

# HUMMINGBIRD EXERCISES

This puts you into the posture of parasympathetic (brake pedal mode) rest, digest, and heal. The four steps:

1. **Disengage the sympathetic by stretching the soleus muscle. Put your feet on the blocks, flex them up, and bend your knees over your ankles.**
2. **Do the parasympathetic exercise posture of shoulders, arms, and head back, with your rear poked out.**
3. **Activate your Vagus nerve, saying "nunk, nunk, nunk, nunk."**
4. **Engage your pelvic floor muscles by doing Kegel exercises.**

If you feel awkward, you're doing it right.

Doing all of these together shifts the nervous system into a parasympathetic state, which allows people to get well, stay well, and continue to improve. The activation of all these exercises together is called the "Hummingbird." You can do this standing or sitting, so no matter where you are in your health, you will be able to do these exercises. These exercises are designed to be performed at home so that you can restore your nervous system balance.

Be sure to activate this relaxation motion of your body throughout the day. You may do this when you take a break from the computer, between phone calls, before a stressful situation, or whenever I need to release tension in my body. Continue to do these exercises daily and you will become stronger in the parasympathetic response of the nervous system.



## **Additional Layers of Parasympathetic Activating Exercises**

**Eyes** - "The eyes are the window to our soul" (*Matthew 6: 22*). Eye movement stimulates cranial nerve III which is a parasympathetic nerve. It controls the eye movement in all directions as well as the ability to coordinate the focus of both eyes on a target anywhere within the visual field, near or far. You can further stimulate parasympathetic mode by finding a target on the ceiling that brings your eyes upwards.

**Breathing Exercises** - Sympathetic dominance can also be relieved by deep breathing exercises. Getting into a parasympathetic breathing rhythm takes a little practice. First begin by breathing in and out. Sympathetic is breathing in through your nose, and parasympathetic is breathing out through your mouth. Once you have that down you can play with the timing of your inhale and exhale. In order to maximally stimulate your parasympathetic healing, your goal should be to have your exhale be two times slower than your inhale. So if you inhale to a count of three, you should exhale to a count of six. You can build up strength by counting and increasing the amount of respiratory cycles or by increasing time. You can do this at any time. Or you may add this to your hummingbird exercise routine.

**Grip and Circling Your Wrists** - While doing your parasympathetic exercises, you can incorporate repeatedly squeezing and releasing your fists. This stimulates the nerves which share nerve supply with the heart. You could also circle your wrists, which we associate with liver and pituitary function.

Source: Chauvin, Dr. Edward. "I Am Loving Myself Healthy: Physician Heal Thyself"