

# Acute Care: One Mom's Journey to Trust Herself

Join Health coach Lauren Hubele and cohost Megan Ethridge, RN as they chat with Ashley Dalme, art teacher and mother of two children. A year ago Ashley began to consider natural options to support her children. As she learned about Gemmotherapy and how immunity is restored her own fears and stories about health and healing were quickly revealed. Hear how Ashley was able to drop those stories and take charge of her family's health.