

Gemmo Memo Field Maple

Learn about the Field Maple Tree, the potential healing actions of the Gemmotherapy extract made from this 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 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.

Gemmo Memo: Silver Birch Buds, Seeds and Sap

Learn about the Silver Birch Tree, the potential healing actions of three Gemmotherapy extract made from Silver Birch Buds, Seed and Sap, and how this extract can be viewed through the lens of Asian medicine.

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Gemmo Memo: Common Birch

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

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Gemmo Memo: Blackthorn

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

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Gemmo Memo: Black Honeysuckle

Learn about Black Honeysuckle shrub, the potential healing actions of the Gemmotherapy Extract, and how it is viewed through the lens of Asian Medicine. Discover the healing potential of these individual extracts through the perspectives of your three co-hosts herbalist Teri Brooks, Gemmotherapy expert and health coach Lauren Hubele, and Japanese acupuncturist Maegan Lemp.

Gemmo Memo: Black Currant

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

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Gemmo Memo: An Introduction

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through the lenses of herbalist Teri Brooks, Gemmotherapy expert and health coach Lauren Hubele, and acupuncturist Maegan Lemp.

Gemmo Memo: Almond Extract

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

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Harmonizing the Nervous System to Build Emotional Immunity

Help your child ease from the stress-filled sympathetic state to the rest and digest the parasympathetic state. Harmonizing the nervous system's ability to switch gears gives us some emotional perspective, improves sleep, eases digestion, and optimizes communication between important organ systems. In

this episode, learn which Gemmotherapy extracts given in micro-doses can best support your child's nervous system and begin to see immediate benefits.

Acute Care: Earaches and Tummy Troubles

Learn the proven Gemmotherapy extract protocols for acute earaches/inflammation and how to address digestive upsets whether they result in diarrhea or vomiting.

Acute Care: What is Gemmotherapy?

Learn about the latest and most effective botanical therapy that uses the meristem cells of specific trees and shrubs to communicate with your body.

Acute Care: When Viral Symptoms Keep Changing

Learn how to support your child when viral symptoms change, stop and return, or continue for longer periods than you would

expect.