

What Polyvagal Theory, Gemmotherapy, and Activism Have in Common

“Safety and security don’t just happen, they are the result of collective consensus and public investment.”

– Nelson Mandela

Safety. It is exactly what your emotional core longs for. When you are safe, you can connect. When you connect, you can create. And when you create, you experience freedom to be who you were born to be.

So how do we achieve safety, especially now, in this unprecedented time? I certainly won’t claim to have the answer to that question, but I have been making important connections worth sharing as I strive to take what I know and grow it further.

I know that when something is of great value to my work, it begins to show up in different forms from a variety of sources. That has been my exact experience with Polyvagal theory, the masterful work of renowned neuroscience researcher, Dr. Stephen Porges.

What is Polyvagal Theory?

“Polyvagal theory offers a way to understand the human autonomic nervous system and directly engage with our habitual patterns of response.”

This is the definition that Deb Dana, the foremost teacher of Polyvagal theory, shares.

I have found the Polyvagal theory to provide a remarkable lens offering insight into how and why smart, capable people often

find themselves stuck in a loop of making forward strides, becoming overwhelmed and then shutting down. This short video cuts to the core of the theory and will illustrate my point.

While there is certainly much more to this theory to address in future posts, I want you to understand this. A perceived sense of safety is the key to step out of the cycle I described. Achieving that can begin with the use of some certain extracts in microdoses.

How Polyvagal theory (PVT) connects with Gemmotherapy

Over the past two years, I have been framing and reframing the use of microdoses of specific Gemmotherapy extracts in search of a coherent and accessible method for selection. I have looked at extracts through the lens of whether they are stimulating or sedative, what emotion they best address and whether their action on the nervous system is to tonify or harmonize.

While it has all helped me move closer to something useful and applicable, the selection of extract relied on a considerable amount of subjective information. To teach others to make a reliable decision, objective symptoms are needed, and that just may be where the Polyvagal theory is leading me.

Through private tutoring sessions with a colleague of Dana's and discussions with my Gemmotherapy colleagues, I have begun to develop what may be the guideposts I have been in search of all along. The recent pandemic has certainly pushed things along, giving me fertile testing ground for harmonizing jangled nervous systems.

At this point in the development, I am borrowing some PVT language and looking at extracts for the nervous system as either *mobilizers* for the central nervous system or *organizers* for the sympathetic response. The mobilizing extract would be used first thing in the morning to support forward movement, and the organizer would interrupt old patterns of fight or

flight when encountered.

And how will this help me be an activist?

Let's now weave Polyvagal theory and Gemmotherapy's support for the nervous system into the present moment. To speak out against injustice, whether it is in the form of microaggressions or the blatant disregard of lives, requires you to begin from a place of safety. If you have suffered from injustices or any trauma, staying both mobilized and out of fight or flight will be nearly impossible.

This is where Gemmotherapy can come in, because the plant meristem cells in the extracts are actually reminding your autonomic nervous system how it is meant to respond, pretrauma. Combined with therapeutic support, your first steps as an activist, *recognizing there is innocent suffering going on in society, stand up and call it out*, can be successful. You will no longer fall into habitual patterns of response. To do so without experiencing a perceived threat or danger will allow you to call it out again and again without becoming overwhelmed or shutting down. Just think of all the good that could be done.

Blistered Okra and Tomatoes

Ingredients

- 500 g organic okra, well dried and stems trimmed (careful not to open pods and expose the seeds)
- Avocado, grapeseed or olive oil
- Juice from one whole lemon
- Sea salt

- Za'atar seasoning mix (make your own or order this one)
- 12 -15 organic cherry tomatoes

Directions

1. Preheat the oven to 425 degrees F.
2. Heat cast iron skillet over medium to high heat.
3. Add one layer of okra and dry roast until skins begin to blister, shaking pan so that all sides of the okra begin to color.
4. Continue until all have been lightly roasted, moving each completed batch to a sheet pan lined with parchment paper and drizzled with oil.
5. Add whole cherry tomatoes.
6. Sprinkle with seasoning, salt and lemon juice.
7. Using your hands, see that the veggies are covered with oil and seasonings.
8. Place the pan in the preheated oven for 15-18 minutes or until cherry tomatoes begin to color and collapse.

Serve and enjoy!

A Mom's Guide to Immunity: Real Advice for the Journey

Join Health Educator and Gemmotherapy Expert Lauren Hubele and her four interns, Megan, Chris, Lena and Kara as they share their personal tips for building immunity in children. Now more than ever what every mom needs is practical, all-natural tools to restore and supporting their child's immunity.

A Mom's Guide to Immunity: Managing acute symptoms as they arise

Join Health Educator and Gemmotherapy Expert Lauren Hubele and intern Megan Ethridge as they discuss how to manage your child's daily protocol for immunity when a cold, flu or virus symptom appears. This exciting new series on building immunity in children is exactly what every mom needs now, practical, all-natural tools to restore and supporting their child's immunity.

A Mom's Guide to Immunity: The Art of Dosing

Join Health Educator and Gemmotherapy Expert Lauren Hubele and intern Meghan as they discuss the art of dosing extracts. This exciting new series on building immunity in children is exactly what every mom needs now, practical, all-natural tools to restore and supporting their child's immunity.

A Mom's Guide to Immunity: Adrenal Health

Join Health Educator and Gemmotherapy Expert Lauren Hubele and intern Chris Wahl in this short but important segment on adrenal glands and their role in immunity. Now more than ever what every mom needs is practical, all-natural tools to restore and supporting their child's immunity and you will find a path to that right here.

A Mom's Guide to Immunity: More Extracts to Support Elimination

Join Health Educator and Gemmotherapy Expert Lauren Hubele and intern Kara Strubberg as they discuss the importance of healthy elimination and extracts to help. Now more than ever what every mom needs is practical, all-natural tools to restore and supporting their child's immunity and you will gain exactly that in this series.

A Mom's Guide to Immunity:

Healthy Elimination and Extracts to help

Join Health Educator and Gemmotherapy Expert Lauren Hubele and intern Lena as they discuss the importance of healthy elimination and extracts to help. Now more than ever what every mom needs is practical, all-natural tools to restore and supporting their child's immunity and you will gain exactly that in this series.

A Mom's Guide to Immunity : How to build immunity

Join Health Educator and Gemmotherapy Expert Lauren Hubele and intern Lena Kozlovets as they discuss the steps for building immunity in this exciting new series. Now more than ever what every mom needs is practical, all-natural tools to restore and supporting their child's immunity.

A Mom's Guide to Immunity: Extracts to Support the Autonomic Nervous System

Join Health Educator and Gemmotherapy Expert Lauren Hubele and her intern Megan Ethridge as they discuss the Autonomic

Nervous System and its role in building immunity in children. Now more than ever what every mom needs is practical, all-natural tools to restore and supporting their child's immunity.

A Mom's Guide to Immunity: Trailer

Join Health Educator and Gemmotherapy Expert Lauren Hubele and her four interns, Megan, Kara, Lena and Chris in this exciting new series on building immunity in children. Now more than ever what every mom needs is practical, all-natural tools to restore and supporting their child's immunity.

A Mom's Guide to Immunity: Extracts for the Nervous System to Support Sleep

Join Health Educator and Gemmotherapy Expert Lauren Hubele and intern Kara Strubberg as they discuss support for sleep in this exciting new series on building immunity in children. Now more than ever what every mom needs is practical, all-natural tools to restore and supporting their child's immunity.