

# Exploring Polyvagal Theory and Gemmotherapy: Identifying your State

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.