

“A-Shot”
Autonomic Total Reset
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The “A-Shot” represents an Autonomic Total Reset. This is a specialized procedure developed by Dr. Jonathann Kuo and his clinical team at Hudson Health, designed to restore balance between the sympathetic “fight or flight” and parasympathetic “rest and relax” systems, the two divisions of the autonomic nervous system in the body.

The autonomic nervous system is a network of nerves that controls unconscious processes in the body including breathing, heart rate, digestion, and sexual function. When an imbalance occurs, often caused by modern lifestyle stressors, we can see symptoms clinically such as anxiety, irritability, sleep disturbances, digestive issues, sexual dysfunction and more.

The “A-Shot” aims to address these issues by employing two key components: a dual sympathetic block and a vagus nerve hydrodissection. This is done as an injection in the neck under precise ultrasound guidance and direct visualization.

The dual sympathetic block is designed to interrupt and reset the overactive fight or flight system, helping to alleviate the heightened stress response. Local anesthetic is injected by the stellate ganglion (SGB) and the superior cervical ganglion, which blocks signal conduction to the amygdala, the fear center in the brain. This decreases norepinephrine and allows neurotransmitters in the brain to reset back to a non-anxiety state.

The vagus nerve hydrodissection focuses on releasing and resetting the vagus nerve, improving the vagal tone and enhancing the “rest and relax” state. A decompression of the vagus nerve is done by injecting fluid to create space (hydrodissection) around the nerve as it runs through the neck. This release of pressure can improve the nerve's function and also allow for the delivery of therapeutic substances such as exosomes, peptides, platelet plasma, dextrose and growth factors around the nerve. These substances can enhance nerve function, and modulate nerve signaling. The composition of medications used in this procedure is patient and condition dependent.

By resetting the fight or flight state and improving the health and function of the vagus nerve, the “A-Shot” can potentially lead to better stress response regulation, improved heart rate variability (HRV), reduction in systemic inflammation, improved immune system response, mood and emotional regulation, and improvements in gut-brain axis and digestive function.

In summary, the A-Shot offers a comprehensive approach to rebalancing the autonomic nervous system, and represents a reset of stress and anxiety of modern life at the biological root.