



RESET TMJ® 3

Created by Philip Rafferty & Germaine Byrne in 2022, this is the third workshop in the RESET TMJ® series of specialised short courses. Let's learn how to evaluate and balance the Vagus Nerve (cranial nerve #10).

What is this workshop about?

Traumatic stress overwhelms your mind-body system with excessive stress arousal and lowers vagal tone. In any case, if you do not reset and recover, then the process of homeostasis may fail to function effectively. This is where burnout comes from. When your neural system is dysregulated, you may be unable to put in sufficient effort to meet life's expectations. It can be difficult to think clearly about the future and formulate a strategy when your physiology causes you to feel numb and fatigued.

No matter how motivated you are, how strong your willpower is, or how many times you urge yourself to get on with it, your physiology makes it extremely difficult to fulfil your goals. Burnout is recovered when your nervous system is re-calibrated such that homeostasis is maintained.

The vagus nerve is often involved in health problems such as:

- Fatigue
- Swallowing or vocalizing issues
- Food sensitivity
- Bowel and digestive problems
- Weight gain or weight loss
- Chronic illness
- Anxiety and depression
- Inflammatory e.g. Arthritis, Crohn's Hiccups
- Tinnitus
- Epilepsy
- Frequent urination
- Infertility
- Blood pressure and blood glucose imbalances

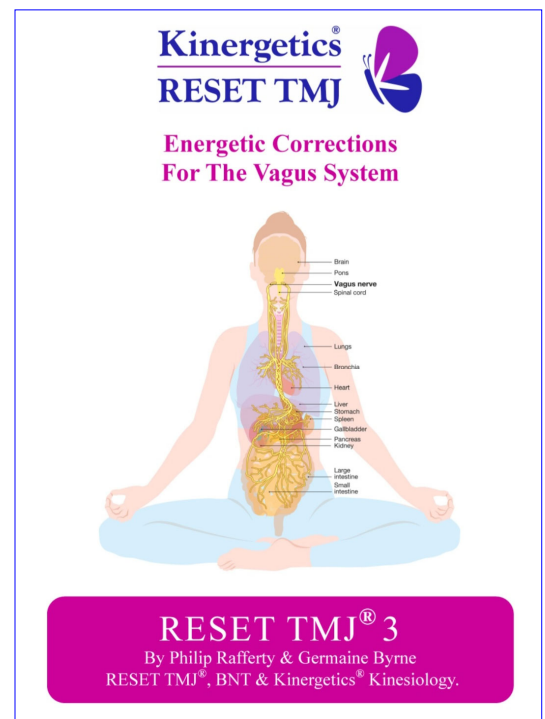
What you will learn:

- How vital the Vagus nerve is to overall wellbeing
- Strategies for identifying Vagus imbalance and dysfunction
- 12 new correction positions to balance the Vagus System

Investment: \$200 USD. 9am – 6pm. 8 hours.

Instructors: Philip Rafferty & Germaine Byrne.

Prerequisites: RESET TMJ® 1 or Kinergetics® Balancing Nutrition & Toxicity (BNT)



<https://www.kinergetics-reset.com/workshop-curriculum/>