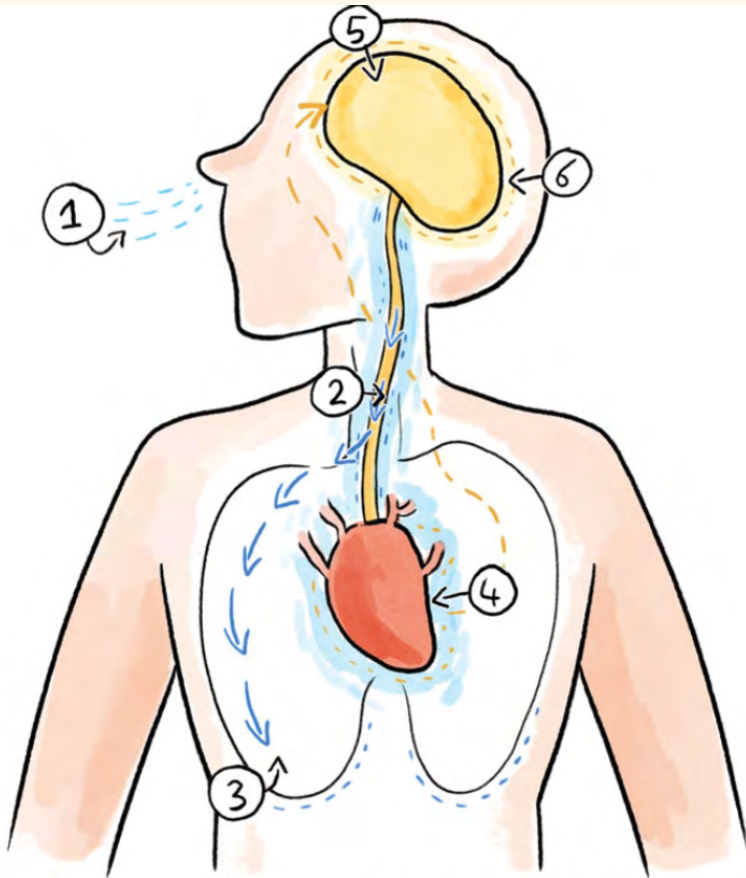


Balance

your

Autonomic Nervous System



slow breathing → vagus nerve stimulated →
heart slows down → slowing of heart
communicated to brain → The brain interprets
body as safe → The brain sends signals
back to body.