

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.

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 disease. 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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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
- $\frac{1}{2}$ 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
- $\frac{1}{2}$ teaspoon ground turmeric
- $\frac{1}{2}$ teaspoon coriander powder
- $\frac{1}{2}$ 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 honestly 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.

Sourdough Buckwheat Bread

If you ever make it to the Ariège region, my favorite corner of France, you absolutely must reserve some time to enjoy the Thursday market at La Bastide-de-Sérou. While there are larger, busier and more extravagant markets to be found, I love La Bastide's because it is not any of those things. It has a welcoming sweetness and authenticity that makes you feel as though you belong not only there at the market, but to the community itself. And while there are several items I covet from this particular market, the locally made sourdough buckwheat bread is almost worth the flight across the

Atlantic. And apparently, I am not the only one who feels that way. I quickly discovered that there won't be a crumb left waiting if you don't arrive by 10 a.m.

And so it was my deep desire for this lovely bread, and the fact that my flight to France is still several weeks away, that prompted my experimenting in the kitchen. But nothing could begin until I located a good source for organic buckwheat groats, which turned out to be easier than I expected. I was delighted to come across this recipe from Breadtopia for inspiration. Just to be clear, this recipe is not for the spontaneous baker. You will need to plan a day and a half ahead of when you'd like to enjoy your bread. I found the wait to be completely worth it, and I am sure you will too.

Ingredients

- 4 cups raw organic buckwheat groats
- Filtered water to cover the groats
- 1 cup additional filtered water for the dough
- 2 tsp salt
- 3/4 cup pumpkin seeds
- 1/4 cup of sunflower seeds
- 4 Tbsp flax seeds or a mixture of flax, sesame and chia
- Mixture of seeds for the top of the loaf
- Loaf pan
- Parchment paper

Directions

Step One (6 hours long)

- Soak the buckwheat groats in water for 5-6 hours.

Step Two (24 hours long)

- Drain the groats in a colander without rinsing.
- Pour half of the soaked groats into a high-speed blender

or food processor. Process groats until a smooth dough forms like a thick pancake batter, only adding water if needed for blending. Pour into a large glass bowl and repeat process with remaining groats. Cover with a towel and place in a warm spot (about 70 degrees). The dough will increase in size by approximately 25%, form a rounded top, and you will begin to smell the fermentation.

Step three (1 hour long)

- At this time, gently fold in the seeds and salt, being careful not to deflate the dough more than necessary. Pour the batter into the parchment paper-lined loaf pan, sprinkling seeds on top if desired.
- Cover again with a towel and let the seeded batter rise for another hour in the same warm location.

Step four (95 minutes)

- Preheat the oven to 350 F for 15 minutes.
- Bake loaf for approximately 60 minutes, gently remove from pan and continue baking another 20 minutes on a baking stone or directly on the rack.
- You can check the loaf for an inside temp of 200 F if you are unsure if it is fully baked.

Step five (30 minutes)

- Remove from the oven and place on a cooling rack for at least 30 minutes before slicing.
- If the loaf will not be consumed within 48 hours consider slicing the entire loaf and freezing packets of a few slices, or store the entire loaf in your fridge.
- Toasting this bread brings out the best flavors.

Enjoy!

Gemmo Memo: Black Honeysuckle

The shrub *Lonicera nigra*, commonly known as black honeysuckle or black berried honeysuckle, is most likely to be discovered under the canopy of a coniferous or mixed forest, where it would bask in the filtered sunlight.

Unlike the cultivated honeysuckle vine, this honeysuckle shrub only grows to a height of 4-5 feet tall. Not widespread or cultivated for any particular purpose, you would most likely come across this species of honeysuckle in its native state throughout mountainous regions of South and Central Europe.

There is a long history of using black honeysuckle leaves and flowers medicinally. The Gemmotherapy extract, however, is made from the young shoots of the plant. A hint to its potential contribution as an extract can be found when viewing the long flexible stems, twin spurred pink and white flowers, and black colored berries. With a bit of imagination, the double blossoms can represent the sinus region, and the long stem the throat and bronchi, primarily where black honeysuckle Gemmotherapy so effectively thins mucus to promote drainage.

The benefits of black honeysuckle Gemmotherapy extract are best received by honoring the order in which the body heals. For acute symptoms, it can be added immediately to a protocol and it can be used in micro-doses at the start of building a chronic protocol. However, before including black honeysuckle in full doses for chronic symptoms, stool elimination must be optimized and vitality improved. The powerful tonifying actions on the liver and intestines prompt considerable drainage of degenerative waste, and an optimized elimination system is necessary to prevent aggravated symptoms.

Although there are many variations to the individual who could

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

- Be male or female of any age
- an acute sore throat or inflamed tonsils
- a history of respiratory or intestinal inflammation
- have sleep disturbances between the hours of 1 and 5 a.m.
- Mild depression, pessimistic outlook, a tendency toward resentment or worry

There is so much more to learn about black honeysuckle Gemmotherapy extract, so be sure to listen to this 15-minute podcast. You will discover the primary and secondary actions of black honeysuckle Gemmotherapy extract and so much more from the perspectives of an Herbalist, a Gemmotherapist, and an Acupuncturist.

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You can find black honeysuckle as well as other single extracts for purchase on my immunity store.

Gemmo Memo: Blackthorn

Blackthorn, *Prunus spinosa*, is a shrub native to Europe and Western Asia. Growing 6-10 feet in height, it was commonly used throughout history along with Hawthorn to border fields as a protection from animals. Its creamy white flowers, which appear before the leaves, were a signal of the arrival of spring.

Blackthorn shrubs appear in the text of many European fairy tales with themes of life, death and protection. The spur-like shoots off the stems have an intense, foreboding nature, alluding to the protection it provides both physically and medicinally. Historically, all parts of this plant (the flowers, bark, leaves and sloe berries) were widely used across many cultures to boost immunity, our body's source of protection.

The benefits of blackthorn Gemmotherapy extract, a tonic for the hypothalamic/pituitary/adrenal axis, are best received by honoring the order in which the body heals. In acute states, it can be used as part of a recovery protocol to restore strength and stamina. It is also a primary extract for aiding the optimization of stool elimination.

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

- Any age, baby to adult
- A need to restore or build vitality
- A need to optimize elimination
- In a current state of recovery from physical or emotional trauma, or period of high stress
- A need for harmonizing mental and physical development of the entire body.

There is so much more to learn about blackthorn Gemmotherapy extract, so be sure to listen to this 15-minute podcast. You will discover the primary and secondary actions of blackthorn Gemmotherapy extract, and so much more, from the perspectives of an Herbalist, a Gemmotherapist and an Acupuncturist.

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Saffron Fennel

Whether you are a fennel fan or not, this recipe is a must for veggie lovers. Enjoy this dish warm, right out of the oven, or at room temperature.

Ingredients

- 2 large or 4 small fennel bulbs
- 1.5 cube of vegetable bouillon dissolved in 3/4 C boiling water
- 3 large pinches saffron strands
- 1 Tbsp extra virgin olive oil
- Large handful parsley
- Rosemary sprig, leaves stripped
- Sea salt
- 4 oz. pistachios
- 1 tsp orange zest

Directions

1. Preheat the oven to 425 F.
2. Place vegetable bouillon cubes in a glass bowl with boiling water. Once dissolved, add saffron threads to “bloom.” Allow to sit for at least 10 minutes.
3. Trim off the darker green stems of the fennel bulbs and reserve any fronds. Slice the bulb from top to base, cutting crossways through the row of stems, into slices 1 cm thick. You should have about eight slices. Lay the

slices in one layer, covering the bottom of the baking dish.

4. Add olive oil to bouillon and saffron mix and pour over the fennel. Cover the dish with foil and bake for 20 minutes.
5. While baking, prepare the nut and herb crumb mixture. Chop the parsley, rosemary, orange zest and pistachios with a pinch of salt in a food processor until very finely chopped.
6. After fennel has baked for 20 minutes, take the dish from the oven and carefully remove the foil. Baste the fennel with the cooking liquid. Return the dish to the oven without the foil and reduce the liquid for about 10 minutes more, until it is almost gone.
7. Remove the dish again and spoon the nut and herb mixture on top of each slice of fennel. Return to the top rack of the oven and cook for another 5 to 10 minutes, until the crumb is lightly browned and the liquid is completely reduced.
8. Serve warm, garnished with any reserved fronds alongside mashed potatoes, rice pilaf or quinoa.

Enjoy!

Adapted from SuperVeg by Celia Brooks

Gemmo Memo: Black Currant

Native to Europe and Asia, black currant shrubs grow well in damp, fertile (but not waterlogged) ground and are intolerant of drought. This moderate-size shrub develops as wide as it is tall, which is about 5 feet (1.5 meters). The broad, long aromatic leaves, with five lobes stemming from the leaf base and serrated margins, make this shrub easy to identify. The

pale flowers that appear in spring ripen in midsummer into dark berries. The intensely flavored, tart berries, with a wine-like yet earthy taste, hint at the potential capabilities of the extract itself.

By the 11th century, it was cultivated in Russia and was most often found in monastery gardens as the leaves, bark or roots were used medicinally. It later spread to Europe and eventually North America. Interestingly, the growing and importation of currants was banned in New York and other parts of the United States for more than half a century because they were thought to help spread a fungus that threatened the timber industry. Proven untrue over recent years, the bans have been repealed state by state, and black currants again grow in the northeast and -west of the country.

The benefits of black currant Gemmotherapy extract, a tonic for the adrenal glands, are best received by honoring the order in which the body heals. In acute states, it can be added to protocols immediately, when its ability to resolve inflammation is most useful. However, for protocols addressing elimination and various chronic conditions, black currant should only be added to the protocol once the partnering extracts have proven to be well tolerated. Black currant extract can be used topically but is most often taken orally like all other extracts.

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

- Any age, baby to adult
- Any inflammatory symptoms

Would you like to learn more? You can hear, in this 15-minute podcast, the perspectives of three subject matter experts to include an Herbalist, a Gemmotherapist and an Acupuncturist. You will discover the primary and secondary actions of black

currant Gemmotherapy extract and who might benefit from this diverse extract. Subscribe to my Restoring Immunity podcast on Spotify or Apple Podcast/iTunes and catch a new episode of Gemmo Memos each week, or subscribe to my YouTube channel if you prefer to watch the videos.

Gemmo Memo: Almond, Prunus amygdalus

Known for their beautiful pale blossoms, welcoming the early days of spring, almond trees are native to the geographic region known as Iran and its surroundings. Almond trees are actually among the earliest domesticated fruit trees (3000-2000 BC), and it is in an orchard where you are most likely to encounter one.

A relatively small deciduous tree, almond grows to a height of 13- 30 feet (4-10 meters). It thrives in warm climates with mild, wet winters. Tolerant of all pH types, root development is restricted, and growth and productivity inhibited when planted in heavy, clay-based soil. Similar challenges can be seen in the human body when circulation is inhibited. Correcting slowed circulation is the action of almond Gemmotherapy extract. When circulation is improved blood flows, protecting the transportation of essential fatty acids and oxygen to the brain.

In practice, the benefits of almond Gemmotherapy extract are best received by honoring the order in which the body heals. Almond can be used with good success in microdoses at the start of a case to harmonize the nervous system. Later, once stool elimination has been optimized and vitality improved, it can be used in higher doses as a tonic for the circulatory

system. The tonifying actions prompt drainage, which will require an optimized elimination system to prevent aggravated symptoms that could include headaches, digestive disturbances, joint stiffness or skin inflammation.

Wouldn't you like to learn more? You can hear, in this 15-minute podcast, the perspectives of three subject matter experts, to include an Herbalist, a Gemmotherapist and an Acupuncturist. You will discover the primary and secondary actions of almond Gemmotherapy extract and who might benefit from this diverse extract. Subscribe to my Restoring Immunity podcast on Spotify, Radio Public, Apple or Google Podcasts and catch a new episode of Gemmo Memos each week.

What Gemmotherapy Can Do for Winter Blues

The days are shorter, and the skies are darker, and possibly this is not your favorite season. Perhaps if you told the truth, you'd like to skip the next months altogether. Well, one option is for you to curl up in a ball like my calico cat, Ruby (pictured below :). Or, you could try something completely different this year and take a proactive approach to your winter blues.

I am going to assume that you voted for a different approach, so I will share some of my latest learnings. It turns out that a **microdose (1-3 drops of a D1 extract)** of specific Gemmotherapy extracts each morning can offer prevention and reduction of your symptoms. Those extracts are actually tonics for the brain. The tonifying action supports the production and protection of important neurotransmitters that improve your moods, such as serotonin and dopamine.

The first extract I would suggest to my clients experiencing depressive symptoms at any time, but particularly those that are limited to the winter season, would be Silver Birch Seeds. The Gemmotherapy extract produced from the seed of the Silver Birch tree supports the healthy function of the Central Nervous System, specifically the brain. The other extract that should be considered as an alternative if Silver Birch Seed did not produce the desired effects, or in addition, is Sea Buckthorn. The Gemmotherapy extract made from the bud of the Sea Buckthorn shrub is another tonic that also supports the healthy function of the Central Nervous System, protecting the main neurotransmitters for the parasympathetic state and harmonizing circadian rhythms. The actions of Silver Birch Seed and Sea Buckthorn on the Central Nervous System can improve brain functions, maintaining memory and improving mood (SECONDARY ACTION: As a powerful antioxidant, Sea Buckthorn protects the brain from degeneration. There is no contraindication for taking this extract long term).

When looking at Gemmotherapy extracts, there are two qualities that help us classify their actions: a tonifying or tonic-like action, or a harmonizing action. Tonics build strength and improve performance and efficiency in the organ, much like a personal trainer or coach might do for an athlete. Harmonizers, on the other hand, bring balance to the action of the organ, perhaps slowing or balancing its actions. Harmonizers adjust to what is needed. Some extracts are both tonifying and harmonizing. They might have a tonifying effect on one organ or system and a harmonizing effect on another.

Now, in addition to taking an extract or two each morning, there are two other important activities to add to your self-care plan for winter. The first is to get yourself outdoors in the sunshine every single day and move. And when the sun doesn't shine, get yourself out in the fresh air anyway and move in whatever way works for your body. Perhaps for you, that would be walking at a brisk pace, jogging or riding a

bike. It's the fresh air, sunshine and trees that are as helpful as the moving, so going to the gym just isn't going to give you the same lift.

And then, take care of your diet. Take care of yourself with every bite you eat. Eat to boost your mood rather than bring it down. There is clear evidence that what goes in your mouth directly affects your brain and mood, so make a wise choice. Here's a list of accessible resources from Dr. Michael Greger. And if it's recipes you need, you have come to the right place. I'm delighted to share my favorite plant-based options, all personally tested and approved.

Interested in learning more about specific Gemmotherapy extracts and their actions? Join me in January for my exciting new series, Gemmo Study. If you want to learn my system to restore your immunity using Gemmotherapy extracts, please consider enrolling in Foundations of Gemmotherapy, also beginning in January.

