

# **A Mom's Guide to Immunity: Extracts to Support the Autonomic Nervous System**

Join Health Educator and Gemmotherapy Expert Lauren Hubele and her intern Megan Ethridge as they discuss the Autonomic Nervous System and its role in 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.

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## **Gemmo Memo: Ginkgo**

Learn about the Ginkgo tree, the potential healing actions of the Gemmotherapy extract made from Ginkgo Tree Buds, and how this extract can be viewed through the lens of Asian medicine.

Gemmotherapy extracts are a unique botanical therapy, originating in Belgium, that utilizes the meristem cells of trees to restore immunity. Discover the healing potential of these individual extracts through the lenses of your hosts, herbalist Teri Brooks, Gemmotherapy expert and health coach Lauren Hubele, and acupuncturist Maegan Lemp.

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# **Gemmo Memo: Common Beech**

Learn about the Beech tree, the potential healing actions of the Gemmotherapy extract made from Beech Tree Buds, and how this extract can be viewed through the lens of Asian medicine.

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# **Gemmo Memo: Heather**

Learn about the Heather Shrub, the potential healing actions of the Gemmotherapy extract made from Heather Shrub Shoots, and how this extract can be viewed through the lens of Asian medicine.

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# Gemmo Memo: Lithy

Learn about the Lithy Shrub, the potential healing actions of the Gemmotherapy extract made from Lithy Shrub Shoots, and how this extract can be viewed through the lens of Asian medicine.

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# Gemmo Memo: Silver Lime

Learn about the Silver Lime or Linden Tree, the potential healing actions of the Gemmotherapy extract made from Silver Lime Buds, and how this extract can be viewed through the lens of Asian medicine.

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# **Gemmo Memo: Oak**

Learn about English Oak , the potential healing actions of the Gemmotherapy extract made from the buds of English Oak, and how this extract can be viewed through the lens of Asian medicine.

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## **Acute Care: One Mom's Journey to take charge of her family's health**

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. Her daughter was in a constant cycle of acute illness and her son challenged them all with his poor sleep, mood swings and difficulty focusing. Once Ashley learned the root of her children's symptoms and how to resolve them she began to see amazing progress. Listen to Ashley's story.

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# 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.

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## Gemmo Memo: Sweet Chestnut

Learn about the Sweet Chestnut Tree, the potential healing actions of the Gemmotherapy extract made from the young buds of Sweet Chestnut Tree, and how this extract can be viewed through the lens of Asian medicine.

Gemmotherapy extracts are a unique botanical therapy, originating in Belgium, that utilize the meristem cells of trees and shrubs to restore immunity. Discover the healing potential of these individual extracts through the lenses of your hosts, herbalist Teri Brooks, Gemmotherapy expert and health coach Lauren Hubele, and acupuncturist Maegan Lemp.

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# Gemmo Memo: Sea Buckthorn

Learn about the Sea Buckthorn Shrub, the potential healing actions of the Gemmotherapy extract made from the young buds of Sea Buckthorn Shrub, and how this extract can be viewed through the lens of Asian medicine.

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# Gemmo Memo: Black Poplar

Learn about the Black Poplar Tree, the potential healing actions of the Gemmotherapy extract made from the young buds of the Black Poplar Tree, and how this extract can be viewed through the lens of Asian medicine.

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