

Exploration of Polyvagal Theory: Tuning into Gemmos for the Sympathetic State

In this episode, Megan and Lauren explore six extracts to organize sympathetic activation and prevent the need for fight or flight.

The polyvagal theory is the masterful work of Dr. Stephen Porges that in short, it helps us see and understand habitual emotional patterns enough to interrupt them. In this particular series, Health educator and Gemmotherapy expert Lauren Hubele and Acupuncturist Maegan Lemp explore how Polyvagal Theory may guide us to better select extracts to build emotional resilience.