

# **Exploring Polyvagal Theory: A Question from our Audience on the Dorsal Vagal State**

Enjoy our teamwork in action as Maegan, Cameron and I work out some answers for our listener in Romania in the special episode.

You won't want to miss these pre-recorded mini-podcast episodes, as we break from our normal recording schedule during the month of December.

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# Exploring Polyvagal Theory: A Holiday Survival Guide for your Nervous System

Every one of us has a nervous system and every one of us will no doubt face some flavor of emotional challenges over the holidays. In this episode, we discuss the three states of the autonomic nervous system and how to navigate your own desires to fight, flee, or disconnect. Listen in to this insightful conversation between colleagues that brings a polyvagal approach to family gatherings. I am sure you will resonate with a shared example or two.

In this organic series, Health educator and Gemmotherapy expert Lauren Hubele, Japanese Acupuncturist Maegan Lemp and Passionate Polyvagalist Cameron Scott explore the use of the Polyvagal Theory and Gemmotherapy extracts to restore a sense of safety and connection. The polyvagal theory helps us see and understand emotional patterns enough to interrupt them and change how we habitually react.

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## Exploring the Polyvagal Lens: Our individualized responses to loss

The understanding of loss has greatly matured since Elizabeth Kubler-Ross's pioneering work of the late 60's. Since then it is universally accepted that loss is not a linear process.

However now with the information of Polyvagal Theory, the

autonomic responses are worth reviewing. The subject of loss could not be more timely as we have all navigated major and minor losses this past year. Loss has shown up in a variety of shapes and textures from the heartwrenching loss of loved ones or the simple loss of a treasured daily routine. In this candid conversation with co-hosts Maegan Lemp and Cameron Scott, we allow the story of the loss to drop and instead take a close look at the possible felt experiences.

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**Sponsorships:**

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## **Exploring Polyvagal Theory: Context, Choice and Connection, what our nervous system craves**

Our nervous system craves context, choice, and connection in its effort to establish a sense of safety. What does that mean in our everyday lives is the topic of this thought-provoking conversation.

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## **Exploring Polyvagal Theory: Are you disconnecting?**

How do you know if your autonomic nervous system has dropped into the dorsal state? A fundamental question for today, as the challenges faced personally and as a community, may leave you emotionally exhausted and overwhelmed.

The biggest problem with the dorsal vagal state is that the access to the very resources that can help is lost. Befriending this state and having tools within an arm's reach is what today's conversation is all about. So grab some tea, and of course, a furry friend if you have one, and settle in for some healthy co-regulation. You won't want to miss these tips and tools for navigating your way back to a ventral state of connection.

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# **Acute Care: The latest news on Gemmotherapy for COVID**

I invite you to listen to this very special conversation with two remarkable practitioners from Europe. As the number of COVID cases climb in their home countries these two women have experienced tremendous success with Gemmotherapy protocols.

Dr. Dana Campaen is a private practice physician in Cluj-Napoca and Lena Kozlovets is a health coach in Kyiv, Ukraine.

Both Lena and Dana have supported a number of active COVID cases without the use of prescription medications. Here they share their experiences using specific extracts for common COVID symptoms, the importance of monitoring emotional health, and what they suggest during the period of convalescence.

Discover my recommended list of extracts for this approaching winter on the previously released podcast, Acute Care: 20 Extracts to get you through Colds, Flus, and COVID. If you are looking for a health practitioner to support you through this season have a look here.

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# **Acute Care: 20 Extracts to get you through Colds, Flus, 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.

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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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