

# 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.

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 and Japanese Acupuncturist Maegan Lemp explore the use of the Polyvagal Theory as a guide for selecting extracts.