

# Gemmo Memo: Common Beech

Learn about the Beech tree, the potential healing actions of the Gemmotherapy extract made from Beech Tree Buds, and how this extract can be viewed through the lens of Asian medicine.

Gemmotherapy extracts are a unique botanical therapy, originating in Belgium, that utilizes the meristem cells of trees 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.