

Polyvagal Explorations: The Basics

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When I came across Stephen Porges' Polyvagal Theory something, immediately clicked. The lens Porges offers to view the autonomic nervous system and our habitual responses just made sense. I have since incorporated polyvagal theory into my own Restoring Immunity with Gemmotherapy protocols. Tune in to learn more about how they go hand-in-hand.

Polyvagal Explorations: Reviewing The Fundamentals

Explorations Of Polyvagal Theory: Reviewing The States Of Survival

Explorations Of Polyvagal Theory: Reviewing The State Of Connection

Explorations Of Polyvagal Theory: All About Blended States Recap

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