

Exploring Polyvagal Theory: A Question from our Audience on Parents and Teens

Enjoy our teamwork in action as Maegan, Cameron and I work out some answers for our listener in Missouri 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.

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.

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:

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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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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the use of the Polyvagal Theory as a guide for selecting extracts.

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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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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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.

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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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