

Restoring Immunity: Gemmo Memo Crab Apple

Listen in and discover what Crab Apple 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.

Restoring Immunity: Gemmo Memo Blackberry

Listen in and discover what Blackberry 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 Blackberry 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 Black Poplar

Listen in and discover what Black Poplar 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 Black Poplar 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: Meet Sweet Chestnut

Listen in and discover what Sweet Chestnut can offer you and your family now. Enjoy this balanced conversation with a splash Materia Medica and an Asian Medicine lens as Maegan and Lauren explore the potential of Sweet Chestnut Gemmotherapy.

Discover more about Lauren and Maegan's work here:

Lauren Hubele

Maegan Lemp

Gemmo Memo: Gingko

Learn about the Gingko tree, the potential healing actions of the Gemmotherapy extract made from Gingko Tree Buds, 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 Fir

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

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Gemmo Memo: Mountain Pine

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

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Gemmo Memo: Common Beech

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

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Gemmo Memo: Heather

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

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Gemmo Memo: Lithy

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

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Gemmo Memo: Silver Lime

Learn about the Silver Lime or Linden Tree, the potential healing actions of the Gemmotherapy extract made from Silver Lime Buds, and how this extract can be viewed through the lens of Asian medicine.

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Gemmo Memo: Walnut

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

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