

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.

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.

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.

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](#).

New to Gemmotherapy? [Here's a Beginner's Guide](#) to get you started.

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.

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.

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.

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.

Restoring Immunity: Coming Home to Yourself

Simple strategies with Maegan and Lauren

[Fig](#), [Hawthorn](#), [Lithy](#), [Field Maple](#)

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.

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.

Restoring Immunity Gemmo Memo: Elm

Listen in and discover what Elm 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 Elm Gemmotherapy Extract.

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.

Restoring Immunity Gemmo

Memo: Hops

Listen in and discover what Hops 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 Hop Gemmotherapy Extract.

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.

Restoring Immunity Gemmo

Memo: Oats

Listen in and discover what Oat 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 Oat Gemmotherapy Extract.

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.

Restoring Immunity: How to hold space for each other now

If finding balance and even your footing in these early days of 2022 is your struggle you are not alone. Pull up a chair and listen to this intimate, unscripted conversation between Japanese Acupuncturist Maegan Lemp and Gemmotherapist, Lauren Hubele. In this short but powerful conversation Lauren and Maegan share what they have learned just two weeks into the new year about holding space for others.

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.

Here's a link to find Phytembryotheapy by Drs. Ledoux and Guenoit [here](#)

Restoring Immunity Gemmo Memo Mistletoe

Listen in and discover what Mistletoe 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 Crab Apple Gemmotherapy Extract.

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.

Here's a link to find Phytembryotheapy by Drs. Ledoux and Guenoit