



DOWNREGULATION

*Methods to Enhance Global Recovery
and Downregulation of the Nervous System*

**2019 NSCA TACTICAL
ANNUAL TRAINING**

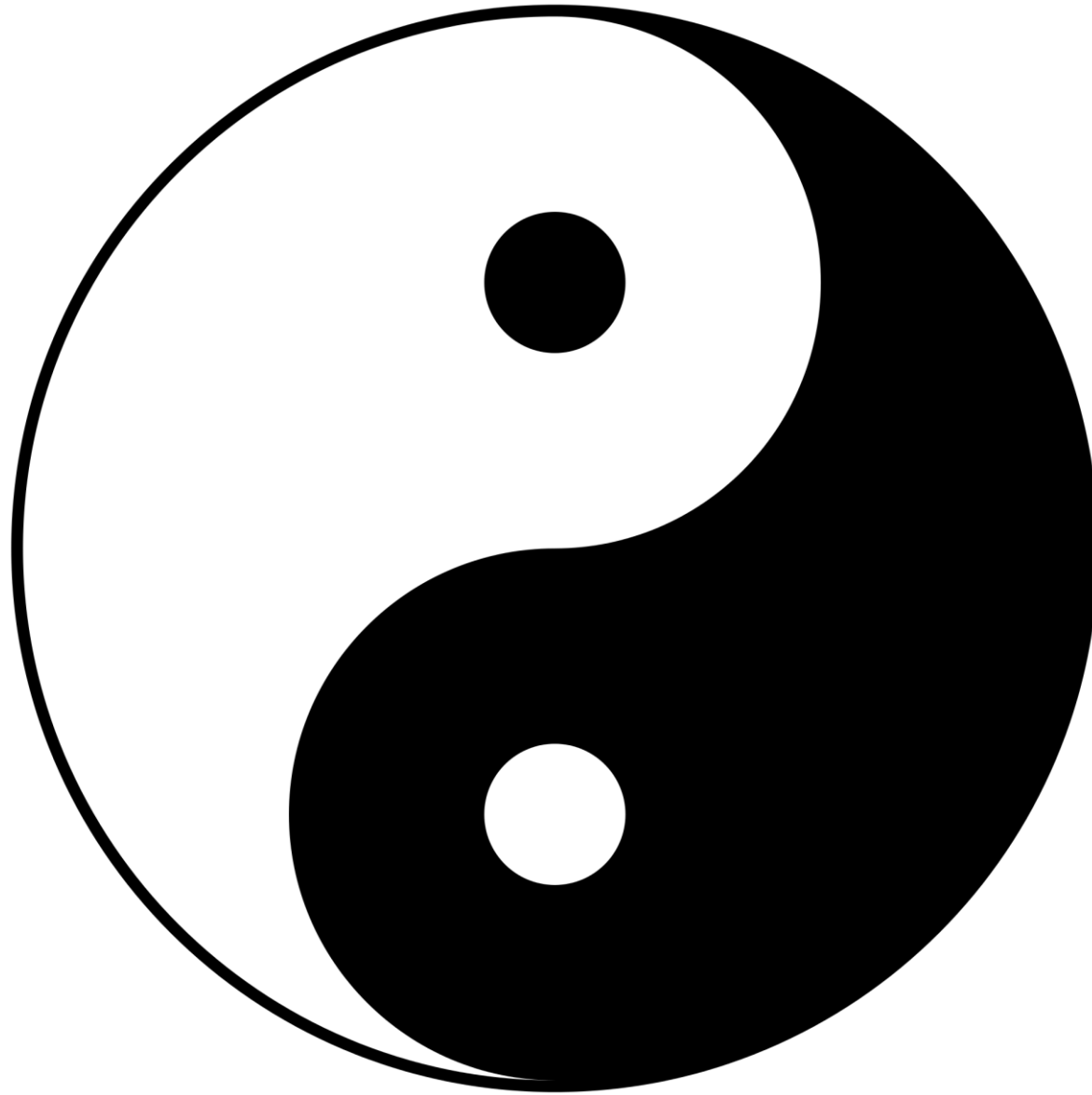
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Conflict of Interest Statement

I have no actual or potential conflict of interest in relation to this presentation.

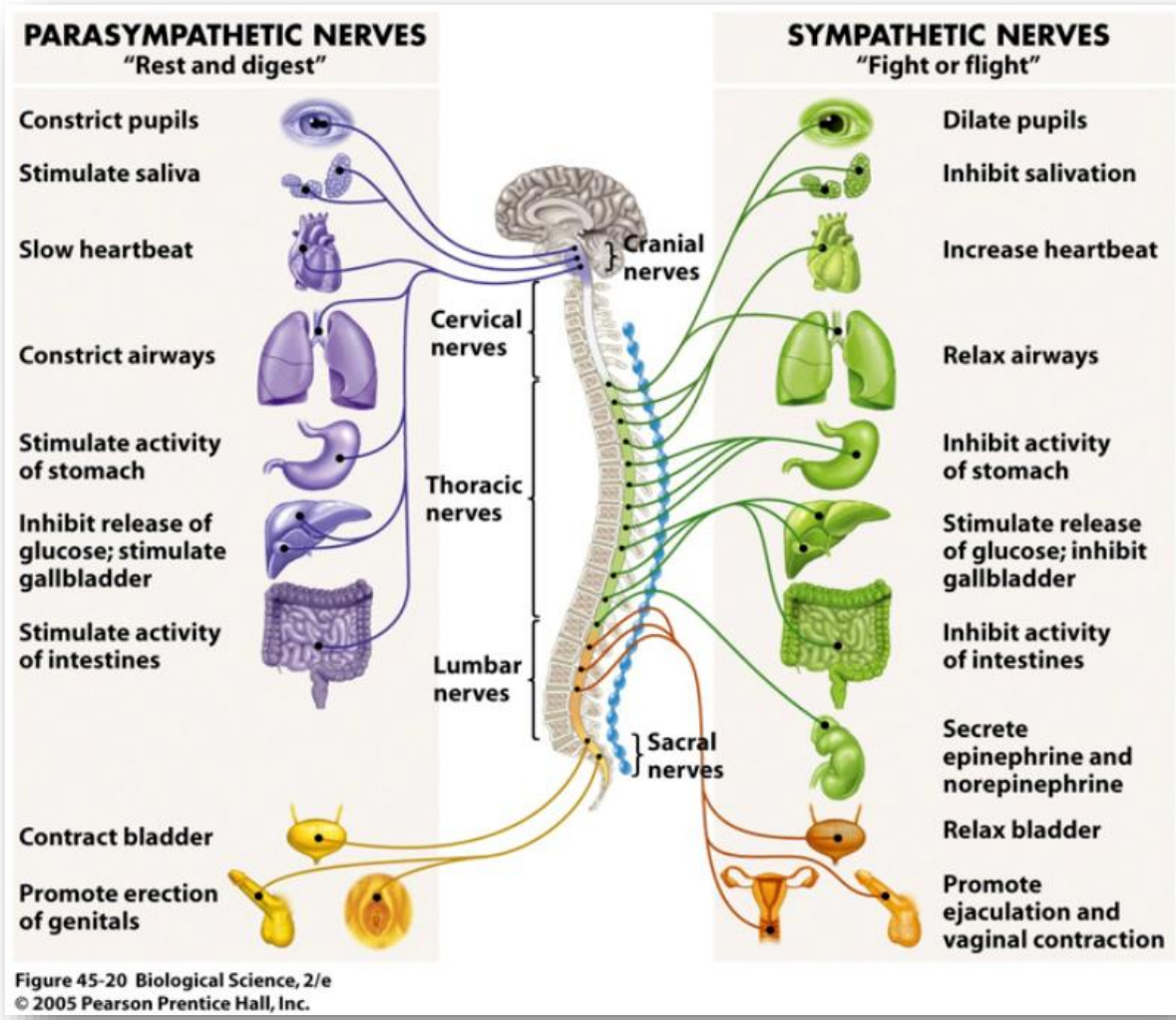
What exactly is downregulation?





Many of the health problems our athletes have are due to an imbalance
In ANS function.

- High blood pressure
- GERD
- Anxiety
- Arrhythmias
- Etc...

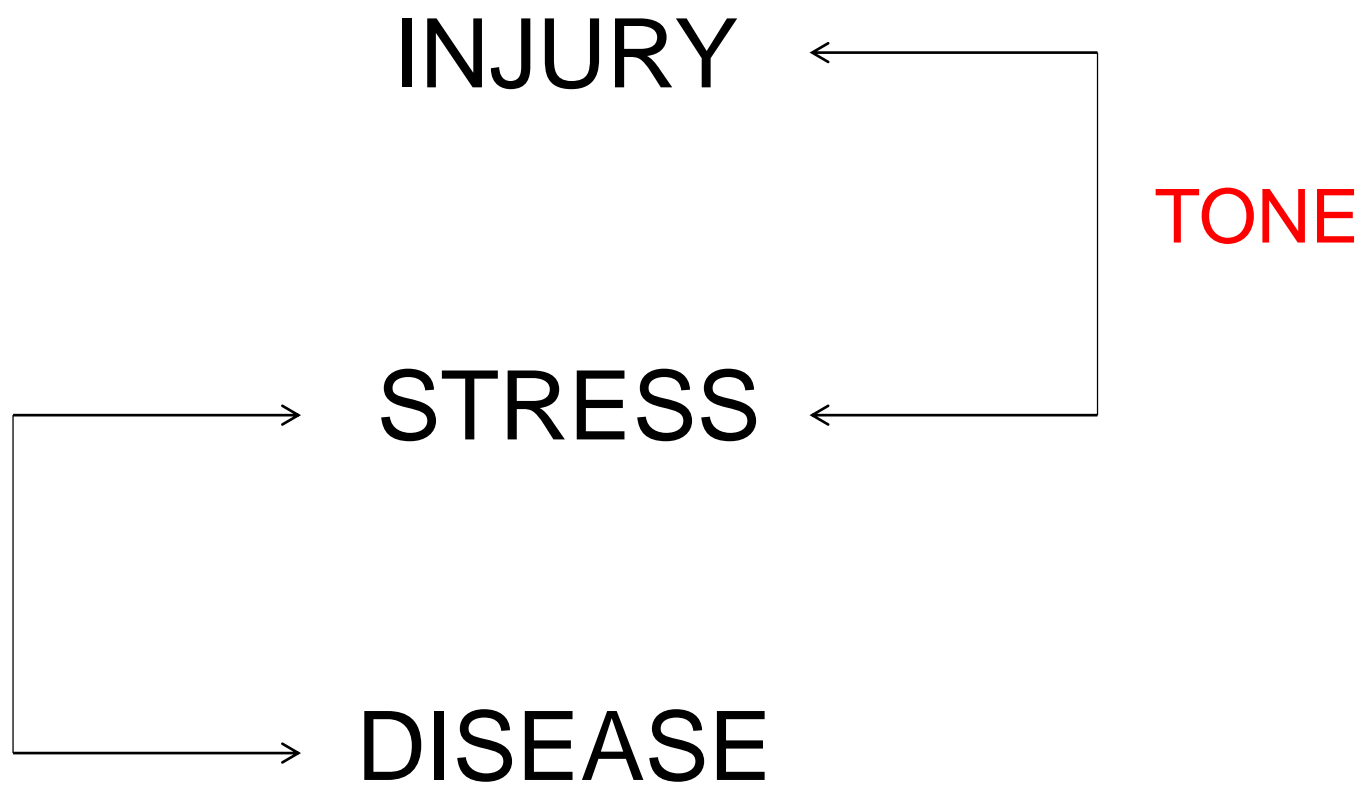


vagal tone

30 ways to stimulate the vagus nerve.

1. Cold
2. Singing or Chanting
3. Yoga
4. Meditation
5. Positive Social Relationships
6. Breathing Deeply & Slowly
7. Laughter
8. Prayer
9. Distended Urinary Bladder
10. Breathing Exercises
11. Probiotics
12. Exercise
13. Massages
14. Fasting
15. Tai Chi
16. Gargling
17. Fish Oil
18. Oxytocin
19. Zinc
20. Tongue Depressors
21. Acupuncture
22. Serotonin
23. Chewing Gum
24. Eating Fiber
25. Coffee Enemas
26. Coughing
27. Sun (MSH)
28. Orexin
29. Ghrelin
30. Leptin

stress



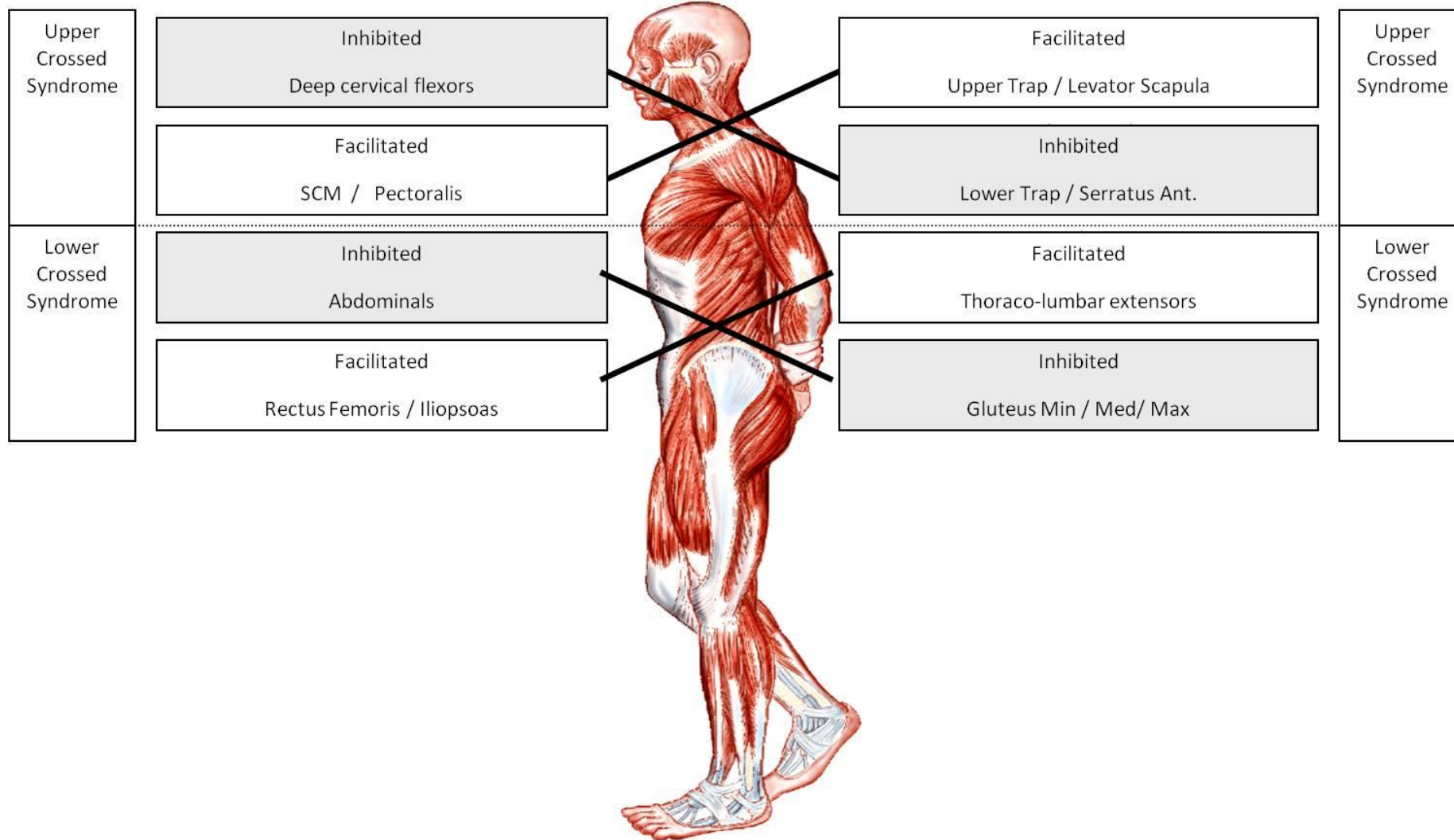
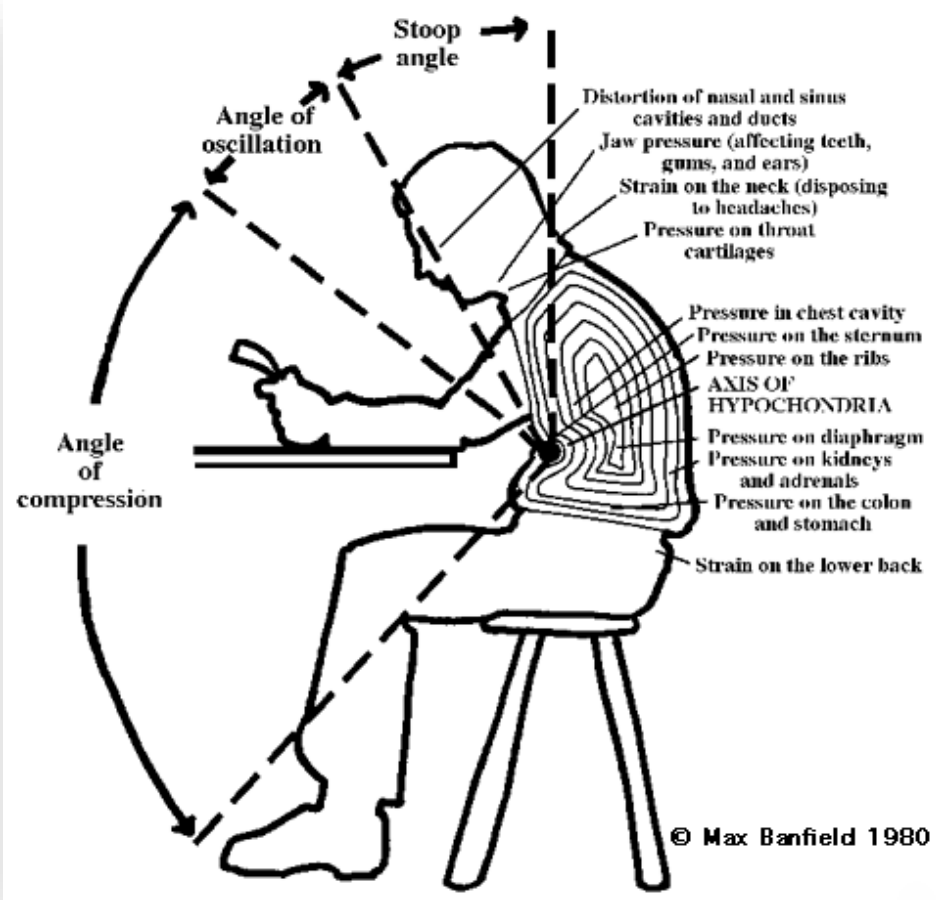


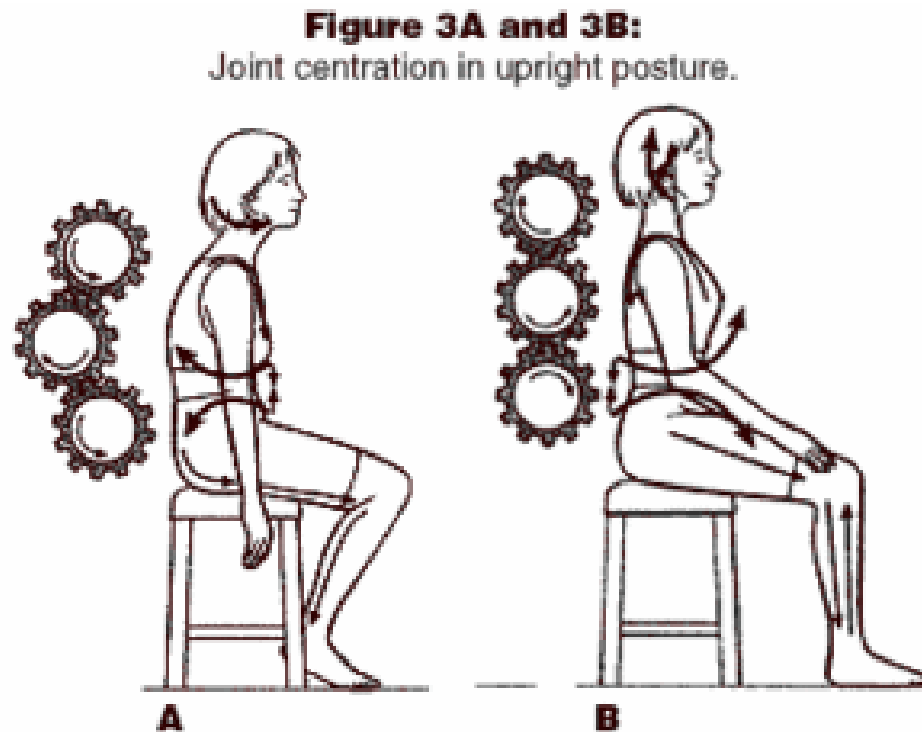
Figure 1 : Janda's Muscle Imbalance Syndromes

Posture Theory Diagram



Joint Centration

a dynamic neuromuscular strategy that leads to the optimal joint position, allowing for the most effective mechanical advantage.



What's on tap for today...

- Rock mat
- Breathing
- Comfort stretch
- Meditation
- Elevation