



Recommended Reading

Crash Course: A Self-Healing Guide to Auto Accident Trauma and Recovery
by Laurence Heller and Diane Heller

Accessing the Healing Power of the Vagus Nerve: Self-Help Exercises for Anxiety, Depression, Trauma, and Autism
by Stanley Rosenberg

Simple Exercises to Stimulate the Vagus Nerve: An Illustrated Guide to Help Beat Stress, Depression, Anxiety, Pain and Digestive Problems
by Lars Lienhard , Ulla Schmid-Fetzer, et al.

Prepare for Surgery, Heal Faster: A Guide of Mind-Body Techniques
by Peggy Huddleston

Your Inner Physician and You: Craniosacral Therapy and SomatoEmotional Release
by John E. Upledger

Earthing (2nd Edition): The Most Important Health Discovery Ever!
by [Clinton Ober](#) (Author), [Dr Stephen T Sinatra M.D.](#) (Author), [Martin Zucker](#) (Author), [& 2 more](#)

Other Resources

Excellent guided audio meditations for healing by Belleruth Naparstek

<https://www.hayhouse.com/authorbio/belleruth-naparstek>

Earthing and grounding products for your home

<https://www.earthing.com/>

International Association of Healthcare Practitioners (IAHP) / (Find a therapist near you)

<https://www.iahp.com/>

Yuka App: Yuka deciphers product labels and analyzes the health impact of food products and cosmetics. Get it at the Apple store or Google Play. An excellent phone app for grocery shopping.

<https://yuka.io/en/>