

# Restoring Immunity Gemmo Memo: Grey Alder

Enjoy this sweet mix of Gemmotherapy Materia Medica and an Asian Medicine lens as Maegan and Lauren explore the potential of each Gemmotherapy Extract. Discover what Grey Alder tree extract can offer you and your family now.

Discover more about Lauren and Maegan's work here:

Lauren Hubele

Maegan Lemp

Learn more about Gemmotherapy here.

Find Gemmotherapy extracts here.

New to Gemmotherapy? Here's a Beginner's Guide to get you started.

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# Restoring Immunity Gemmo Moms: Supporting Sleep

Join this lively conversation with Lauren Hubele and Teacher, Gemmo Fan, and Mom of Two, Ashley Dalme fielding questions from our listeners. Learn specific Gemmos and tips to settle even the youngest nervous systems in the household.

In this episode, you will discover how to support sleep in your children whether the challenge comes getting yours to bed or to stay in bed throughout the night. Listen in to catch a few of our favorite Gemmos suggestions.

Have a question about your children? We'd love to hear.

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Follow Ashley on Instagram.

Follow Lauren on Instagram.

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## **Restoring Immunity Gemmo Memo: Lilac**

Enjoy this sweet mix of Gemmotherapy Materia Medica and an Asian Medicine lens as Maegan and Lauren explore the potential of each Gemmotherapy Extract. Discover what Lilac shrub extract can offer you and your family now.

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# **Restoring Immunity: Gemmo Moms with Ursula Bell, Family Constellation Therapist**

Join Lauren and Kara Strubberg as they explore the balancing act of self-care with baby and child care.

In this episode, discover Family Constellation Therapy, and specifically the work of Ursula Bell. Learn how this fascinating therapy based on the work of German Psychotherapist, Bert Hellinger can transform generational trauma and set you free from old family scripts.

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Learn about Ursula Bell here.

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Learn about Ursula Bell [here](#).

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## **Restoring Immunity Gemmo memo: Oriental Plane**

Enjoy this sweet mix of Gemmotherapy Materia Medica and an Asian Medicine lens as Maegan and Lauren explore the potential of Oriental Plane Gemmotherapy Extract.

Discover more about Lauren and Maegan's work [here](#):

[Lauren Hubele](#)

[Maegan Lemp](#)

Learn more about Gemmotherapy [here](#).

Find Gemmotherapy extracts [here](#).

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## **Restoring Immunity Gemmo Memo: Horsechestnut**

Enjoy this sweet mix of Gemmotherapy Materia Medica and an Asian Medicine lens as Maegan and Lauren explore the healing potential of Horsechestnut Gemmotherapy Extract.

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Lauren Hubele

Maegan Lemp

Learn more about Gemmotherapy here.

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## **Restoring Immunity Gemmo Mom: Morning Emotions**

Join this lively conversation with Lauren Hubele and Teacher, Gemmo Fan, and Mom of Two, Ashley Dalme fielding questions from our listeners. Learn specific Gemmos and tips to settle even the youngest nervous systems in the household.

In this episode, you will discover how to support everyone's emotional states during the dreaded morning rush. Listen in to catch a few of our favorite Gemmos.

Have a question about your children? We'd love to hear.

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Follow Lauren on Instagram.

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# Restoring Immunity Gemmo Memo Extra Support for our Times

Listen in and to our follow-up to Coming Home to Your Body.

In this sweet mix of Gemmotherapy and an Asian Medicine lens as Maegan and Lauren explore the potential of five extracts that lend extract support to the nervous system. In this episode, we speak of the benefits of a microdose of Black Currant, Oak, Grey Alder, Mistletoe, and Blackthorn.

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Lauren Hubele

Maegan Lemp

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# Restoring Immunity: Coming Home to Yourself

Simple strategies with Maegan and Lauren

Fig, Hawthorn, Lithy, Field Maple

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# Restoring Immunity Gemmo Memo: Rowan

Listen in and discover what Rowan tree extract can offer you and your family now. Enjoy this sweet mix of Gemmotherapy Materia Medica and an Asian Medicine lens as Maegan and Lauren explore the potential of Rowan Gemmotherapy Extract.

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Lauren Hubele

Maegan Lemp

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