

# **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.