

Teri's Gomasio

Gomasio was a staple in our German home and somehow it lost its special place on the table when we moved to America. I was just delighted to place a jar back on my counter after receiving this recipe as well as a sample from my dear herbalist friend Teri.

Ingredients

- 1 c. lightly toasted sesame seeds (black, white or combination)
- $\frac{1}{3}$ c. each of pumpkin seeds, poppy seeds, hemp seeds, plantain seeds, and nigella sativa seeds.
- 1 c. dried crumbled nettles
- $\frac{1}{2}$ c. dried dandelion leaves
- 2 T. dried wakame and dulse flakes
- 1 $\frac{1}{2}$ t of salt

Grind all ingredients to desired texture and store the mixture in an airtight container.

Sprinkle on salads, roasted vegetables, or soups.

Enjoy!

Restoring Immunity: Gemmo Moms

Join Lauren and Kara Strubberg as they explore the balancing act of self-care with baby and child care. Both moms but at very different chapters in life, Lauren and Kara fearlessly examine what gets in the way of their ability to feel vibrant,

resourceful, and whole while navigating the waters of motherhood. Learn specific Gemmos that help settle mom and baby's nervous system allowing deeper sleep for everyone, the primary symptoms all parents should note in babies, and how to resolve them with Gemmos to prevent the establishment of chronic symptoms now seen in 50% of the children in the United States.

In this episode, you will discover what Gemmos are, how they are made, and the system Lauren has created to restore immunity that every mom can learn.

Restoring Immunity: Gemmo Moms Trailer

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Restoring Immunity: Gemmo Pets

Homeopath and pet expert Susie Killian and Lauren pair up to share the very latest information on Gemmo extracts for your furry friends. Learn to harmonize your pet's nervous system, support healthy elimination, and address chronic symptoms naturally with Gemmo plant bud extracts. Your pets will thank you.

In this episode learn the basic guidelines for dosing your pets and the first two extracts you might consider to harmonize your pet's Central Nervous System.

Contact Susie Killian regarding consultation for your pet.

Buy Gemmotherapy extracts [here](#).

Learn more about Gemmotherapy [here](#).