

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.

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 guest Cameron Scott explore the use of the Polyvagal Theory as a guide for selecting extracts.