

# Safety Questions from our Listeners

Tune in to this 2nd episode of #HowWeHeal where we answer a question from one of our loyal listeners on how we can break habits that our autonomic nervous system has developed over time. Check out episode 1 of this #podcast to learn more about how our bodies respond to feelings of #safety.

Watch this episode on my YouTube channel here!

To learn more about #gemmotherapy, #polyvagal theory and #easternmedicine, check out our websites below!

laurenhubele.com (gemmotherapy)

cameronscottma.com (Polyvagal)

aculemp.com (acupuncture and eastern medicine)

—

Send in a voice message: <https://anchor.fm/how-we-heal/message>