

VAGUS

Meaning: Vagus refers to the tenth cranial nerve that innervates various organs, influencing functions such as heart rate and digestion.

1. The vagus nerve plays a crucial role in regulating heart rate and digestion.
2. Researchers are studying the effects of vagus nerve stimulation on anxiety disorders.
3. He learned that the vagus nerve connects the brain to various organs in the body.
4. Practicing deep breathing can help activate the vagus nerve and promote relaxation.
5. Damage to the vagus nerve can lead to a range of gastrointestinal issues.

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