**Common Problems Related to Ventral Vagal Dysfunction**

These are common problems that arise from autonomic nervous system dysfunction that occurs when there is chronic sympathetic activation or shut-down, freeze. All of the problems in this list can be addressed by reinstating normal function of the ventral vagal branch (parasympathetic) and the nerves required for social engagement.

**Chronic Physical Tensions**

* Tense muscles
* Fibromyalgia
* Tight neck and shoulder muscles
* Migraines
* Back pain
* Clenched teeth
* Grinding teeth at night
* Eye or facial tension
* Cold hands and feet
* Excess sweating
* Arthritis
* Nervousness
* Dizziness
* Lump in throat

**Emotional Issues**

* Irritability, anger
* Hypervigilance
* Depressed mood
* Hopelessness
* Low energy, chronic fatigue
* General anxiety, panic attacks, phobias
* Extended periods of depression
* Fearfulness
* Nightmares
* Restlessness
* Sleep disturbance
* Excessive worries
* Difficulty concentrating
* Forgetfulness
* Excessive daydreaming, dissociation
* Shame, lack of self-worth

**Heart and Lung Problems**

* Chest pains
* Asthma
* Hyperventilation
* Shortness of breath
* Irregular heartbeat
* High blood pressure

**Visceral-Organ Dysfunction**

* Poor digestion
* Irritable bowel
* Constipation
* Irritation of the large intestine
* Diarrhea
* Stomach problems
* Hyperacidity, ulcer, heartburn
* Loss of appetite, or excessive eating

**Immune System Problems**

* Frequent influenza
* Minor infections
* Allergies
* Environmental sensitivities

**Behavioral Problems**

* Frequent accidents or injuries
* Increase in addictive behaviors
* Autism, ADHD, Asperger’s Syndrome
* Anger issues

**Interpersonal Relationships**

* Unreasonable distrust
* Increased conflict
* Loss of interest in sex
* Difficulty reaching agreements
* Strong trigger reactions
* Difficulty bonding with others

**Other Problems**

* Severe menstrual pain, PMS
* Skin disorders, acne
* Sensitivity to light and sound