

# Honoring Our Own Systems

Tune in with us on a special episode of #HowWeHeal where we touch base with our audience before we take some time to pause and work on our #newbook we will be publishing soon! Subscribe and stay tuned on our channels for new episodes and updates on this #healingjourney. We invite you to reach out to us during this time with any questions or comments on our How We Heal #podcasts

Lauren Hubele: [laurenhubele.com](http://laurenhubele.com)

Maegan Lemp: [aculemp.com](http://aculemp.com)

Cameron Scott: [cameronscottma.com](http://cameronscottma.com)

Watch this episode on our YouTube Channel!

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## Learn about Dog Rose and Walnut Gemmotherapy

In this episode of #HowWeHeal, we get into a few more #gemmotherapy extracts for help you harmonize your senses when you are feeling #overwhelmed.

To learn more about Gemmotherapy and my practice, visit [laurenhubele.com](http://laurenhubele.com)

To learn more about Maegan's practice, go to [aculemp.com](http://aculemp.com)

To learn more about Cameron's practice, visit [cameronscottma.com](http://cameronscottma.com)

Watch this episode on YouTube here!

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## **Harmonizing Sensory Input with Gemmotherapy Extracts**

Tune in to this episode of #HowWeHeal where we discuss the applications of #Gemmotherapy when learning to harmonize your senses. To learn more about Gemmotherapy, visit my website at [laurenhubele.com](http://laurenhubele.com)

Learn more about #polyvagaltheory and Cameron's practice at [cameronscottma.com](http://cameronscottma.com)

Watch this episode on YouTube here!

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## **Get To Know Gemmotherapy**

In this new season of How We Heal, join us as we explore my (Lauren Hubele) favorite topic, Gemmotherapy. This episode is for our listeners who are new to #Gemmotherapy and that want

to learn how you can use it to open up doors to your #ventralvagal states. Learn more about the various #extracts and in depth details on Gemmotherapy on my website [laurenhubele.com](http://laurenhubele.com)

Learn more about Cameron and Maegan's practices here!

Watch this episode on my YouTube channel!

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## **Safety, States and Story Recap**

In this episode of How We Heal, we explore the themes of the last 8 episodes where the topics of safety, story and states have been explored in depth. This recap provides a perfect launching platform for the next season where we begin to share tools like gemmotherapy for your healing journey.

To keep up with more How We Heal content, follow our Instagram page @howwehealpodcast

Watch this episode on YouTube here!

Learn more about our practices below!

[laurenhubele.com](http://laurenhubele.com)

[cameronscottma.com](http://cameronscottma.com)

aculemp.com

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# State vs Story: Note Your State with This Tool

On this episode of How We Heal, we dive deeper into ways we can learn to track our states. Watch and listen as we discuss a creative tactic from the brilliant studies of Deb Dana using polyvagal theory to help you learn to notice your state when mobilized or in dorsal vagal state.

To learn more about our practices and to ask questions, follow our Instagram page @howwehealpodcast

<https://linktr.ee/HowWeHealPodcast>

For more information on #gemmotherapy or to sign up for a class, visit my website at [laurenhubele.com](http://laurenhubele.com)

Watch this episode on YouTube here!

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# State vs Story: Questions from our Audience

On this 6th episode of How We Heal, we are answering some questions from our audience on our topic of “State vs Story”. Tune in as we explore these questions on where we go after identifying our states and how we can actually use this to change our state and keep our nervous system from feeling unsafe.

Follow us on Instagram @howwehealpodcast to send in your questions and stay updated on new content!

Watch this episode on YouTube and subscribe!

To learn more about each of our practices, visit our websites!

Lauren’s Practice

Maegan’s Practice

Cameron’s Practice

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## State vs Story: Noticing Your State

In this episode of How We Heal, we touch on a topic from our last episode about State vs Story where we drop the story and

we explore how we can identify our states when they are happening. Plus other practices on how we can tell our autonomic nervous system to pause and identify what is causing the state of discomfort or wellness using terminology from polyvagal theory.

For more content and to stay updated on How We Heal, follow us on Instagram @HowWeHealPodcast

Watch this episode on YouTube here!

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## State vs Story

Listen in on this episode of How We Heal as we explore the idea of your current state of being versus the story surrounding your state, or why the state is the way it is. Learn with us as we explore how we can truly understand the difference between the two when unsafe feelings occur in our autonomic nervous system.

To learn more about your hosts and more How We Heal content, follow our Instagram page @howwehealpodcast

To hear more podcasts and more about gemmotherapy, visit my website at [laurenhubele.com](http://laurenhubele.com)

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# Safety through Context, Choice & Connection

In this third episode of our #HowWeHeal #podcast, we explore the concepts of context, choice and connection, relating back to our discussions from our #polyvagaltheory recaps (see my channel's content for more on this). Listen in and explore with us on how polyvagal theory explains the "why" question we ask ourselves when we enter states of discomfort or danger.

Watch this episode on my YouTube channel here. Follow us on Instagram to stay updated @howwehealpodcast

To learn more about polyvagal theory and gemmotherapy, visit my website at [laurenhubele.com](http://laurenhubele.com)

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# Safety Questions from our Listeners

Tune in to this 2nd episode of #HowWeHeal where we answer a question from one of our loyal listeners on how we can break habits that our autonomic nervous system has developed over time. Check out episode 1 of this #podcast to learn more about how our bodies respond to feelings of #safety.

Watch this episode on my YouTube channel here!

To learn more about #gemmotherapy, #polyvagal theory and #easternmedicine, check out our websites below!

laurenhubele.com (gemmotherapy)

cameronscottma.com (Polyvagal)

aculemp.com (acupuncture and eastern medicine)

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## Defining Safety

In this very first episode of How We Heal, we will define what safety really means to us and how our sense of safety affects our everyday lives. Join me, Lauren Hubele, and my colleagues Meagan Lemp and Cameron Scott as we dive into safety from perspectives in gemmotherapy, psychotherapy and eastern medicine.

To watch this episode, check out my YouTube channel!

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