Multivagal System

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Ventral Vagal + Dorsal Vagal

	RIGHT		LEFT	
Neuroception Social Engagement System **Head-Face** NA – DMNX	Dura Mater Ears Mouth-Throat Epithelium Facial Muscles	Cranial Nerves	Dura Mater Ears Mouth-Throat Epithelium Facial Muscles	SPINAL CORD
Vulnerability Protection-Pleasure Deep Safety **Lung-Heart Aorta**	Carotid Sheath Aortic Bodies Descending Aorta Esophagus	**SA Node** **HRV** **Vagal Tone** **RSA**	Carotid Sheath Aortic Bodies Descending Aorta Esophagus	
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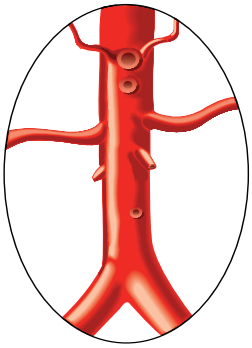
RESPIRATORY DIAPHRAGM - DORSAL VAGAL

	Posterior	Abdominal Aorta	Anterior	
Gardening Inner Safety Metabolic Center **Earth Belly** Celiac A Superior-Mesenteric A	Liver-Portal Vein Glucose Levels **P** Vagus blends with Abdominal Aortic Plexi Kidneys	 **Endothelium**	Stomach Small Intestine Large Intestine-Cannon's Point Gut Microbiome Inflammation-Immune System-Endocrine System **Enteric NS Plexi**	SNS GANGLION
Pleasure Bladder, Bowel, Sexuality **Pelvic Organs** Inferior Mesenteric A Ovarian/Prostatic A Internal Iliac A **Sacrum**	Orgasm Vasodilation	**P** Vagus further blends with Hypogastric Plexi **Urination-Defecation**	Mobility-Immobility Pelvic Floor Tone	
	Skin: Vulva, Scrotum, Penis, Perineum, Anus Muscle	Vagina, Uterus, Ovaries, Testicles, Prostate, Bladder, Lower Colon	Legs - Pelvic Muscles	
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	Pudendal Plexus	**Sacral PNS**	**Sacral Plexus**	