



The Vagus Nerve and all its long connecting branches is the longest group of nerves in the whole human body.

Anatomically speaking, it begins in the base of the brain and makes its amazing travel and tour all the way down the body, touching on almost every organ involved in digestion. It physically ends with many branch tips down to the bottom of the belly.

However, don't let this visual imagery trick you because in actuality, most of this amazing conduction of information actually travels from the bottom ends of the nerves all the way upward to the brain.

If all of this is true, and it is, then wouldn't it be perfect for us to give ourselves belly hugs along with our heart hugs for ourselves?

Yes, so let's take our wonderful soft TTOUCH's to give ourselves more heart hugs, and belly hugs and lifts to speak to our Vagus Nerve to help our brain and self to feel better and be healthy.

Cheers to TTOUCH!