

Exploring Polyvagal Theory and Gemmotherapy: An Introduction

Polyvagal theory is the masterful work of Dr. Stephen Porges that in short it helps us see and understand habitual emotional patterns enough to interrupt them. In this particular series, Health educator and Gemmotherapy expert Lauren Hubele and Acupuncturist Maegan Lemp explore how Polyvagal Theory may guide us to better select extracts to build emotional resilience.

A Mom's Guide to Immunity: The Art of Dosing

Join Health Educator and Gemmotherapy Expert Lauren Hubele and intern Meghan as they discuss the art of dosing extracts. This exciting new series on building immunity in children is exactly what every mom needs now, practical, all-natural tools to restore and supporting their child's immunity.

A Mom's Guide to Immunity:

Managing acute symptoms as they arise

Join Health Educator and Gemmotherapy Expert Lauren Hubele and intern Megan Ethridge as they discuss how to manage your child's daily protocol for immunity when a cold, flu or virus symptom appears. This exciting new series on building immunity in children is exactly what every mom needs now, practical, all-natural tools to restore and supporting their child's immunity.

A Mom's Guide to Immunity: Real Advice for the Journey

Join Health Educator and Gemmotherapy Expert Lauren Hubele and her four interns, Megan, Chris, Lena and Kara as they share their personal tips for 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.

A Mom's Guide to Immunity: Adrenal Health

Join Health Educator and Gemmotherapy Expert Lauren Hubele and intern Chris Wahl in this short but important segment on adrenal glands and their role in immunity. Now more than

ever what every mom needs is practical, all-natural tools to restore and supporting their child's immunity and you will find a path to that right here.

A Mom's Guide to Immunity: More Extracts to Support Elimination

Join Health Educator and Gemmotherapy Expert Lauren Hubele and intern Kara Strubberg as they discuss the importance of healthy elimination and extracts to help. Now more than ever what every mom needs is practical, all-natural tools to restore and supporting their child's immunity and you will gain exactly that in this series.

A Mom's Guide to Immunity: Healthy Elimination and Extracts to help

Join Health Educator and Gemmotherapy Expert Lauren Hubele and intern Lena as they discuss the importance of healthy elimination and extracts to help. Now more than ever what every mom needs is practical, all-natural tools to restore and supporting their child's immunity and you will gain exactly that in this series.

A Mom's Guide to Immunity: Extracts for the Nervous System to Support Sleep

Join Health Educator and Gemmotherapy Expert Lauren Hubele and intern Kara Strubberg as they discuss support for sleep 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.

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.

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.

A Mom's Guide to Immunity : How to build immunity

Join Health Educator and Gemmotherapy Expert Lauren Hubele and intern Lena Kozlovets as they discuss the steps for building immunity in this exciting new series. Now more than ever what every mom needs is practical, all-natural tools to restore and supporting their child's immunity.

A Mom's Guide to Immunity: Trailer

Join Health Educator and Gemmotherapy Expert Lauren Hubele and her four interns, Megan, Kara, Lena and Chris 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.