

# **Acute Care: 20 Extracts to get you through Colds, Flu, and COVID**

In this episode, Megan Ethridge, RN, and I share the list of extracts we recommend in preparation for whatever this next wave of COVID in the midst of cold and flu season has to offer. Listen in as we guide you through each one and why it made our list. Discover more about each of these extracts on my Gemmo Memo series recorded earlier this year. You will also want to catch the upcoming episode, The latest news on Gemmotherapy for COVID. I want you to be safe and healthy in the months ahead and will be sharing my latest learnings right here as they unfold.

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## **Exploring Polyvagal Theory: Pain and the Dorsal Vagal State**

Have you sought help for physical pain through manual therapies only to find the pain relocates elsewhere in your body? If this sounds familiar, I invite you to listen to this exceptional conversation about pain. You may find that our discussion allows you to connect a few dots and consider alternative approaches to your pain.

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 and Passionate Polyvagalist Cameron Scott explore the use of the Polyvagal Theory as a guide for selecting extracts.

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## **Exploring Polyvagal Theory: How's your digestion?**

How has 2020 treated your digestive system? Not so great you say? Even if your system was stellar before the start of the year I would agree there is far too much to digest. But what about this thought. Rather than focusing on the digestive organs themselves, consider heading a bit upstream and consider support for the Central Nervous system? Harmonizing the sensory input before it reaches your autonomic response may be one way to get ahead of common and challenging symptoms. Listen in and discover more about this interesting perspective on digestive symptoms and a gemmo or two for support.

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# Meditate with Me: A Guided Chakra Meditation with Isabel

Tune into this short but sweet reset for your chakras.

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## Exploration of Polyvagal Theory: Heart Palpitations and your Autonomic Nervous System

*Stephen Porges, founder of Polyvagal Theory tells us that feeling safe is transformative. I could not agree more but how might one experience a felt sense of safety when your heart is racing with palpitations? Your physician has informed you that your heart is fine but the symptom continues. That clear signal of danger leads you immediately to a sympathetic state no matter what you tell yourself. So what can be done? Listen in and discover a simple yet powerful technique along with a gemmo or two for support.*

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# **Breathing Room: Meditation Instructor and Mind-Body Therapist Kelly from Austin**

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 in to my short conversations with women from a variety of natural health modalities who share their thoughts on this thought-provoking 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.

Drop into this conversation on breath and discover why Kelly Lindsey is Austin's go-to source for meditation instruction.

So many nuggets of wisdom in this short but sweet conversation.

it is one of four fundamental elements It's always a delight to spend time in the company of psychotherapist and passionate polyvagalist Cameron Scott. Tune in to our conversation and learn what a struggle for breath actually communicates to your autonomic nervous system and add another breathing technique for your tool kit.

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# **Breathing Room: Passionate**

# **Polyvagalist Cameron Scott from Massachusetts**

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# **Breathing Room: Brain-based wellness expert Elisabeth from Austin**

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You won't want to miss a minute of this interview with Elisabeth Kristof brain-based wellness expert from Austin. Full of wisdom and practical guidance Elisabeth shares two breathing techniques to reset your nervous system right now.

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## **Breathing Room: Homeopath and Gemmotherapist Jhuma from Boston**

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Jhuma Biswas, Homeopath and Gemmotherapist from Boston is my guest on this episode. Jhuma shines a powerful light on our collective struggle for breath and guides listeners to find the in-between spaces in their breathing and in life.