

# 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 Memo: Lilac

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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.

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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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## 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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## **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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## **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.

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# 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.

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# 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.

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## **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.

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Maegan Lemp

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

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# 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.

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Maegan Lemp

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