

# Exploring Polyvagal Theory: The Central Nervous System as Your Command Central

Trauma therapist and passionate polyvagalist Cameron Scott rejoins Lauren in this episode. Together they discuss the build-up of chronic trauma and why changing habitual patterns begins with the central nervous system.

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.