

# **Acute Care: The latest news on Gemmotherapy for COVID**

I invite you to listen to this very special conversation with two remarkable practitioners from Europe. As the number of COVID cases climb in their home countries these two women have experienced tremendous success with Gemmotherapy protocols.

Dr. Dana Campaen is a private practice physician in Cluj-Napoca and Lena Kozlovets is a health coach in Kyiv, Ukraine.

Both Lena and Dana have supported a number of active COVID cases without the use of prescription medications. Here they share their experiences using specific extracts for common COVID symptoms, the importance of monitoring emotional health, and what they suggest during the period of convalescence.

Discover my recommended list of extracts for this approaching winter on the previously released podcast, Acute Care: 20 Extracts to get you through Colds, Flus, and COVID. If you are looking for a health practitioner to support you through this season have a look here.

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## **Acute Care: 20 Extracts to get you through Colds, Flus, and COVID**

In this episode, Megan Ethridge, RN, and I share the list of extracts we recommend in preparation for whatever this next wave of COVID in the midst of cold and flu season has to offer. Listen in as we guide you through each one and why it

made our list. Discover more about each of these extracts on my Gemmo Memo series recorded earlier this year. You will also want to catch the upcoming episode, The latest news on Gemmotherapy for COVID. I want you to be safe and healthy in the months ahead and will be sharing my latest learnings right here as they unfold.

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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: 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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# **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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# **Harmonizing the Nervous System to Restore Sleep**

Help your child ease from the stress-filled sympathetic state to the rest and digest, parasympathetic state, Harmonizing the nervous system's ability to switch gears offers many benefits and today we discuss what it can do for sleep. 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.

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# **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.

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## 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.

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## 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.

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# Acute Care: A Solution for Every Kind of Cough

Discover the 5 extracts you will want to have on hand this cold and flu season to resolve coughs and restore immunity.

Megan and Lauren share specific examples of use for each extract.

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## Acute Care: Colds and Virus Support

Learn how to address the first signs of a cold or virus with Gemmotherapy extracts.