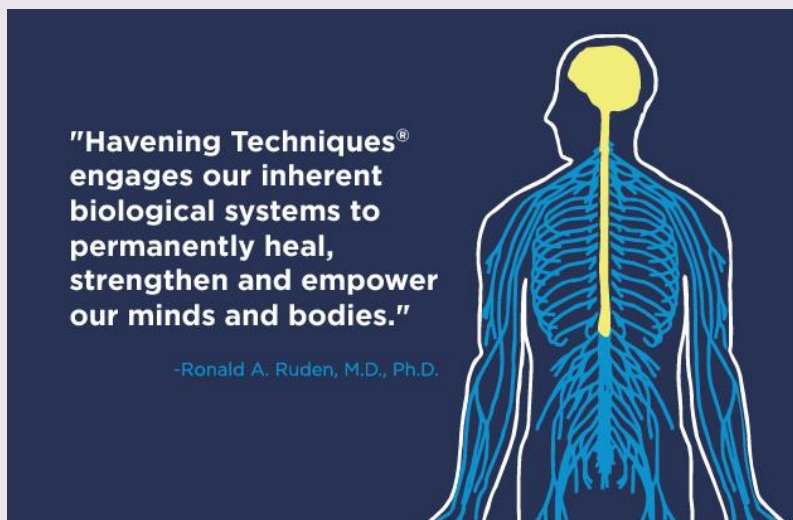
When you hold a cat who is purring, the cat will activate **YOUR** Vagus Nerve and get you into a Parasympathetic State!





# Havening Technique for Self Healing

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*This is a favorite technique of mine and being used by family, friends and clients.*



[www.havening.org](http://www.havening.org)

<http://neuroscienceofhealing.com/havening>

Many wonderful YouTube videos are available, as well.

# Essential Oils

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Jodi Cohen states:

*“Essential oils are the natural, highly concentrated essences extracted from specific herbs in their living state, including plants, shrubs, flowers, grasses, fruits,, bushes, seeds, roots, trees, bark and seeds. These oils contain therapeutic properties used for healing capabilities.”*

[www.vibrantblueoils.com](http://www.vibrantblueoils.com)



For transcripts of Jodi Cohen’s presentations in both summits, email me and I will send the pdfs.



# Essential Oils for Resetting the Vagus Nerve

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There are many companies that make essential oils such as Young Living and DoTerra. I have become more familiar with Vibrant Blue Oils having participated in the summits. The following are essential oils from Vibrant Blue Oils that are having a positive impact on clients:

**Parasympathetic Oil** – Triggers optimal rest and digest healing state. Includes: Clove and Lime

**Bladder Support Essential Oil** – Supports releasing **trauma**, shock, shame, helplessness. Includes: Frankincense, Geranium, Helichrysum, Lavender, Petigrain Combava, Rose, Sandalwood, Spruce, Valerian

**Nerve Repair** – Supports damaged nerves, relieves pain. Includes: Basil, Peppermint, Helichrysum italicum, Marjorum

**Adrenal** – Balances the adrenals to support anxiety, stress, low back pain and fatigue. Includes: Thyme, Rosemary, Manuka, Galbanum and Frankincense

**Anti-inflammatory** – Supports pain and inflammation. Includes: Dill Seed, Ginger, Ylang Ylang, Grapefruit, and Tarragon

**Calm** – Supports anxiety, calms tension, reduces stress and promotes relaxation. Includes: Tangerine, Orange, Ylang Ylang, Blue Tansy, and Patchouli



# Flower Essences for Your Nervous System

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Here are just a few flower essences that can support you as you learn to reset your nervous system:

## AUSTRALIAN BUSH FLOWER ESSENCES:

**Alpine Mint Bush** – For those who are exhausted from care-giving

**Bush Fuchsia** – works with central nervous system, integrates brain hemispheres, assists with tuning into nature and what it is telling you.

**Crowea** – Assists with digestion, does a 14 muscle/meridian balance, helps decrease worry

**Dog Rose of the Wild Forces** – for fear of losing control.

**EMERGENCY** combination essence

**Fringed Violet** – seals up tears in the aura, offers energetic protection.

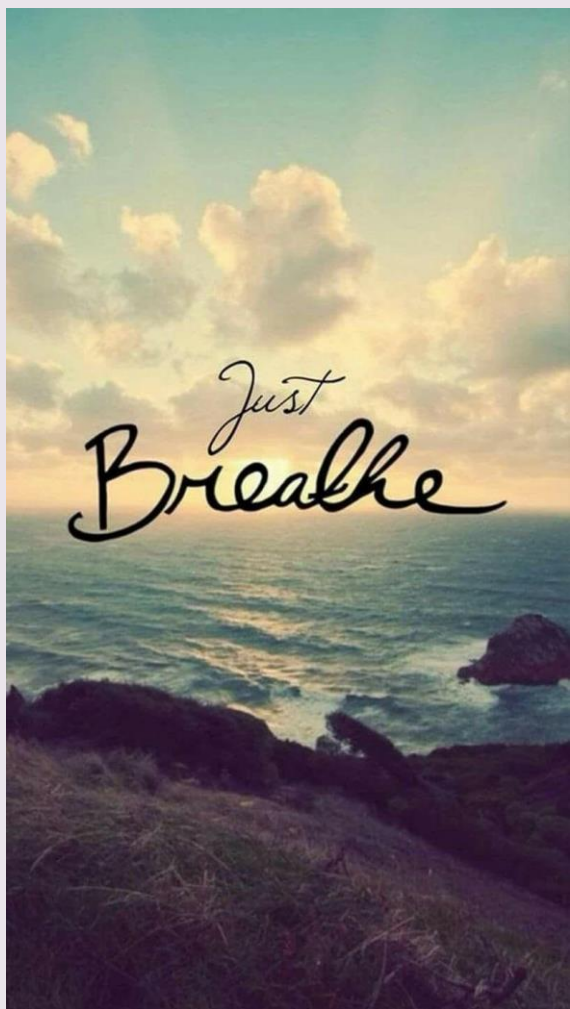
**Grey Spider Flower** – for releasing terror.

**Macrocarpa** – support for the adrenals.



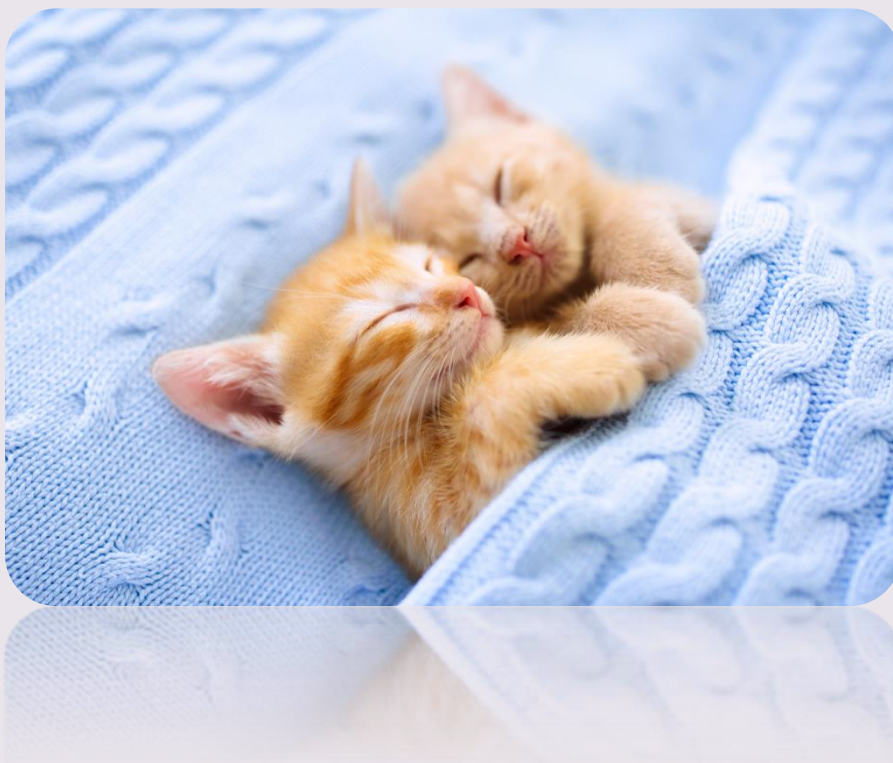
# More Parasympathetic Activities

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Take 10 minutes, 3 times a day and focus on belly breathing.

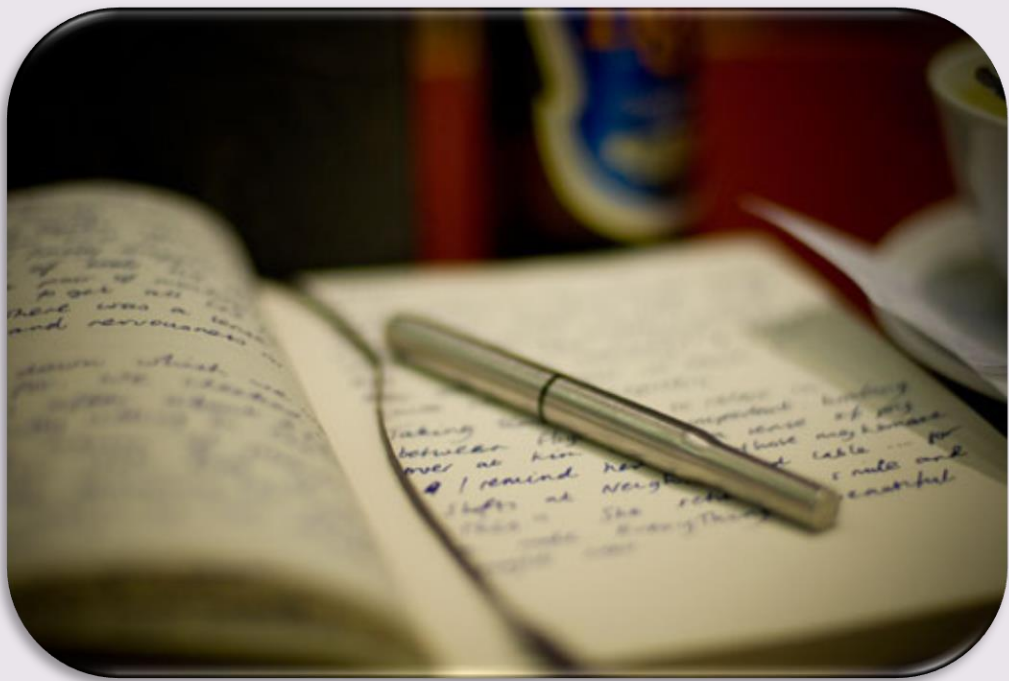
Make this a part of each day.



## How Much Sleep Do You Really Need?

Age	Sleep Needs
Newborns (0-2 months)	12-18 hours
Infants (3 to 11 months)	14 to 15 hours
Toddlers (1-3 years)	12 to 14 hours
Preschoolers (3-5 years)	11 to 13 hours
School-age children (5-10 years)	10 to 11 hours
Teens (10-17)	8.5-9.25 hours
Adults	7-9 hours

*Source: National Sleep Foundation*







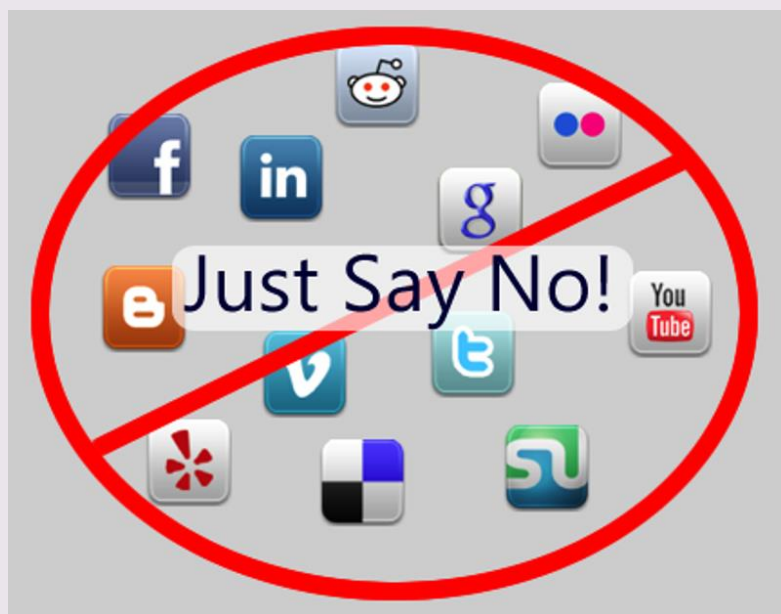
# Not everyone lives near a beach. So:

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Remove or decrease this toxin  
unless you are just looking for  
baby Billy Goat videos!

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# Ginger Bisplinghoff

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I have always loved gathering information and passing it on to family, friends, students, clients and even strangers who will stop and ask me a question. I like taking something complicated and finding a way to simplify it.

The nervous system has always been overwhelming for me to study and understand. Fortunately, many of the summit presentations were clear, fascinating and easy to follow. I appreciate all the research that each presenter has done and continues to do in an effort to help people heal.

In an *Options to Health* session, I utilize 40+ years of nursing experience and information gathered in both the medical and holistic world. I help you identify and release the block at the root cause of any situation, trauma, challenge or relationship through the bio-feedback tool of muscle testing.

Feel free to contact me: [Ginger@OptionstoHealth.com](mailto:Ginger@OptionstoHealth.com)

Wishing you a calm, centered life,

*Ginger*

