



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. In addition, the sense of being safe resides in our gut since cognitive evaluations play a secondary role to visceral reactions to people and the environment. When trauma creates certain reaction patterns in the digestive system (for example acute danger will shut it down) we can alter these by changing the vagal responses.

This presentation will try to connect newer Western research regarding trauma with the Eastern approach to healing translated into acupuncture pattern differentiation and treatment protocols.

Course themes:



Biography:

Dr. Manuela Terlinden L.Ac. has completed her doctoral degree at OCOM (Oregon College of Oriental Medicine) for Chinese Medicine in Portland, Oregon, USA in 2015. She received her Master of Acupuncture and Herbal Medicine in 2013 which enabled her to practice in the USA. 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.

Recent Publications:

1. Manuela Terlinden ,Hepatobiliary Surg Nutr. 2017
2. Manuela Terlinden,Radiologia. 2019
3. Manuela Terlinden,Eur Urol Focus. 2018
4. Manuela Terlinden,Curr Opin Virol. 2019
5. Manuela Terlinden ,Thromb Res. 2018

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