

# Exploring Polyvagal Theory: Navigating Loss and Grief

Teri Brooks, part of the Gemmo Memo team drops into conversation with Maegan and me in this special episode. Set some time aside to listen to this touching and personal discussion of grief and loss through the polyvagal lens. I am so grateful to Teri for showing up so bravely and sharing what has worked and what Gemmos she would not be without as she navigates these early stages of grief.

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.