

# Harmonizing the Nervous System to Build Emotional Immunity

Help your child ease from the stress-filled sympathetic state to the rest and digest the parasympathetic state. Harmonizing the nervous system's ability to switch gears gives us some emotional perspective, improves sleep, eases digestion, and optimizes communication between important organ systems. 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.

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## Acute Care: Earaches and Tummy Troubles

Learn the proven Gemmotherapy extract protocols for acute earaches/inflammation and how to address digestive upsets whether they result in diarrhea or vomiting.

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## Acute Care: What is Gemmotherapy?

Learn about the latest and most effective botanical therapy that uses the meristem cells of specific trees and shrubs to

communicate with your body.

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## **Acute Care: When Viral Symptoms Keep Changing**

Learn how to support your child when viral symptoms change, stop and return, or continue for longer periods than you would expect.

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## **Acute Care: A Solution for Every Kind of Cough**

Discover the 5 extracts you will want to have on hand this cold and flu season to resolve coughs and restore immunity. Megan and Lauren share specific examples of use for each extract.

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## **Acute Care: Colds and Virus Support**

Learn how to address the first signs of a cold or virus with Gemmotherapy extracts.

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## **Acute Care: Fevers and More**

Family Health Coach, Lauren Hubele and co-host Megan Ethridge, RN explains the purpose behind your child's fever and offer helpful natural solutions.

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## **Restoring Immunity (Trailer)**