



enteric brain

Unified Therapy™

The Enteric Brain Technique™: Working with the Abdomen to Release Stress and Anxiety

“The Enteric Brain is a built-in biological system to keep us on the path to health and higher consciousness or awareness. It is controlled by an innate network that tells us whether or not it is safe to become fully human and free from fear, or to stay living in fear, survival, and separation.”

-Dr. Paul Canali, 2006

“The brain in the gut plays a major role in human happiness and misery.”

- Dr. Michael Gershon,
*Professor of Anatomy and Cell Biology at
Columbia-Presbyterian Medical Center in New York.*

Lesson Steps:

In sessions we perform this technique.

1. Lie on your back on a bed, floor or table. Place a pillow under your knees and your head if necessary.
2. There is no particular rule – hold and place a weighted 5lb to 8lb ball in the area of your abdomen and practice concentrating on your in breath and your out breath with all your attention. Notice the beating of your heart, is it strong or weak. (The pressure will depend upon your sensitivity.) Notice what you are feeling and the physical sensations that arise. Notice when your mind drifts away and then bring it back to your breath and your physical sensation. This builds somatic awareness.
3. Next, slowly move around various spots in the abdominal area, press in with the ball and look for sensitivities. By focusing on the sensations, you can learn how to change what you're feeling inside your body.

“Provided that the Vagus nerve is intact, a steady stream of messages flow back and forth between the brain and the gut. We all experience situations in which our brains cause our bowels to go into overdrive. But in fact, messages departing the gut outnumber the opposing traffic on the order of about nine to one.”

-Dr. Michael Gershon, MD

“The Vagus nerve, ... has been termed the most important nerve in the body because it controls heart rate, digestion, and other fundamental body functions, [and] also controls the immune system.”

-Kevin M. Tracey, MD

