

Exploration of Polyvagal Theory : Making Connections with Psychotherapist Cameron Scott

In this episode, psychotherapist Cameron Scott returns to continue the conversation with Maegan and Lauren. Here they begin to discuss the connection between Gemmotherapy and the Polyvagal lens.

The polyvagal theory is the masterful work of Dr. Stephen Porges that in short, it helps us see and understand habitual emotional patterns enough to interrupt them. In this particular series, Health educator and Gemmotherapy expert Lauren Hubele and Acupuncturist Maegan Lemp explore how Polyvagal Theory may guide us to better select extracts to build emotional resilience.

Exploring Polyvagal Theory and Gemmotherapy: Meet Psychotherapist and Passionate Poly Vagalist Cameron Scott

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Exploring Polyvagal Theory and Gemmotherapy: The Dorsal Vagal Experience

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Mindful Slaw

Chopping these gorgeous vegetables is a perfect opportunity to practice mindfulness in simple everyday kitchen tasks. Take your time and appreciate the gift of this present moment.

Ingredients

Salad

- 1 large or 2 medium kohlrabi, peeled and cut into matchsticks
- 2 medium carrots, grated
- $\frac{1}{2}$ medium red cabbage sliced thin
- $\frac{1}{2}$ cup of toasted chopped nuts and or seeds

Dressing

- $\frac{1}{2}$ cup vegan mayo
- $\frac{1}{2}$ cup of toasted chopped nuts and or seeds
- 1.5 tabl coconut vinegar
- 1-2 tabl maple syrup or 2 dates
- Salt and Pepper to taste
- $\frac{1}{4}$ water to thin to desired consistency

Mix prepared vegetables in a large bowl. Blend all dressing ingredients in a high-speed blender or with an immersion blender, thinning with water to reach the desired consistency.

Cover vegetables with dressing and allow to sit at room temperature or in the fridge for an hour before serving.

Enjoy!

Schwäbischer Kartoffelsalat

Enjoy this refreshing potato salad from the Swabian region of Germany. Be sure to plan ahead as it improves when the potatoes are given a few hours to absorb the simple dressing.

Ingredients

- 1 $\frac{1}{2}$ lbs Yukon Gold potatoes, peeled

- 1 veggie broth cube and $\frac{1}{2}$ cup boiling water
- 3 Tbsp white or apple cider vinegar
- 3 Tbsp mild oil such as sunflower
- 1-2 Tbsp maple syrup or coconut sugar
- 2 tsp salt
- $\frac{1}{8}$ tsp ground white pepper
- $\frac{1}{2}$ onion, diced
- Chopped fresh chives or dill for garnish (optional)

Directions

1. Steam unpeeled potatoes until fork tender but firm. Set aside until cool enough to easily handle.
2. While potatoes cool, dice onions and prepare the broth,
3. Add onions to the hot broth along with vinegar, oil, sweetener, salt and pepper to make a dressing.
4. Peel potatoes, slice and arrange in serving bowl.
5. Cover with dressing.
6. Set aside at room temperature for flavors to meld.
7. When ready to serve, adjust seasonings and garnish with fresh herbs.

Enjoy!

If there is any remaining salad (which would be a rare occasion at my house), refrigerate. Then, prior to serving again, allow the salad to once again reach room temperature.

Exploring Polyvagal Theory and Gemmotherapy: Identifying

your State

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Exploring Polyvagal Theory and Gemmotherapy: An Introduction

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