

# Exploring Polyvagal Theory: Pain and the Dorsal Vagal State

Have you sought help for physical pain through manual therapies only to find the pain relocates elsewhere in your body? If this sounds familiar, I invite you to listen to this exceptional conversation about pain. You may find that our discussion allows you to connect a few dots and consider alternative approaches to your pain.

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, Japanese Acupuncturist Maegan Lemp and Passionate Polyvagalist Cameron Scott explore the use of the Polyvagal Theory as a guide for selecting extracts.