

Get To Know Gemmotherapy

In this new season of How We Heal, join us as we explore my (Lauren Hubele) favorite topic, Gemmotherapy. This episode is for our listeners who are new to #Gemmotherapy and that want to learn how you can use it to open up doors to your #ventralvagal states. Learn more about the various #extracts and in depth details on Gemmotherapy on my website laurenhubele.com

Learn more about Cameron and Maegan's practices here!

Watch this episode on my YouTube channel!

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