

Gemmo Memo: Lingonberry

Learn about the Lingonberry Shrub, the potential healing actions of the Gemmotherapy extract made from the young shoots of the Lingonberry Shrub, and how this extract can be viewed through the lens of Asian medicine.

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