

# **Gemmo Memo: Your Fear, Your Immunity, and Coronavirus**

How are your fear, immunity, and coronavirus connected? Fight or flight, your sympathetic nervous system response, directly prevents optimal immune functions. It's likely you are experiencing this every time you dare look at the news. If you are ready for some practical and compassionate information that you can use in the face of the spread of coronavirus we have it here.

Join co-hosts Lauren Hubele, Gemmotherapy expert and Health Coach along with herbalist Teri Brooks, Gemmotherapy expert and health coach Lauren Hubele, and acupuncturist Maegan Lemp as they discuss steps you can take today for yourself and your family.