

# Announcing: How we Heal

Are you ready to move beyond the exploration stage and begin healing? We thought so.

So tune in now and hear about our exciting new series, How we Heal.

Then please head over to wherever you listen to podcasts, search for How we Heal and hit subscribe so you don't miss a single juicy conversation.

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## Apple Pear Crumble with Ginger

With a nod to my Foix friend Sanna Phinney, I share with you this super simple dessert. It's was Sanna's delicious recipe that she prepared for our welcome meal that served as an inspiration.

### Ingredients

4 apples, cored and cut into chunks

4 pears, cored and cut into chunks

1 T Fresh Ginger – finely grated

2-4 T maple or date syrup or honey

$\frac{1}{2}$  cup each of pumpkin, sunflower, and hemp seeds

1 cup of Almonds, Walnuts, or Pecans or a mixture

1 cup coconut flakes or chips

1 t cinnamon

$\frac{1}{4}$  t of freshly grated nutmeg

$\frac{1}{4}$  t of vanilla powder or 1 t of vanilla extract

$\frac{1}{2}$  to  $\frac{3}{4}$  cup of melted coconut oil

1-2 T maple or date syrup or honey (more depending on desired sweetness)

Preheat oven to 350 degrees

Mix the fruit, ginger, and syrup together and pour into a baking dish.

In a food processor lightly process the seeds, nuts, and coconut leaving texture. You can also use a blender but be careful not to over-process.

In a mixing bowl combine spices, oil, and maple syrup with the nuts. You may need to adjust the proportions by adding more syrup to taste or a bit more oil if it is too dry. You will want all of the mixture lightly coated.

Place in preheated oven and bake for 35-40 mins. The top should be golden brown and the fruit should be fork tender.

Serve warm or at room temperature. Consider topping with coconut ice cream or a plant-based whipped topping.

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# Explorations of Polyvagal Theory: All About Blended States Recap

You've learned Polyvagal basics, the states of protection, the state of connection but did you realize there are blended states? In today's final recap Maegan, Cameron and Lauren discuss the nuances of blended states which are more common than you might realize. And then just to take it up a notch we play a bit with the idea of the Vagal Brake. This biological function is exactly what permits mobilization without fight or flight.

In this organic series, Gemmotherapy expert and educator Lauren Hubele, Japanese Acupuncturist Maegan Lemp, and the Passionate Polyvagalist Cameron Scott explore the blended use of the Polyvagal Theory, Asian Medicine and Gemmotherapy extracts to restore a sense of safety and connection.