

Acute Care: 20 Extracts to get you through Colds, Flus, and COVID

In this episode, Megan Ethridge, RN, and I share the list of extracts we recommend in preparation for whatever this next wave of COVID in the midst of cold and flu season has to offer. Listen in as we guide you through each one and why it made our list. Discover more about each of these extracts on my Gemmo Memo series recorded earlier this year. You will also want to catch the upcoming episode, The latest news on Gemmotherapy for COVID. I want you to be safe and healthy in the months ahead and will be sharing my latest learnings right here as they unfold.