LRT™
Laryngeal Recalibration Therapy

Session #2 After Visit Summary

1) ***Mechanicanistic***

- *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 ___Paradoxic 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's session focused on further increasing and sustaining heart rate variability through biofeedback training. Heart rate variability reflects the balance of the autonomic nervous system, which includes one branch that prepares the body for stress and action and another that supports rest, healing, and digestion. Autonomic balance means these two systems shift smoothly and appropriately based on the body's needs. When this balance improves, the body becomes more adaptable, recovers from stress more efficiently, and maintains steadier regulation of breathing, heart rate, digestion, and throat function.

When heart rate rises and falls smoothly with each breath—especially near the 0.1 Hz resonance frequency (corresponding to 6 breaths per minute)—it shows strong coordination between the heart, lungs, and vagus nerve. Sustaining this steady pattern helps strengthen the calling branch of the nervous system and supports vagus nerve adjustment. Because the vagus nerve connects to the throat and digestive system, improved regulation can reduce stress-related throat tightness, throat clearing, cough, voice changes and digestive discomfort. Over time, consistent practice may also support better sleep, focus, emotional resilience, and overall wellness. Based on today's measurements, the optimal breathing pace was ____ breaths per minute, and home settings may be adjusted to continue strengthening this pattern.

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 teh body's calming response. Although the exercise may make you feel sleepy, try to complete at least one session each day while fully

awake 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 alignment focuses on understanding how thoughts, emotions, and body sensations influence one another—especially in the throat and airway. When sensations in this area feel unclear or uncomfortable, the nervous system may become hypervigilant and shift into protective mode. This is a normal safety response. The vocal folds are designed first to protect the airway, not to produce voice, so stress or fear can naturally trigger throat tightening, breath-holding, or voice changes. Over time, repeated monitoring of these sensations can increase sensitivity and create a cycle of tension and alarm, even when there is no active danger. Part of your home program is learning to interrupt this cycle by increasing awareness of stress patterns, identifying how emotions show up in your body, and recognizing personal stress responses such as sighing, jaw tension, irritability, or withdrawal.

A key skill in this program is cognitive reframing. Negative thoughts are common, but they can become “thinking traps” that amplify distress. Reframing means gently questioning automatic thoughts and replacing them with balanced, believable alternatives. You can practice by examining the evidence, choosing a hopeful but realistic perspective, responding to yourself with empathy, and identifying one constructive next step. Naming emotions as they arise also helps regulate the nervous system—pugging feelings into words creates space between the sensation and your reaction. With consistent practice, these strategies build cognitive flexibility, reduce automatic stress responses, and support calmer communication between your brain, vagus nerve, and aerodigestive system.