

# **Gemmo Memo: Boosting your Emotional Immunity in the face of Coronavirus**

Did you know that your emotional state directly impacts the efficiency of your immune response? Micro-doses of specific Gemmotherapy extracts known to harmonize the nervous system, improve your ability to process emotions and reduce the time you spend in a fight or flight. Supporting your nervous system is actually the first and most critical step in supporting your overall immunity.

Join co-hosts Lauren Hubele, Gemmotherapy expert and Health Coach along with herbalist Teri Brooks, and acupuncturist Maegan Lemp as they offer practical and compassionate information that you can use now in the face of the spread of coronavirus

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## **Gemmo Memo: Your Fear, Your Immunity, and Coronavirus**

How are your fear, immunity, and coronavirus connected? Fight or flight, your sympathetic nervous system response, directly prevents optimal immune functions. It's likely you are experiencing this every time you dare look at the news. If you are ready for some practical and compassionate information that you can use in the face of the spread of coronavirus we have it here.

Join co-hosts Lauren Hubele, Gemmotherapy expert and Health

Coach along with herbalist Teri Brooks, Gemmotherapy expert and health coach Lauren Hubele, and acupuncturist Maegan Lemp as they discuss steps you can take today for yourself and your family.

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## **Gemmo Memo: Lingonberry**

Learn about the Lingonberry Shrub, the potential healing actions of the Gemmotherapy extract made from the young shoots of the Lingonberry Shrub, 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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## **Acute Care: Protecting your Children during Viral**

# Outbreaks

Join Lauren Hubele, Family Health Coach and Megan Ethridge RN as they offer practical tips for mothers to protect the immunity of their children, every day and during viral outbreaks. Learn simple preventative steps you can take today and symptoms to watch for in your family.

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## Gemmo Memo: Juniper

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

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## Gemmo Memo: Hazel

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

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## **Gemmo Memo: Hornbeam**

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

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## **Gemmo Memo: Common Fig**

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

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## **Gemmo Memo: Giant Redwood**

Learn about the Giant Redwood tree, the potential healing actions of the Gemmotherapy extract made from the young shoots of the Giant Redwood tree, and how this extract can be viewed through the lens of Asian medicine.

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## **Gemmo Memo: Hawthorn**

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

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## **Gemmo Memo : European Blueberry**

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

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## **Gemmo Memo : Common Alder**

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

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