

Trailer for How We Heal

Healing can begin only once you feel safe, in your body and in our world. What will it take to learn to feel safe enough to heal?

Get a quick glimpse of all the juicy goodness to come in these rich doses of organic conversations with Japanese Acupuncturist Maegan Lemp, Gemmotherapist Lauren Hubele and Polyvagal Consultant Cameron Scott.

Listen to this alchemy of healing as these wise women offer proven practices, real life experiences and personal insights to guide you to safety.

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