

## Effect of Traumatic Experiences on the Earth Element and the Healing Power of the Vagus Nerve

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### ABSTRACT:

Traumatic experiences have a profound effect on the nervous system as well as brain and gut health. The control of the digestive system is facilitated by the enteric nervous system which is influenced by the Vagus nerve. Reshaping the regulating capacity of the Vagus nerve and re-balancing the sympathetic and parasympathetic branches of the nervous system is a resourceful tool to heal the Earth element and with it, digestive disorders. This presentation will discuss the structural and physiological alterations of the brain and the nervous system as well as the mental-emotional repercussions of trauma and how they affect the Earth element. Research has shown that the autonomic nervous system influences the activity of visceral organs. When the nervous system is focused on defense as an answer to trauma, rather than digestion, we will find diverse digestive disorders. Treating these imbalances via the Vagus nerve can have a healing effect not only on the nervous system but also on the digestion



### Biography:

Dr. Manuela Terlinden L.Ac. has completed her doctoral degree at OCOM (Oregon College of Oriental Medicine) for Chinese Medicine in Portland, USA in 2015. Originally she is a licenced naturopath in Germany since 1995 where she practiced until 2001 when she moved to the USA. She is lecturing and teaching acupuncture and Chinese Medicine since 2013, in community settings, at OCOM and TCM Congress Rothenburg in Germany

### Publications:

1. Genetic determinants of the humoral immune response in MS
2. N-glycosylation profiling of serum immunoglobulin in opisthorchiasis patients
3. Detection of Immunoglobulin M and Immunoglobulin G Antibodies Against Orientia tsutsugamushi
4. Immunoglobulin A Antiphospholipid Antibodies in Patients With Chilblain-like Lesions During the COVID.
5. Behaviour in Pakistan of some local wheat varieties to loose smut.

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