

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.

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.

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: 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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Gemmo Memo: An Introduction

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Harmonizing the Nervous System to Restore Sleep

Help your child ease from the stress-filled sympathetic state to the rest and digest, parasympathetic state, Harmonizing the nervous system's ability to switch gears offers many benefits and today we discuss what it can do for sleep. In this episode, learn which Gemmotherapy extracts given in micro-doses can best support your child's nervous system and begin to see immediate benefits.