Gargle to improve digestion and brain function!

Your Vagus nerve serves as the main communication center between your gut and brain 🤯 so it’s important to keep it strong and working correctly.

Take a moment after brushing your teeth to gargle water for as long as you can to strengthen the Vagus nerve so you can boost gut health and immune system, stimulate organs and brain function.

I do this every morning post oil pulling rinse and at night after brushing my teeth to keep my gut and brain communication intact for optimal digestion and brain function.

Challenge yourself to start gargling after brushing your teeth tonight or tomorrow and continue this habit for the next 14 days to improve health and feel your best!

#IntegrativeSpeechandLanguage#healthyskinbeginswithin#healthybeginswithin#takegoodcareofyourself