

Gemmo Memo: Hawthorn

Learn about the Hawthorn Shrub, the potential healing actions of the Gemmotherapy extract made from the young shoots of Hawthorn, and how this extract can be viewed through the lens of Asian medicine.

Gemmotherapy extracts are a unique botanical therapy, originating in Belgium, that utilize the meristem cells of trees and shrubs to restore immunity. Discover the healing potential of these individual extracts through the lenses of your hosts, herbalist Teri Brooks, Gemmotherapy expert and health coach Lauren Hubele, and acupuncturist Maegan Lemp.

Gemmo Memo: European Blueberry

Learn about the European Blueberry Shrub, the potential healing actions of the Gemmotherapy extract made from European Blueberry Shoots, and how this extract can be viewed through the lens of Asian medicine.

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Gemmo Memo: Common Alder

Learn about the Common Alder tree, the potential healing actions of the Gemmotherapy extract made from Common Alder Buds, and how this extract can be viewed through the lens of Asian medicine.

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Drunken Noodles

When you see Meera Sodha's name attached to any vegan recipe, you can be assured it is fresh, flavorful and interesting. I was especially interested to discover how the bitterness of the radicchio and tartness of the tamarind paste tasted in the end product. I can assure, you it was delightful. Meera's version included tofu, and since I avoid tofu, I have replaced it with portobello mushrooms in my version.

Ingredients

- 400 g wide, flat rice noodles (purchase the widest you can find)
- 12 Tbsp coconut aminos or tamari sauce
- 2 Tbsp tamarind paste
- 2 Tbsp maple syrup
- 4 large portobello mushrooms, cleaned and cut into 2 cm cubes

- 3 Tbsp corn starch or arrowroot
- Rapeseed oil
- 4 garlic cloves or 2 small shallots, peeled and finely sliced
- 3 bird's eye chillies, finely sliced (reduce if you prefer less spice)
- 500g or 1 lb. tenderstem broccoli (baby broccoli or broccolini), stalks cut into 1 cm pieces at an angle, tops left whole
- 1 large head radicchio, core removed, cut into thin strips
- 1 bunch Thai basil leaves (around 20 g)
- 2 limes, cut into quarters

Directions

1. Prepare noodles according to package directions, rinse and cover with cold water, separating them and set aside
2. Mix the coconut aminos, tamarind and maple syrup in a small bowl then set aside.
3. In a shallow bowl, toss the mushroom cubes in corn starch until coated.
4. Add oil to a large frying pan, fitted with a lid and heat over a medium cooktop setting.
5. When the oil is hot, add the mushroom pieces, turning them regularly, for a couple of minutes, until crisp and golden all over. Use tongs to transfer to a plate lined with kitchen paper.
6. Drain the noodles well in a colander.
7. While noodles drain, saute the garlic/shallots and chilli for a minute in the large frying pan, then add the chopped broccoli.
8. After a few minutes, add the radicchio, cover and cook for a few minutes more.
9. Uncover, add the mushroom pieces, noodles, sauce, and basil leaves, mixing well and cooking for a few minutes until all items are warmed. Be careful not to break up

the noodles.

10. Serve with lime wedges on the side.

Enjoy!

Adapted from Meera Sodha

Gemmo Memo: Common Birch

The tree *Betula pubescens*, also known as *Betula alba*, has many common names, including downy birch, moor birch, white birch, European white birch or hairy birch. Common Birch, as we refer to it in Gemmotherapy, is native to and found abundantly throughout northern Europe and northern Asia. Relatively short-lived, it grows to nearly 100 feet (30 meters) in height and is a pioneering species, colonizing on cleared land. It thrives further north and in higher elevations than any broad-leaved species, preferring damper soils than other birch and even tolerating peat bogs and clay soils.

Often confused with *Betula verrucosa*, *Betula pubescens* can be recognized by its smooth, downy shoots and dull, grayish-white bark. The growth pattern is also different as the heavily leaved branches of the *Betula verrucosa* droop downward and the branches in the crown of *Betula pubescens* reach upward to the heavens.

Interestingly, the bark can be stripped without weakening this hardy tree, and the bark has been used for a variety of purposes throughout history, from lining coffins to covering canoes. Both the leaves and the bark have been used medicinally across a variety of cultures.

It is the pioneering quality of this tree, thriving in poorly drained soils, that hints at its usefulness as a Gemmotherapy

extract, acting as a diuretic, resolving edema and states of acidosis. The essence of this tree is strength in the face of poor conditions.

The benefits of Common Birch Gemmotherapy extract are best received by honoring the order in which the body heals. Common Birch is a primary extract for optimizing elimination in the second stage of restoring immunity. It can be added to a protocol for chronic symptoms once the nervous system extracts have been established. It also offers many benefits for long term use to support immunity and the aging process.

Although there are many variations to the individual who could benefit from Common Birch extract, in general this person may exhibit some or all of the following:

- Male or female adult over 40 years of age
- History of any diet that did not promote optimal elimination, usually high in animal protein (dairy products or meats) or processed foods
- Moderately inactive physically (no daily exercise)
- Less than optimal stool or urine elimination
- Weakened immunity, physical or emotional

There is much more to learn about Common Birch as a Gemmotherapy extract, so be sure to listen to this 15-minute podcast. You will discover the primary and secondary actions of Common Birch Gemmotherapy extract and gain a clear picture of the various use cases of this extract. Consider subscribing now to my Restoring Immunity podcast on Spotify or ApplePodcast/iTunes, Or if you prefer to watch videos, subscribe to my YouTube channel.

You can find Common Birch as well as other single extracts for purchase on my Immunity store.

Gemmo Memo Field Maple

Learn about the Field Maple Tree, the potential healing actions of the Gemmotherapy extract made from this tree and how this extract can be viewed through the lens of Asian medicine.

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Mushroom Bourguignon

If a rich and comforting meal is in order, then look no further. We can thank Melissa Clark from NYT for inspiring my vegan and gluten-free recipe below. Just a word of warning, the leftovers are even better and highly sought after, so you will need to prepare extra or find a good hiding place. ☐

Ingredients

- 8 Tablespoons vegan butter or extra-virgin olive oil (more if needed)
- 2 pounds mixed mushrooms to prepare 10 cups of 1-inch chunks (I used Baby-Bellas, white and oyster)
- 1 large yellow onion, peeled and cut into thin slices
- 6 shallots, peeled and diced
- 1 large leek or 2 small leeks, white and light green parts, cut lengthwise and sliced thinly
- 2 large carrots, diced

- 2 Tablespoons tomato paste
- 3 Tablespoons gluten-free flour blend
- 1.5 cups veggie broth
- 1 $\frac{1}{2}$ cups dry red wine or more veggie broth
- 2 Tablespoons coconut aminos or tamari sauce
- Leaves from 3 fresh thyme branches or 1/2 teaspoon dried thyme
- 2 bay leaves
- $\frac{1}{2}$ teaspoon smoked paprika

Directions

1. Heat a large heavy skillet, melting 2 tablespoons butter, and begin sauteeing mushrooms in batches. Add additional butter for each new batch.
2. Add carrots to the leeks and shallots and the previously prepared mushrooms and onions. Sprinkle in flour, stirring to coat all vegetables.
3. Over low heat, slowly add vegetable broth, blending well to avoid any lumps. The mixture will begin to thicken.
4. Add tomato paste and remaining broth or wine, coconut aminos, herbs and paprika. Cover and allow to simmer until carrots are tender and the flavors have melded.
5. Remove bay leaves before serving.

Enjoy over vegan mashed potatoes, gluten-free noodles or my herbed vegan polenta. You may just have to make this recipe three times to enjoy each variation. ☐

Gemmo Memo: Common Alder

Native to Europe, Russia, Turkey and Iran, *Alnus glutinosa* grows up to 70' (21 meters) in height, always near or in water. Classified as an invasive species in the United States,

it was originally planted for erosion control. It's quite easy to recognize because Common Alder is the only broad-leaved plant to produce cones. Each spring when the new leaf buds appear, you will also see last year's cones and this year's catkins.

Common Alder, a pioneer species, is known to improve the fertility of the soil where it grows, which has made it an excellent tree for reclaiming degraded soils and industrial wastelands.

The wood from Common Alder can harden to the strength of stone when in water, so it was commonly used to build foundations, bridges and dikes in the cities of Venice and Amsterdam. The essence of Alder is associated with releases, such as stress, anxiety, nervousness and increasing life energy.

All of this gives us much insight into what Common Alder Gemmotherapy extract can offer the body. Like the tree itself that grows well in water, the extract harmonizes the fluids of the body and strengthens one's ability to withstand dis-ease. Always used as partnering extract, it promotes the transportation of inflammation, clearing waste and allowing for the rejuvenation and strengthening of tissue.

In practice, the benefits of Common Alder Gemmotherapy extract are best received by honoring the order in which the body heals. As a primary acute extract, Common Alder may be used at any time. However, because it is so deep acting, it should not be used in a protocol for chronic symptoms until stool elimination is optimized and vitality improved. The powerful harmonizing actions prompt considerable movement of degenerative waste, and an optimized elimination system is absolutely necessary to prevent aggravated symptoms, which could include a variety of inflammatory conditions as well as headaches, digestive disturbances or joint stiffness.

Although there are many variations to the individual who could

benefit from Common Alder extract, in general, this person may exhibit some or all of the following:

- Male or female
- All ages
- Localized inflammatory states, acute or chronic

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You can find Common Alder and other single extracts for purchase on my Immunity Store.

Gemmo Memo: Silver Birch Buds, Seeds and Sap

Learn about the Silver Birch Tree, the potential healing actions of three Gemmotherapy extract made from Silver Birch Buds, Seed and Sap, and how this extract can be viewed through the lens of Asian medicine.

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Meghla's Palong Shak Dal

I used to think I could prepare a pretty good dal. That was until I watched my new Bangladeshi friends, Meghla and Aziza. These women embody the kitchen magician I long to be. The simple, yet important steps they added to the cooking process are what gave the dal and everything they cooked the depth in flavor you can only get from a master. Now all I want is more dal, and I am certain you will feel the same. Below I did my best to capture their instructions.

Ingredients

- 1 cup Masoor dal (red lentils)
- 4 cups fresh organic spinach leaves

- 4 tablespoons sunflower oil, divided
- ½ finely chopped red onion
- 1 whole dry red chili
- 1 teaspoon whole cumin
- 1 teaspoon ginger paste or freshly grated ginger
- 1 teaspoon garlic paste or finely minced garlic cloves
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon coriander powder
- 1/2 teaspoon red chili powder
- Salt, to taste

Directions

1. Wash and chopped the fresh spinach. Set aside.
2. Heat 2 tablespoons oil and slowly saute the chopped onion in a heavy bottomed cooking pot.
3. When the onion is soft and translucent add turmeric, coriander, chili powder and dal, stirring well to coat the dal with the oil and spices.
4. Add water to generously cover, placing spinach leaves on top, and bring to a quick boil.
5. Cover with a lid, decrease the heat to low, allowing the lentils to gently simmer until tender and the spinach to steam for 20 minutes.
6. In a skillet on a separate burner, heat remaining oil. Add whole cumin first, allowing it to pop, then add whole chili, ginger and garlic. Keep the heat low so nothing burns, yet just enough to bring all of the flavors out. This will be your tarka to deepen the flavor of the dal.
7. Check dal after 10 minutes to see if more water is needed and continue cooking until it is soft. When cooking is complete, turn off the heat, add tarka and salt, stirring well, adjusting seasoning to your taste.

Enjoy!d

Coaching Stories: Ashley

by Ashley Dalme

My name is Ashley Dalme, and I'm from Louisiana. I am married to my wonderful husband Chris, and we have two kids, Eva and Harrison. I am an art teacher, and I love my job! In my spare time, I love spending time with my family and friends, reading and hiking.

My coaching experience with Lauren has been great! I enjoy meeting on Zoom, face to face. I like the way the protocols are given in a very organized manner. I like having the opportunity to email when questions/concerns come up in between meetings. The online store is so user friendly, and the shipping is fast. And I enjoy the straightfowardness and honesty from Lauren.

After coaching, I have more confidence and more peace about treating illnesses for my family and myself. I feel more connected to my children as I have a new perspective on their health and their needs. I feel very proud and more empowered. I feel like I want to learn more about Gemmotherapy so that I can use it as life-long method for health.

I learned specifically about the body's need to clean, and the support it needs during that process and during illness. I learned how to read a few acute illnesses and how to treat them successfully, how to dose, how often and when to taper off.

I think every illness or health issue is an opportunity! I feel more confident treating acute symptoms with the protocols. My perspective gives me reassurance that using Gemmos/homeopathy is beneficial in a time of illness because

they support our organs and help our bodies to heal themselves properly. I feel like the opportunities are endless! I'm not sure exactly yet what they are, but I feel in some way I have a role to share this with others outside of my family, and play some part in the future of Gemmotherapy.