

# **A Mom's Guide to Immunity : Extracts for Brain Support**

Join Health Educator and Gemmotherapy Expert Lauren Hubele and intern Chris Wahl as they discuss support for the brain in this exciting new series on building immunity in children.

Now more than ever what every mom needs is practical, all-natural tools to restore and supporting their child's immunity.

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## **A Mom's Guide to Immunity: What is Immunity?**

Join Health Educator and Gemmotherapy Expert Lauren Hubele and intern Chris Wahl as they discuss emotional and physical immunity in this exciting new series on building immunity in children. Now more than ever what every mom needs is practical, all-natural tools to restore and supporting their child's immunity.

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## **Gemmo Memo: Ginkgo**

*Ginkgo biloba* is the one and only surviving species in the lone genus of *Ginkgoaceae*. It is nearly extinct in its native form, with the exception of some found in eastern China. The Ginkgo you will meet today will have been cultivated. This deciduous, resinous tree can grow up to 120 ft, but perhaps

only half that height in cooler climates. Ginkgo is known for its longevity and resilience. The tree is very adaptable surviving in settings where it doesn't get much oxygen, such as near cement curbs, barriers, parking lots, etc.

Who might benefit from Ginkgo Gemmotherapy extract?

Adult men and women who experience physical symptoms with the head, ears, eyes or mental symptoms involving lack of clear thinking or mild depression. Although well known in phytotherapy for its anti-aging properties, it is now understood that the positive effects of Ginkgo are most helpful for those under the age of 60.

In my system for restoring immunity, Ginkgo is best used in a protocol once elimination has been optimized for these symptoms:

- Vertigo
- Hearing difficulties
- Eye symptoms, to include disturbances to the retina

**Important to note:** Due to the anticoagulant action of Ginkgo, it should not be taken by those prescribed blood thinners.

There is much more to learn about Ginkgo as a Gemmotherapy extract, so be sure to listen to this 25-minute podcast. You will discover the primary and secondary actions of Ginkgo 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.

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

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# Gemmo Memo: Ginkgo

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

Gemmotherapy extracts are a unique botanical therapy, originating in Belgium, that utilizes the meristem cells of trees 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.

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## Lemon Kale Pesto with Pasta

If you are on the lookout for a quick, healthy and satisfying weeknight meal, search no further. This lemony kale pesto is as nutrient dense as it is delicious. A favorite way to serve it at the Hubele house is tossed with freshly cooked gluten-free penne, adding in a handful of chopped garden fresh tomatoes. An equally good alternative would be to coat these salt crusted fingerling or baby creamer potatoes with a few heaping tablespoons of this pesto and serve them up with a salad or slaw.

Here is the basic pesto recipe, but please feel free to make it your own by switching out the greens or fresh herbs.

### Ingredients

- 2 cloves garlic (although I like to use shallots for a milder flavor)
- 2 bunches of kale, stripped from the stems

- A handful or two of fresh herbs (consider basil, parsley and cilantro)
- Juice from two large lemons
- Good quality organic olive oil (adjusting amount to achieve desired pesto consistency)
- 1 cup nuts and seeds (can be a combination of pistachios, almonds, walnuts, pumpkin seeds and/or pecans)
- 4 heaping T nutritional yeast
- Salt and pepper to taste

## Directions

1. Place nuts/seeds in the food processor. Pulse and process until finely ground. Add kale and herbs, pulsing until all are chopped. Drizzle oil through opening of the food processor, adding a few tablespoons at a time, pulsing and checking consistency, scraping down sides if necessary.
2. Sprinkle in nutritional yeast, pulse again until well incorporated. Finally, add salt and pepper to taste, setting aside while pasta cooks.
3. Once pasta is tender, drain, reserving a bit of the cooking water for thinning the pesto if needed. Add pesto by heaping tablespoon, stirring gently. Toss in tomatoes and fresh herbs for garnish.
4. Serve immediately.

Enjoy!

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## Gemmo Memo: Mountain Pine

*Pinus Montana*, commonly known as Mountain Pine, is a towering evergreen native to the subalpine zones of the Pyrenees, Alps,

Erzgebirge, Carpathians, northern and central Apennines, and higher Balkan Peninsula mountain ranges. It is considered a wilding conifer and classified as an invasive species in some regions.

Mountain pines are known to form a belt of protection at the edge of forests, often serving as erosion control or as effective avalanche protection. Mountain Pine is known for its ability to stabilize the ground it grows on. In open valleys and on moors, they can grow up to 10 meters high

Those who could benefit from Mountain Pine extract, unless exhibiting acute symptoms, would be in Stage 3 of the Restoring Immunity system having already optimized elimination. They will be mature women and men who exhibit one of the following symptoms:

- Acute or chronic weakening or pain associated with the bones
- Acute broken bones

**PRECAUTIONS:** As like all conifers, Mountain Pine is a stimulating extract which can negatively impact sleep when taken after 12 noon. If sleep is disrupted by a midday dose, then consider taking it first thing in the morning.

There is much more to learn about Mountain Pine as a Gemmotherapy extract, so be sure to listen to this podcast with my colleagues, herbalist Teri Brooks and acupuncturist Maegan Lemp. You will discover its historical uses, the primary and secondary actions of Mountain Pine Gemmotherapy extract, and insight to how it is viewed through the Asian medicine lens.

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You can find Mountain Pine as well as other single extracts

for purchase on my Immunity store.

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## Gemmo Memo: Silver Fir

*Abies Alba*, commonly known as Silver Fir, is a towering coniferous tree growing 130–160 ft tall at altitudes of 300–1,700 m (980–5,580 ft). It is native to the mountains of Europe, from the Pyrenees north to Normandy, east to the Alps and the Carpathians, Slovenia, Croatia, Bosnia and Herzegovina, Montenegro, Serbia, and south to Italy, Bulgaria, Albania and northern Greece. In North America, it is best known in its cultivated form and found on Christmas tree plantations in the North East. The leaves are needle-like, flattened, thick, glossy dark green above, and with greenish-white bands below.

Those who could benefit from Silver Fir extract would be male or female, children to young adults, who exhibit one or more of these symptoms:

- Acute bone fractures
- Acute dental decay
- Chronic susceptibility to viruses and colds
- Rapid growth spurt
- Symptoms of anemia

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# **Stuffed Tex-Mex Sweet Potatoes**

Don't waste any time waiting for a special occasion to make this yummy dish. It goes together in a snap as you prepare the filling and topping while the potatoes bake to a creamy and caramelized perfection.

## **Ingredients**

- 4 medium organic sweet potatoes, washed and sliced in half lengthwise (all varieties are suitable)
- Olive oil
- 1 medium onion peeled and diced
- 1 sweet pepper seeded and diced
- 1 cup fresh or frozen corn kernels
- 1 can black beans rinsed and drained
- 2 medium seeded and chopped tomatoes
- 1 teaspoon smoked paprika
- 1 teaspoons cumin
- Pinch of cayenne or chili pepper of your choice
- 1 avocado

- 2 T vegan mayonnaise
- Juice of 2 limes
- Handful of fresh parsley and cilantro leaves (reserve a few for serving)
- A few slices of jalapeno (adjust to taste)
- Salt and pepper to taste

## Directions

1. Preheat oven to 400 degrees F.
2. Liberally oil heavy baking dish or parchment lined baking sheet and arrange potatoes cut side down, not touching each other.
3. Bake until tender and cut side is caramelized but not burnt, 25-35 minutes.
4. While potatoes bake, heat a heavy skillet, covering the bottom of the pan with olive oil. When the oil is hot, add onions, saute until translucent, adding peppers. Once peppers are tender, add corn, allowing it to roast and color a bit. Add tomatoes, black beans, seasonings and salt and pepper to taste. Stir well and cover with lid, simmering 5-10 minutes for flavors to meld. Set aside.
5. In a small blender or food processor, add avocado, mayo, lime juice, fresh herbs and jalapeno slices if desired. Blend until smooth, season to taste.
6. Once potatoes are ready, arrange the cut side up on a serving platter. Use a sharp knife to split open down the center without cutting all the way through. Potatoes should be quite tender and fall open, wide enough to be filled. If not, gently use a fork to open up the space. Divide the filling between the potatoes and top each with a generous dollop of the avocado cream. Sprinkle each with a bit of smoked paprika and some of the parsley and cilantro leaves before serving.

Enjoy!



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