Relax Your Jaw and Pelvic Floor

The Vagus Nerve Ear Map

By Dr. Inez Gonzalez PT, DPT, CLT

A 60-second reset for your nervous system

What is the Vagus Nerve?

The Vagus Nerve is the “superhighway” of your nervous system.

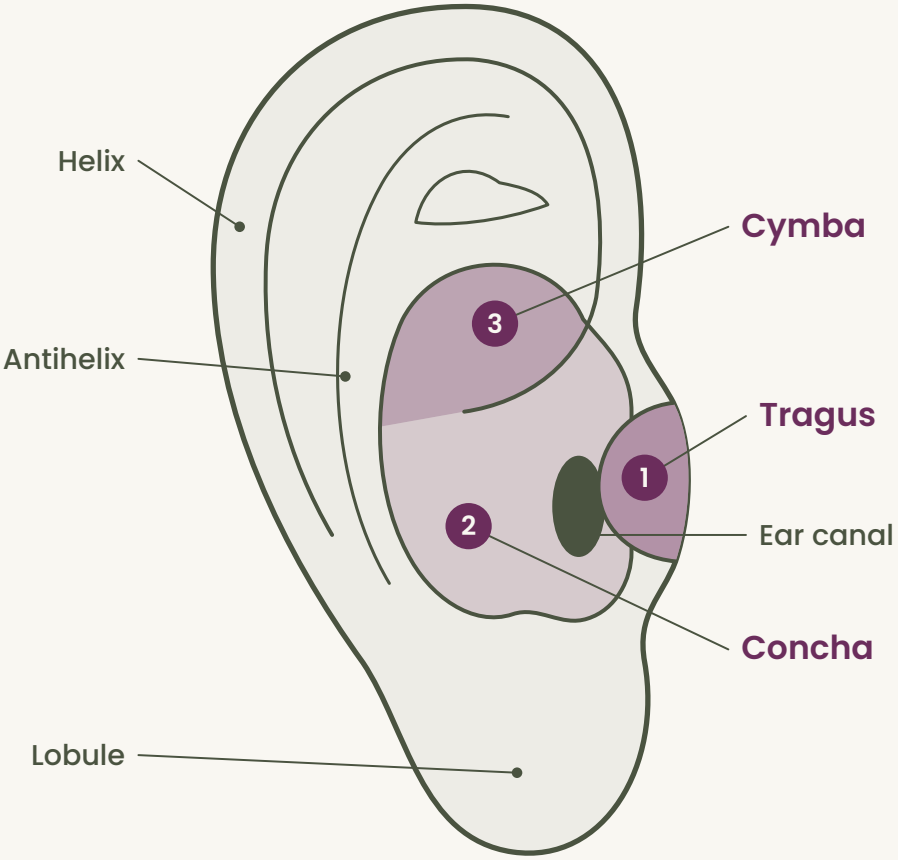
It is the longest cranial nerve in your body, stretching from your brainstem all the way down to your abdomen. Its primary job is to control your Parasympathetic Nervous System, the “Rest & Digest” mode.

When the Vagus nerve is stimulated, it tells your brain that you are safe. This lowers your heart rate, slows your breathing, and signals your muscles (especially the jaw and pelvic floor) to let go of defensive tension.

The Science of the Ear

The Auricular Branch of the Vagus Nerve (ABVN) is the only place where this nerve reaches the surface of the skin. By using gentle vibration here, you are essentially “hacking” your brain to switch off stress instantly.

THE EAR MAP



1 **The Tragus**

The small flap of cartilage in front of your ear canal. Vibration here signals the core “safety” response.

2 **The Concha**

The “bowl” of the ear. This has the highest density of Vagus nerve endings in the entire body.

3 **The Cymba**

The upper curved part of the inner ear bowl. This area is specifically linked to the regulation of your internal organs.

THE 60-SECOND ROUTINE

A 60-Second Reset for Your Nervous System

01 **Set your vibrator to a low, steady pulse.**
Find a quiet seat.

02 **Apply to the Tragus for 20 seconds.**
Drop your shoulders.

03 **Move to the Concha for 20 seconds.**
Take a deep belly breath.

04 **Move to the Cymba for 20 seconds.**
Notice your jaw soften.

Did you just sigh, yawn, or swallow? That is the physical proof that your nervous system has shifted.

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WHY IT WORKS

How This Relaxes Your Jaw and Pelvic Floor

Your jaw and your pelvic floor are two of the first places your body braces under stress, and they tend to clench together.

The vagus nerve has no direct line to your jaw muscles or your pelvic floor. It works on the whole system. As this routine nudges you toward rest and digest, your heart rate settles, your breath slows, and your body has less reason to keep guarding.

Your pelvic floor moves with your breath. A slower, deeper belly breath gives it room to drop and let go. Your jaw gets the same message, which is why the last step asks you to notice it soften.

Use this as your way in. Sixty seconds at the ear, then check in with your jaw and your pelvic floor.

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