

Exploring Polyvagal Theory: Vertigo and The Dorsal State

Stephen Porges, founder of the Polyvagal theory tells us that *neuroception* evaluates risk in the environment without awareness. Could it be that our neuroception picks up on cues of danger without our awareness and triggers episodes of vertigo? That's exactly the idea that I put forth in this recording with Japanese acupuncturist Maegan Lemp and Psychotherapist Cameron Scott. If you have vertigo or know someone who does this is a not to miss opportunity.

The polyvagal theory 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.

Breathing Room: Acupuncturist Melanie from Park City

2020 has delivered layers of meaningful lessons on the value of breath and our ability to breathe. Come step with me into the Breathing Room. Listen to my short conversations with women from a variety of natural health modalities who share thoughts on this theme of breath. You'll discover the gift of a tip or practice you can put to use now in order to improve

your breathing and harmonize your nervous system.

Acupuncturist and yoga instructor, Melanie Buckley, has been supporting her Park City, Utah clients through anxiety and the drifting smoke from the nearby forest fires with a variety of techniques. Listen in and catch a few tips on deepening your breath and harmonizing your nervous system.

Breathing Room: Gemmotherapist Lena from Kyiv

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Lena Kozlovets, from her home base in Kyiv, Ukraine has been supporting Russian and English speaking clients who struggle with breath from COVID. She has had great success in naturally resolving their breathing challenges with Gemmotherapy extracts.

Breathing Room: Reiki

practitioner and Homeopath Isabel from Boston

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Sharing two remarkable breathing exercises Isabel reminds us of the beauty of simplicity. Based in Boston Isabel works with clients remotely to harmonize their nervous system using all the tools she has gained over her lifetime.

Exploration of Polyvagal Theory: Breath and your story of safety

Watch a baby breathe and you will see that they breathe with their entire body. There's no holding back and that breath nourishes every cell. In today's episode you will discover how to get some of that goodness for yourself. With all that 2020 continues to deliver you might want to listen in to our conversation and take some notes. This one's packed with Asian Medicine, Polyvagal, and Gemmotherapy resources you will want to access for yourself and your loved ones.

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Exploring Polyvagal Theory: A Recipe for Resolving Toxic Stress

Take a pandemic, add economic challenges, the unveiling of rampant racism, the grief and loss of everyday life AND add a hurricane or fire and you have the potential for toxic stress.

Alaine Duncan, in her book *The Tao of Trauma*, refers to this as a state of allostatic overload. Every system in your body screams, "It's too much!" Come pull up a chair and listen to this engaging conversation with guest and passionate polyvagalist, Cameron Scott and Hospice RN Megan Ethridge.

Megan is just twenty days out from evacuating her family from Lake Charles, LA in the face of Hurricane Laura. Countless juicy take aways in this one folks.

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Exploring Polyvagal Theory: Navigating Loss and Grief

Teri Brooks, part of the Gemmo Memo team drops into conversation with Maegan and me in this special episode. Set some time aside to listen to this touching and personal discussion of grief and loss through the polyvagal lens. I am so grateful to Teri for showing up so bravely and sharing what has worked and what Gemmos she would not be without as she navigates these early stages of grief.

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Meditate with Me: Loving Kindness, Part One of The Four Limitless Qualities

Last March when we stepped into the great unknown now called a Pandemic I wondered how I might offer further support to my community. What I knew I was going to need in the time of uncertainty was more meditation. And so along with my friend

and colleague Isabel Frankel, I began offering a free drop-in gathering on zoom. Much to my surprise, seven months later we are still at it. In this podcast, you will find a selection of the meditation practices we have shared. Whether you are just beginning your meditation practice or are looking for some new techniques you are in the right place. Welcome!

Exploring Polyvagal Theory: The Central Nervous System as Your Command Central

Trauma therapist and passionate polyvagalist Cameron Scott rejoins Lauren in this episode. Together they discuss the build-up of chronic trauma and why changing habitual patterns begins with the central nervous system.

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