

Session #1 After Visit Summary

1) **Mechanicistic**

- Throat clearing and cough suppression: ___ Drinking water ___ Rapid positive pressure breathing (sniff) ___ Slow resetting breaths ___ Lozenges/gum ___ Humming ___ Distraction ___ Yawning ___ Other: _____

- Voice Production: ___ Elide words together ___ Forward resonance ___ Increase effort ___ Use inflection ___ Increased use: singing, reading aloud, socializing ___ Pliability exercises for stiffness ___ Other: _____

- Breathing: ___ Slow pace ___ Diaphragmatic ___ Relaxed throat ___ Relaxed shoulders ___ Relaxed chest ___ Positive pressure (pursed lips, sniffing) ___ Yawning ___ Paradoxical Vocal Fold Movement (PVFM)/laryngospasm prevention & reversal: _____
___ Other: _____

- Swallowing: ___ Eliminate piece-meal ___ Coordinate breathing and swallowing ___ Alternating liquids and solids ___ Relaxation and reset ___ Bolus hold ___ Eliminate aerophagia ___ Suppress supragastric belching ___ Suppress rumination ___ Other: _____

- Diet/Lifestyle: ___ No food or liquid 3 hours before bed ___ Avoid spicy/acidic ___ Healthier choices ___ Reduce caffeine ___ Reduce alcohol ___ Medication/alginate compliance ___ Other: _____

- Suppression and desensitization techniques provided: ___ Drinking water ___ Rapid positive pressure breathing ___ Slow resetting breaths ___ Humming ___ Distraction ___ Yawning ___ Other: _____

2) **Vagus Nerve Calibration**

Today you learned how to use a heart rate monitor and the Elite HRV mobile app. You were introduced to heart rate variability (HRV) training as a way to improve balance in your autonomic nervous system. When you breathe at your prescribed rate, it strengthens your body's calming response—the parasympathetic nervous system—and supports healthy vagus nerve function. Over time, this can reduce overactivation of the body's stress response—the sympathetic nervous system. Because the vagus nerve connects to your throat and digestive system, improving this balance may help calm related symptoms.

In HRV biofeedback, the 0.1 resonant frequency peak refers to the breathing pace at which your heart and breathing sync up most efficiently. For most people, this happens at about 6 breaths per minute, or one slow breath every 10 seconds. At this pace, your heart rate rises as you inhale and falls as you exhale in a smooth, regular pattern. This creates a strong, steady wave on the screen. That wave shows that your body's calming system, guided by the vagus nerve, is working at its strongest and most coordinated level. In simple terms, the 0.1 peak means you've found your body's "sweet spot" for breathing, where your heart and nervous system work together in the most balanced way.

Today we measured your optimal breathing pace as ___ breaths per minute. Research demonstrates autonomic nervous system reorganization with at least 10 minutes of daily practice as the prescribed pace. Changes can occur in as little as 2 weeks and you are anticipated to feel better while performing the slow breathing. The effects of activating this calming system can vary between individuals, but some people notice sensations like warmth or tingling in their hands, a sense of calm, clearer focus, or mild sleepiness as their body shifts out of a stress response.

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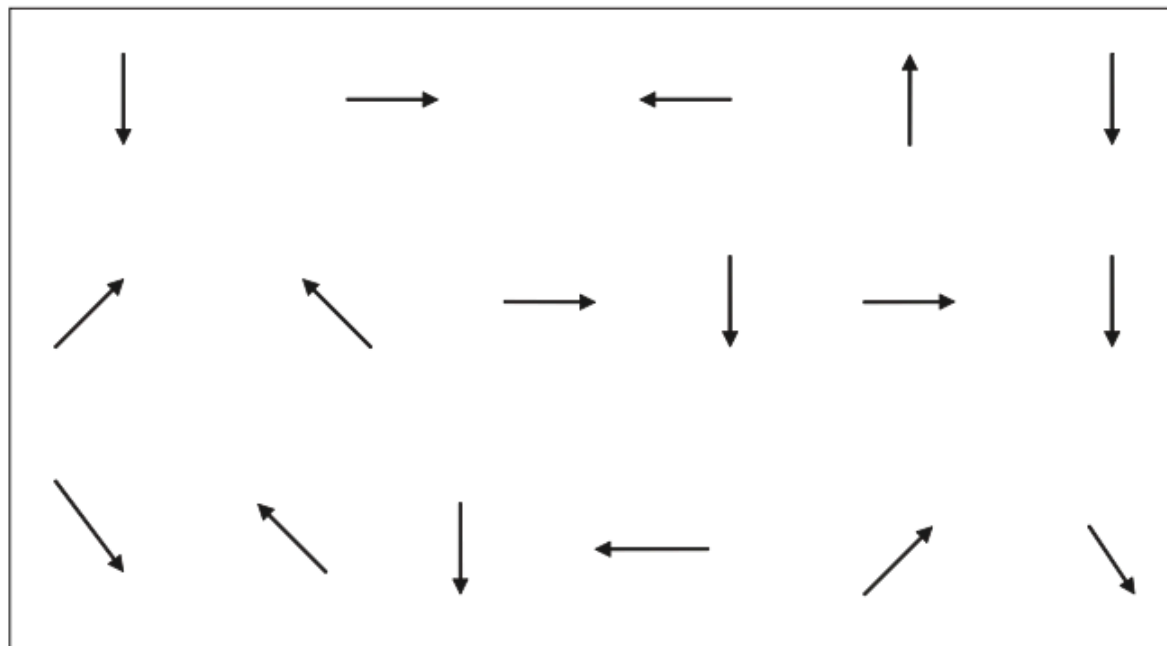
Turn your phone to Do Not Disturb and open the Elite HRV app. Select “Customized Breathing,” which has been set to your prescribed pace. Complete the 10-minute session in a quiet space with minimal distractions, and gently bring your attention back to your breathing if your mind wanders. Practicing in a calm, focused state helps strengthen vagus nerve function and supports the body’s calming response. Although the exercise may may you feel sleepy, try to complete at least one session each day while fully awake and intentional to maximize training effects. Each session will automatically record your results for review at your next visit, and once your training period is complete, your data can be exported for a more detailed analysis of your progress.”

3) **Cognitive Alignment**

Cognitive flexibility is the ability to step back, look at a situation from more than one angle, and choose a response instead of reacting automatically. With throat and digestive symptoms, the meaning you give a sensation can influence how strong or long-lasting it feels. After an irritation has healed, the nervous system can remain sensitive. Practicing cognitive reframing helps retrain the brain to interpret sensations in a more balanced way, reducing threat signals and interrupting the cycle of tension and symptom amplification.

As part of your home program, practice creating space between you and your thoughts. Remind yourself that a thought is not the same as a fact. The more you practice flexible thinking—both about your symptoms and everyday situations—the more you strengthen adaptability, quiet automatic stress responses, and support calmer communication between your brain and body. The following daily exercises are designed to build this skill.

Alternate between saying the direction the arrow points and the opposite direction.





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Alternate between saying the word itself and the color of the ink. If you have difficulty seeing colors, say a coordinating color instead. For example: RED/GREEN, BLUE/YELLOW, GREEN/BLUE, BLUE/GREEN.

RED	BLUE	GREEN	BLUE	BLACK
YELLOW	GREEN	ORANGE	GREEN	RED
PINK	BLACK	BROWN	YELLOW	GRAY
BLUE	RED	GREEN	PINK	BROWN
ORANGE	BLACK	BLUE	GREEN	RED

RED	BLUE	GREEN	BLUE	BLACK
YELLOW	GREEN	ORANGE	GREEN	RED
PINK	BLACK	BROWN	YELLOW	GRAY
BLUE	RED	GREEN	PINK	BROWN
ORANGE	BLACK	BLUE	GREEN	RED

RED	BLUE	GREEN	BLUE	BLACK
YELLOW	GREEN	ORANGE	GREEN	RED
PINK	BLACK	BROWN	YELLOW	GRAY
BLUE	RED	GREEN	PINK	BROWN
ORANGE	BLACK	BLUE	GREEN	RED

RED	BLUE	GREEN	BLUE	BLACK
YELLOW	GREEN	ORANGE	GREEN	RED
PINK	BLACK	BROWN	YELLOW	GRAY
BLUE	RED	GREEN	PINK	BROWN
ORANGE	BLACK	BLUE	GREEN	RED