

## 2026 health trends: nervous system health / nVNS and Sound Supplementation

As we enter 2026, body wellness and connection remain at the forefront of our priorities. But fitting new wellness routines into busy modern lifestyles can be tricky. That's why 2026 is all about the **RESET RESOLUTIONS** and the wellness hacks with a low barrier to entry which make them so easy, you'll never want to stop.

I can offer **access to leading experts from two emerging health and wellness apps - [yōjō](#) and [Sollos](#)** - that are transforming how we approach holistic health and mental wellness in the new year. Each expert is available for interview and commentary.



**Dr. Zoe Williams – NHS GP & Brand Ambassador, yōjō**

***Available for: Sleep health, stress management, and  
vagus nerve wellness***

Dr. Zoe Williams is an NHS General Practitioner and ITV's This Morning resident doctor, now serving as brand ambassador for [yōjō - the wellness ecosystem](#) giving you a **personalised, evidence-based roadmap to better health**. It doesn't just treat symptoms; it addresses the root cause: an overactive stress response that drives inflammation in the body and mind.

### **Commentary Dr. Zoe can provide:**

- Vagus nerve stimulation: what it is and how it supports nervous system regulation
- Signs your cortisol levels may be affecting your health
- Evidence-based strategies for better sleep hygiene in 2026
- Managing stress during the January period and beyond
- Nervous system health 101



**[Dr. Tara Venkatesan](#) – Director of Cognitive Science Research, Sollos**

***Available for: Sound therapy, focus enhancement, and audio wellness***

Dr. Tara Venkatesan serves as Director of Cognitive Science Research at [Sollos](#), an audio wellness platform offering sound therapy through specialised Focus and Relax playlists on Apple Music. Her research explores how specific sound frequencies can improve concentration, reduce stress, and enhance mood through scientifically-backed audio experiences.

**Commentary Dr. Tara can provide:**

- The science behind sound therapy and how frequencies affect brain function
- Using audio wellness to boost productivity and focus in the new year
- How sound can be used as a tool for stress reduction and emotional regulation
- The difference between passive listening and therapeutic sound experiences
- Incorporating sound therapy into daily routines for maximum benefit
- The future of audio wellness and cognitive enhancement technology

Whether you're covering New Year wellness trends or the latest in health technology, our experts are ready to provide credible, engaging commentary backed by clinical expertise and real-world application.

High-res imagery, additional media materials, and interviews are available upon request.