

# 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.

The polyvagal theory is the masterful work of Dr. Stephen Porges that in short, 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 guests explore the use of the Polyvagal Theory as a guide for selecting extracts.