

# **Gemmo Memo: Hawthorn**

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

Gemmotherapy extracts are a unique botanical therapy, originating in Belgium, that utilize the meristem cells of trees and shrubs 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: European Blueberry**

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

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# **Gemmo Memo: Common Alder**

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

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# **Gemmo Memo Field Maple**

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

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# **Gemmo Memo: Silver Birch Buds, Seeds and Sap**

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

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# **Gemmo Memo: Common Birch**

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

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## **Gemmo Memo: Blackthorn**

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

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## **Gemmo Memo: Black Honeysuckle**

Learn about Black Honeysuckle shrub, the potential healing actions of the Gemmotherapy Extract, and how it is viewed through the lens of Asian Medicine. Discover the healing potential of these individual extracts through the perspectives of your three co-hosts herbalist Teri Brooks, Gemmotherapy expert and health coach Lauren Hubele, and Japanese acupuncturist Maegan Lemp.

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# **Gemmo Memo: Black Currant**

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

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# **Gemmo Memo: An Introduction**

Gemmotherapy extracts are a unique botanical therapy that utilizes the meristem cells of trees to restore immunity. Discover the healing potential of these individual extracts through the lenses of herbalist Teri Brooks, Gemmotherapy expert and health coach Lauren Hubele, and acupuncturist Maegan Lemp.

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# **Gemmo Memo: Almond Extract**

Learn about the Almond tree, the potential healing actions of the Gemmotherapy extract made from Almond buds, and how this

extract can be viewed through the lens of Asian medicine.

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