

# Exploring Polyvagal Theory: Activism and your Autonomic Nervous System

Our current times have encouraged many to rally and join forces with local activist movements. But have you considered how that engagement may impact your nervous system?

Maegan and Lauren provide a quick overview of the three principles of Polyvagal Theory which then sets the stage for a first-hand account from guest Christine Terrell. Just back from a local activist opportunity, Christine shares her experience and what she learned about the pre-conceptual responses of her autonomic nervous system.

The polyvagal theory is the masterful work of Dr. Stephen Porges that in short, helps us see and understand habitual emotional patterns enough to interrupt them. In this organic series of on the spot learning, Health educator and Gemmotherapy expert Lauren Hubele, Japanese Acupuncturist Maegan Lemp guests explore the use of the Polyvagal Theory as a guide for selecting extracts.

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# Exploring Polyvagal Theory and Gemmotherapy: Real Life Learning

In this episode, Megan and Lauren share a few of their recent responses to real-life situations that have provided perfect

opportunities to explore Polyvagal Theory and Gemmotherapy extracts for emotional resiliency.

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## **Exploring Polyvagal Theory: Extracts to assist our mobilization out of shutdown**

In this episode, Megan and Lauren share insights on nine Gemmotherapy extracts that can assist with mobilization out of a shutdown state ( dorsal vagal).

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# Creamy Butternut Sage Pasta

Inspiration for this recipe came in the form of my prolific sage plant and the oversized butternut squash that arrived in my CSA last week. As I write this it is seriously taking every bit of will power I have to not sneak back into the kitchen for another bite of this amazing combination. I hope you and someone you love can enjoy this dish as much as we did.

## Ingredients

1 medium butternut squash, peeled, seeded and cubed

1 liter of prepared veggie broth ( use only enough to keep vegetables covered while cooking)

1 medium onion diced

Olive Oil

1 cup of soaked cashews, soaked in very hot water for 30-45 minutes and drained

12 sage leaves, plus an extra prig or so for serving

1 bunch of cleaned and trimmed spinach or 1 bag of baby spinach

Salt and Pepper

1 box gluten-free pasta, cooked al dente

## Directions

Heat olive oil in a large pan, add onions, saute on medium

heat until soft and they begin to turn golden. Add the sage leaves, squash, and just barely cover all vegetables with veggie broth. Simmer until squash cubes are quite tender.

Add cashews and blend with an immersion or high-speed blender until very smooth and creamy.

Season to taste.

Fold spinach into sauce and pour over prepared pasta.

Top with a sprig of sage and serve.

Enjoy!

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## **Exploration of Polyvagal Theory: Tuning into Gemmos for the Sympathetic State**

In this episode, Megan and Lauren explore six extracts to organize sympathetic activation and prevent the need for fight or flight.

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# **Exploration of Polyvagal Theory: Sympathetic Activation through the Polyvagal Lens**

In this episode, Lauren and psychotherapist Cameron Scott breakdown a recent sympathetic activation experience using the Polyvagal lens.

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