

# Polyvagal Explorations

## Exploring Polyvagal Theory and Gemmotherapy

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 soon wrote my colleague Maegan Lemp asking if she knew of this theory and expressed my thought that this could be a total game-changer for the system for Restoring Immunity with Gemmotherapy.

A conversation or two later Maegan, and I embarked on this series. The connections between Polyvagal Theory and Gemmotherapy were happening at such speed that we chose to share our discoveries as they were happening. And the bonus of guest appearances from trauma specialist and teacher of Polyvagal Theory, Cameron Scott, makes it even more intriguing. Sure we could have waited until this was all neat and tidy but, that's never been my style. Come along with us and, we will all learn together.