

Exploring Polyvagal Theory: Vertigo and The Dorsal State

Stephen Porges, founder of the Polyvagal theory tells us that *neuroception* evaluates risk in the environment without awareness. Could it be that our neuroception picks up on cues of danger without our awareness and triggers episodes of vertigo? That's exactly the idea that I put forth in this recording with Japanese acupuncturist Maegan Lemp and Psychotherapist Cameron Scott. If you have vertigo or know someone who does this is a not to miss opportunity.

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 guests explore the use of the Polyvagal Theory as a guide for selecting extracts.