

# Harmonizing the Nervous System to Build Emotional Immunity

Help your child ease from the stress-filled sympathetic state to the rest and digest the parasympathetic state. Harmonizing the nervous system's ability to switch gears gives us some emotional perspective, improves sleep, eases digestion, and optimizes communication between important organ systems. In this episode, learn which Gemmotherapy extracts given in micro-doses can best support your child's nervous system and begin to see immediate benefits.