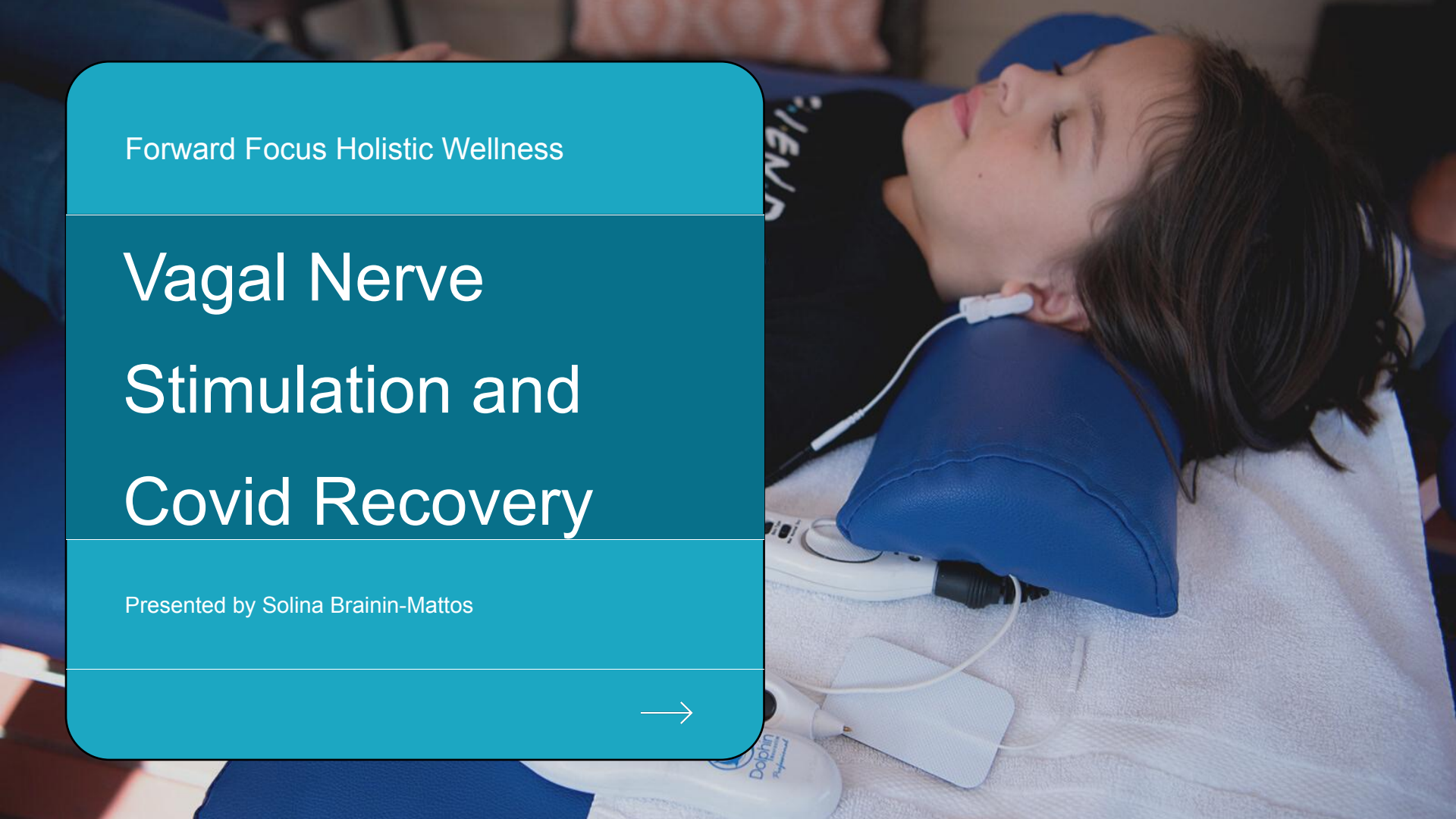


Forward Focus Holistic Wellness

Vagal Nerve Stimulation and Covid Recovery

Presented by Solina Brainin-Mattos



Solina Brainin-Mattos, OTR/L dōTERRA/MPS

Solina has 20 years of experience as a Board-Certified Pediatric Based Occupational Therapist.

In addition to being an expert in traditional Occupational Therapy, Solina has advanced studies in Supplementation and Nutrition, Anxiety, and Neurodevelopmental Treatment (NDT). She also specializes in helping to calm the nervous system and boost immunity using essential nutrients, cellular rebalancing, and electroacupuncture.

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The Harsh Reality | Inequality of Knowledge

"I will forever feel the guilt that because of lack of knowledge, lack of support, I gave in to the requirements of the system. I did not protect my baby."

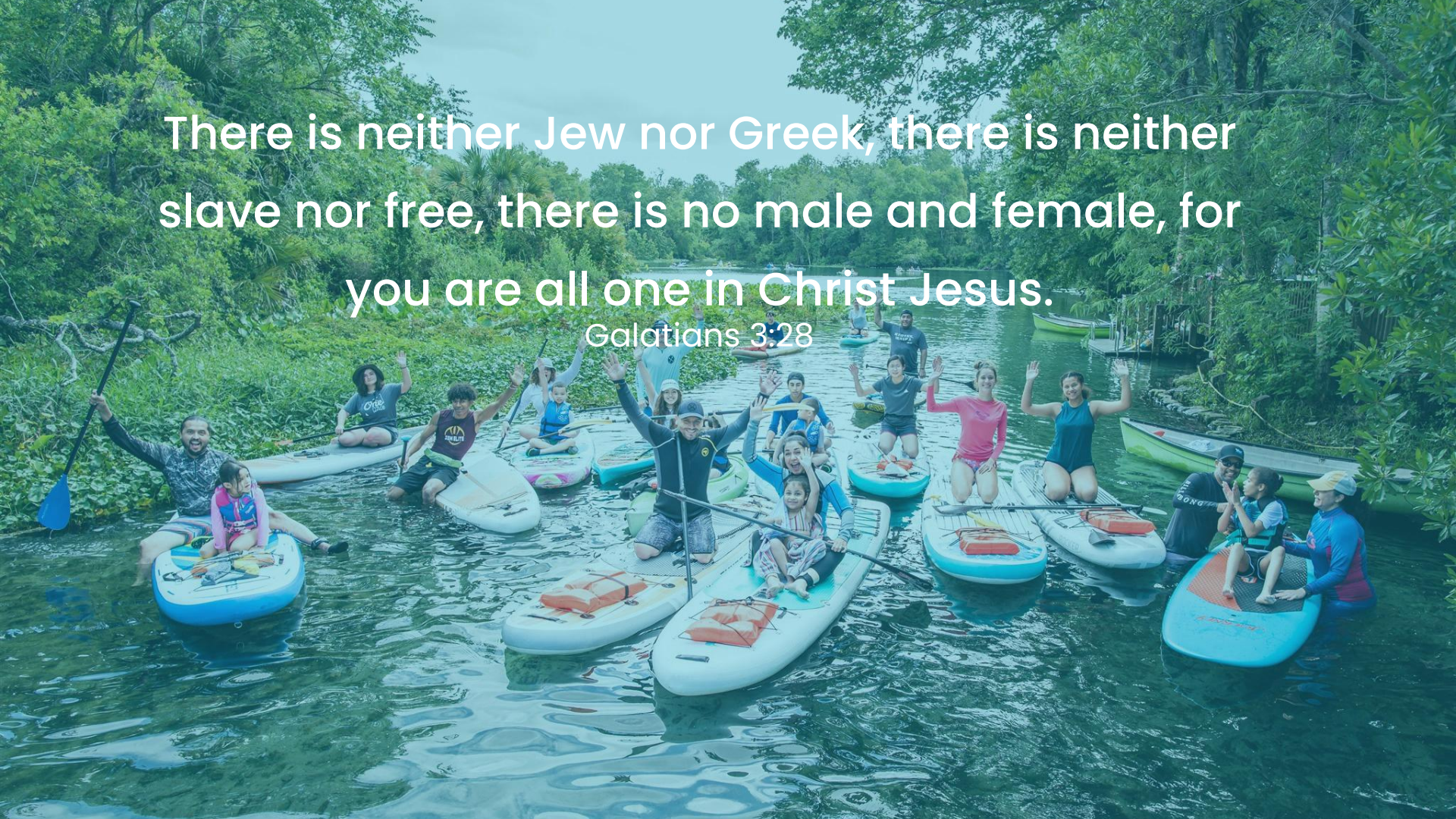
- Mom of Special Needs Child

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There is neither Jew nor Greek, there is neither
slave nor free, there is no male and female, for
you are all one in Christ Jesus.

Galatians 3:28





What is MPS?

- **Micro-current Point Stimulation (MPS) is key in relieving Pain, releasing Scar Tissue (internal and external), and Balancing the Nervous System.**
- **MPS applies brief, concentrated DC micro-impulses to key neurological points, similar to traditional acupuncture.**
- **This natural but potent form of pain relief is now being applied in over 60,000 hospitals and pain clinics worldwide.**

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A close-up photograph of a person's knee being treated with a white handheld device. The device is being held by a person's hand, and the knee is the focus of the treatment. The background is slightly blurred, showing a person's arm and a blue surface.

Physical Benefits of MPS

- **Counterbalances instability to reduce problems, and improved strength and overall health.**
- **Treats the underlying causes of imbalances in the body and decreases sympathetic stress activation**
- **MPS protocols approach physical wellness using an integrative body-wide systems-oriented approach**
- **Increased Circulation to the head resulting in overall wellness and calming of the nervous system**
- **Scar Release Therapy to break up internal and external adhesions resulting in decreased pain and increased physical balance**

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MPS Application for Health Professionals

- Scar and Wound Therapy
- Physical Therapy
- Massage Therapy
- Sensory Balancing
- Acupuncture Physicians
- Occupational Therapy
- Functional Orthopedics and Chiropractics
- Sports Performance www.forwardfocus.info





Vagal Nerve Stimulation with MPS

The only known scientific counter to sympathetic activation is our own parasympathetic nervous system (PNS).

The PNS is involved with

- restoration and repair
- nourishment
- digestion
- detoxification
- immunologic balance
- provides sense of vitality and well-being.

Eighty percent (80%) of this response is mediated through the 10th cranial nerve (vagus nerve - both





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Authorization No.: 327574

CENTER FOR PAIN AND STRESS RESEARCH, LTD.
3679 LAKE SHORE BOULEVARD WEST,
TORONTO, ON
MSW 1P7

It has become clear that COVID-19-related mortality is due to our current medical system's complete failure to recognize or address the role of sympathetic stress activation in the disease process.

TORONTO, ON
MSW 1P7

Re: Expanded Use Authorization

This letter is in reference to the expanded use of the indications for use for the **DOLPHIN NEUROSTIM**, currently authorized for sale according to the *Medical Devices Regulations* (Medical Device Licence number 67326).

When there is an urgent public health need for the expanded use of a medical device, Health Canada has the ability to authorize the importation and sale of such a device for the necessary expanded indications for use, pursuant to section 13 of the Interim Order. Health Canada has assessed the value of expanding the use of the **DOLPHIN NEUROSTIM** and is able to conclude, with a reasonable level of assurance, that the benefits associated with the expanded use of the subject device outweigh the risks and therefore the device will be included on the [List of Medical Devices for Expanded Use](#).

The new indication for expanded use are as follows:

Dolphin Vagal Nerve Stimulator (VNS) is authorized for emergency use in the acute treatment of adult patients with known or suspected COVID-19. Intended for those who are experiencing exacerbation of asthma-related dyspnea and reduced airflow, and for whom approved drug therapies are not tolerated or provide insufficient symptom relief as assessed by their healthcare provider, using non-invasive VNS applied to the auricular branch of the vagus nerve (ABVN) during the COVID-19 pandemic can help with symptom relief.



Efficiency of Vagal Nerve Stimulation

- **Vagus nerve isolated and activated using Dolphin Vagal Stimulation can be applied in under (15 min) and is the ideal therapy for personal home use or stand-alone use in any clinical setting where active sympathetic stress impairs patient outcomes.**
- **Electrically stimulating the auricular branch of the vagus nerve provides somatosensory intervention to several aspects of the external ear is now well established in studies. (Barone, 2007, De Couck, 2012)**

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Our COVID Journey

- **My husband and I were some of the first Covid cases in our area in April 2020.**
- **We were able to manage symptoms at home using natural solutions. But as somebody who had a history of antibiotics, prolonged stress/anxiety, mold exposure, and adrenal fatigue, I got what is now known as Covid long haulers.**
- **Later to relapse when getting vaccinated x 2.**
- **I was hopeful when Dolphin Neurostim MPS Units presented the Vagal Up Manual and add-on to use units to stimulate Vagal Nerve.**
- **Upon first use, I noticed an immediate increased ability to take a deep breath. With daily use, other symptoms gradually improved as well.**

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Vagal Nerve Stimulation and COVID-19

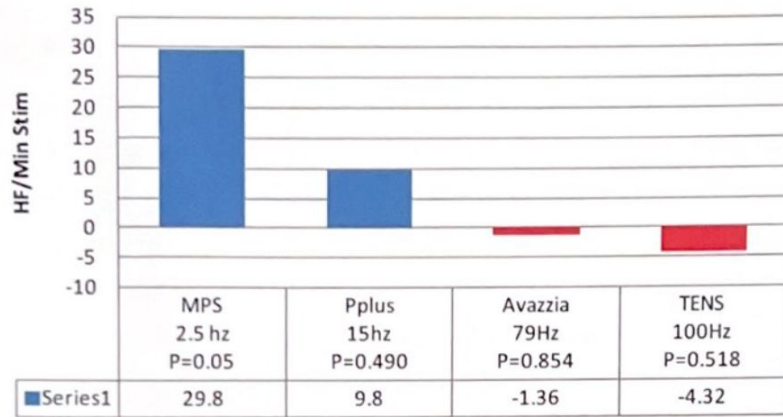
**Vagal Nerve Stimulation (VNS) can naturally
counter COVID-19:**

- **by activating the anti-inflammatory pathways and blocking cytokines**
- **by increasing parasympathetic activity**
- **by improving oxygenation**
- **by improving vasodilation**
- **by improving respiratory control**

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Frequency (Hz)/Vagal Tone/Min

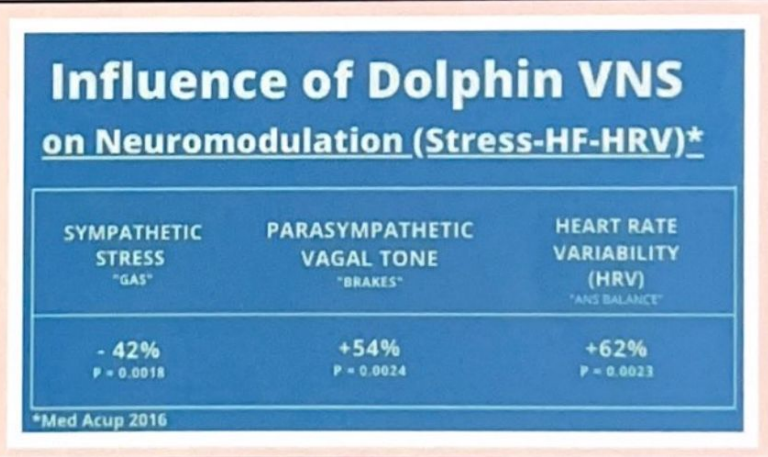


Dolphin dVNS low-frequency (Hz) DC microcurrent stimulation is superior to other forms of electro-stimulation with vagal tone enhancement.

As the table illustrates, low frequency (Hz) electro-therapies increased more vagal tone activation than higher frequencies, with electro-frequencies over 50Hz producing a negative response.

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Dolphin dVNS is reported in science to reduce Sympathetic Stress (-42%) and improve Vagal Tone (+54%) within a single 10 minute session (Med Acup 2016, JCAM 2019).



The ability of Dolphin VNS to induce immediate stress reduction and consequential vagal tone enhancement (>10 min) provides a unique opportunity for any clinical setting battling COVID-19 ADS, to introduce a potentially lifesaving intervention that reduces the need for hospitalization and mechanical ventilation, which are the major determinants of our current healthcare crisis.

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Vagal Nerve and the Immune System

Dolphin Vagal Stimulator COVID-19 Application Scenarios:

- **PREVENTION:** Dolphin may be applied to or by front line workers preventatively to reduce stress and improve immunity, and reduce COVID-19 infections risk
- **ACUTE RESPIRATORY DISTRESS:** Dolphin VNS can introduce this potentially lifesaving intervention into any hospital or clinical setting (applied in under 15 min/patient)
- **COVID-19 LONG HAUL RECOVERY:** Being www.forwardfocus.info sympathetically based, clinical management of COVID-19 long-haulers will require a whole-patient perspective and most certainly will require **activation of vagal tone** →



Vagal Nerve and COVID-19 | Acute Intervention

Health Canada has approved Dolphin Vagal Nerve Stimulator (VNS) for emergency use in the acute treatment of adult patients with known or suspected COVID-19.

This is the 1st medical device approved for the treatment of acute respiratory distress in any Long-term care or hospital setting battling with COVID-19 respiratory ARDS.

Suggested Application Frequency:

- **Active application 2 times within one (1) 24 hour period.**
- **Followed up with two 15-minute passive applications per day.**

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Vagal Nerve and COVID-19 | Prevention

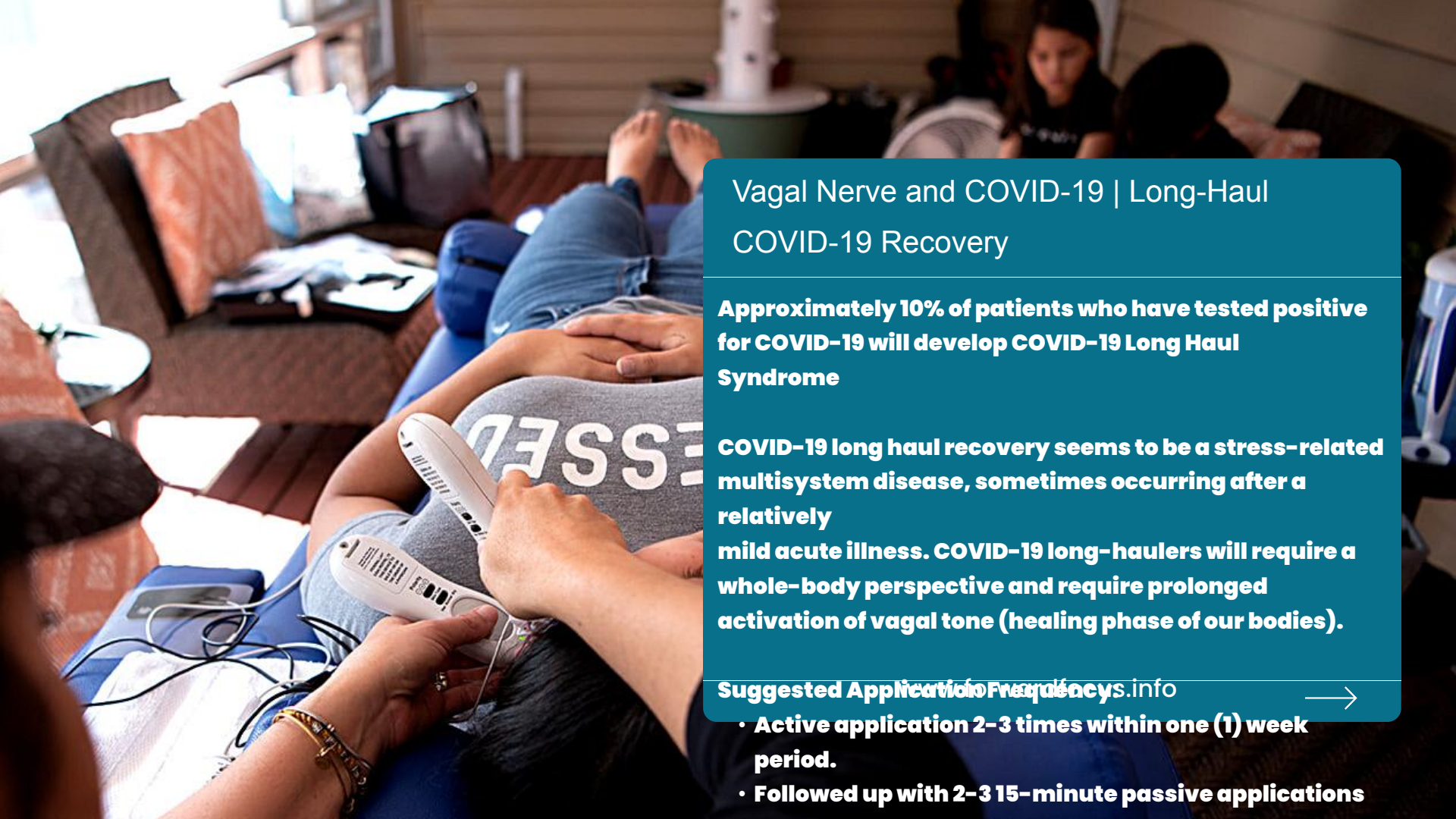
It is well supported in literature that Vagal Nerve Stimulation enhances immunity. It has been reported in science that non-invasive VNS has a potential protective element by enhancing immunity through vagal tone activation, which would be especially relevant in the high-risk patient population.

Therefore, pre-treating the elderly, obese or other health compromised (stress-activated) individuals to enhance their immunity prior to COVID-19 is advised

Suggested Application Frequency:

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- **Active application 2-3 times within one (1) week period.**
- **Followed up with two 10 minute passive applications per week**



Vagal Nerve and COVID-19 | Long-Haul COVID-19 Recovery

Approximately 10% of patients who have tested positive for COVID-19 will develop COVID-19 Long Haul Syndrome

COVID-19 long haul recovery seems to be a stress-related multisystem disease, sometimes occurring after a relatively mild acute illness. COVID-19 long-haulers will require a whole-body perspective and require prolonged activation of vagal tone (healing phase of our bodies).

Suggested Application Frequencies [frequency.info](https://www.frequency.info) →

- **Active application 2-3 times within one (1) week period.**
- **Followed up with 2-3 15-minute passive applications**



Vagal Nerve and Family Application

Because of the efficiency of VNS and its impact on whole body wellness, I've been able to shift into a season of family wellness sessions covering families that:


- are recovering from illness
- have been through a stressful period
- struggle to unplug and relax
- have individual needs that keep each person from performing their best
- have young athletes looking to recover faster and gain flexibility

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I alone cannot
change the world,
but I can cast a
stone across the
waters to create
many ripples.
-Mother Teresa



**Dolphin VNS for
COVID-19 - Dolphin
Neurostim | MPS
Therapy**

To order or for more
information visit

www.dolphinmps.com

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