

# Restoring Immunity Gemmo Memo: Elm

Listen in and discover what Elm tree 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 Elm 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.

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# Restoring Immunity Gemmo Memo: Hops

Listen in and discover what Hops 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 Hop Gemmotherapy Extract.

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Lauren Hubele

Maegan Lemp

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## **Restoring Immunity Gemmo Mom: Creating Emotional Awareness**

Join this lively conversation with Lauren Hubele and Teacher, Gemmo Fan, and Mom of Two, Ashley Dalme fielding questions from our listeners. Learn specific Gemmos and tips to settle even the youngest nervous systems in the household.

In this episode, you will discover how to guide your children to develop their own emotional awareness and eventually responsibility. Listen in to catch a few of our favorite Gemmos.

Have a question about your children? We'd love to hear.

Learn more about Gemmotherapy here.

Find Gemmotherapy extracts here.

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Follow Ashley on Instagram.

Follow Lauren on Instagram.

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# **Restoring Immunity Gemmo Pets: Hawthorn**

Homeopath and pet expert Susie Killian pairs up with Lauren to share the very latest information on Gemmo extracts for your furry friends. Learn to harmonize your pet's nervous system, support healthy elimination, and address chronic symptoms naturally with Gemmo plant bud extracts. Your pets will thank you. In this episode learn about Hawthorn extract and how it harmonizes the autonomic nervous system.

Learn more about Gemmotherapy here.

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Contact Susie Killian [susiekillian17@gmail.com](mailto:susiekillian17@gmail.com)

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# **Restoring Immunity Gemmo Moms: Supporting Strong Emotions**

Join this lively conversation with Lauren Hubele and Teacher, Gemmo Fan, and Mom of Two, Ashley Dalme fielding questions from our listeners. Learn specific Gemmos and tips to settle even the youngest nervous systems in the household.

In this episode, you will discover what Gemmos best support the strong emotions our children express particularly during transitions.

Have a question about your children? We'd love to hear.

Learn more about Gemmotherapy here.

Find Gemmotherapy extracts here.

New to Gemmotherapy? Here's a Beginner's Guide to get you started.

Follow Ashley on Instagram.

Follow Lauren on Instagram.

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## **Restoring Immunity Gemmo Memo: Oats**

Listen in and discover what Oat 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 Oat Gemmotherapy Extract.

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Lauren Hubele

Maegan Lemp

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# Restoring Immunity Gemmo Pets: Fig Extract

Homeopath and pet expert Susie Killian pairs up with Lauren to share the very latest information on Gemmo extracts for your furry friends. Learn to harmonize your pet's nervous system, support healthy elimination, and address chronic symptoms naturally with Gemmo plant bud extracts. Your pets will thank you. In this episode learn the basic guidelines for dosing your pets and the first two extracts you might consider to harmonize your pet's Central Nervous System.

In this episode we begin to discuss the Autonomic Nervous System Extracts for your pets, beginning with Fig.

Learn more about Gemmotherapy here.

Find Gemmotherapy extracts here.

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Contact Susie Killian [susiekillian17@gmail.com](mailto:susiekillian17@gmail.com)

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# Restoring Immunity: How to hold space for each other now

If finding balance and even your footing in these early days of 2022 is your struggle you are not alone. Pull up a chair and listen to this intimate, unscripted conversation between Japanese Acupuncturist Maegan Lemp and Gemmotherapist, Lauren Hubele. In this short but powerful conversation Lauren and Maegan share what they have learned just two weeks into the new year about holding space for others.

Discover more about Lauren and Maegan's work here:

Lauren Hubele

Maegan Lemp

Learn more about Gemmotherapy here

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Here's a link to find Phytembryotheapy by Drs. Ledoux and Guenoit

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## Restoring Immunity Gemmo Memo Mistletoe

Listen in and discover what Mistletoe 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

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## **Restoring Immunity: Gemmo Pets – Sea Buckthorn and Silver Birch Seed**

Homeopath and pet expert Susie Killian pairs up with Lauren to share the very latest information on Gemmo extracts for your furry friends. Learn to harmonize your pet's nervous system, support healthy elimination, and address chronic symptoms naturally with Gemmo plant bud extracts. Your pets will thank you. In this episode learn the basic guidelines for dosing your pets and the first two extracts you might consider to harmonize your pet's Central Nervous System.

In this episode learn about the Central Nervous System tonics for your pets, Sea Buckthorn and Silver Birch Seed.

Learn more about Gemmotherapy here.

Find Gemmotherapy extracts here.

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Contact Susie Killian [susiekillian17@gmail.com](mailto:susiekillian17@gmail.com)

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## **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.

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Lauren Hubele

Maegan Lemp

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# 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.

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Lauren Hubele

Maegan Lemp

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