

Gemmo Memo: Boosting your Emotional Immunity in the face of Coronavirus

Did you know that your emotional state directly impacts the efficiency of your immune response? Micro-doses of specific Gemmotherapy extracts known to harmonize the nervous system, improve your ability to process emotions and reduce the time you spend in a fight or flight. Supporting your nervous system is actually the first and most critical step in supporting your overall immunity.

Join co-hosts Lauren Hubele, Gemmotherapy expert and Health Coach along with herbalist Teri Brooks, and acupuncturist Maegan Lemp as they offer practical and compassionate information that you can use now in the face of the spread of coronavirus