

## **Gemmo Memo: Oak**

Learn about English Oak , the potential healing actions of the Gemmotherapy extract made from the buds of English Oak, 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.

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## **Gemmo Memo: Dog Rose**

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

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# Gemmo Memo: Sweet Chestnut

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

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# Gemmo Memo: Sea Buckthorn

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

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# **Gemmo Memo: Black Poplar**

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

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# **Gemmo Memo: Your Fear, Your Immunity, and Coronavirus**

How are your fear, immunity, and coronavirus connected? Fight or flight, your sympathetic nervous system response, directly prevents optimal immune functions. It's likely you are experiencing this every time you dare look at the news. If you are ready for some practical and compassionate information that you can use in the face of the spread of coronavirus we have it here.

Join co-hosts Lauren Hubele, Gemmotherapy expert and Health Coach along with herbalist Teri Brooks, Gemmotherapy expert and health coach Lauren Hubele, and acupuncturist Maegan Lemp as they discuss steps you can take today for yourself and your family.

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## **Gemmo Memo: Lingonberry**

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

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## **Gemmo Memo: Juniper**

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

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## **Gemmo Memo: Hazel**

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

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## **Gemmo Memo: Hornbeam**

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

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## **Gemmo Memo: Common Fig**

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

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## **Gemmo Memo: Giant Redwood**

Learn about the Giant Redwood tree, the potential healing actions of the Gemmotherapy extract made from the young shoots of the Giant Redwood tree, and how this extract can be viewed through the lens of Asian medicine.

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