

Gemmo Memo

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Listen in on this series of poetic conversations about the trees, shrubs, and vines that contribute to each Gemmotherapy extracts. Learn about the plant itself from Herbalist Teri Brooks who so generously shares her expertise on growth patterns, historical uses as well as a bit of folklore.

I share the primary and secondary action of each extract has on the body and paint a picture of who might find this extract useful and when. Then in closing, Japanese acupuncturist Maegan Lemp takes a look at each extract through the Asian Medicine lens. Be prepared to fall in love with each episode and take away a wealth of information.