

# Introducing the Restoring Immunity Podcast

Today I am so excited to announce my latest project. With the help and inspiration of one of my new interns and Gemmo Moms, Megan Ethridge, I have created the Restoring Immunity podcast!

This first series with Megan is geared particularly to moms. Each 20-30 minute episode covers a common acute issue and how to resolve symptoms using Gemmotherapy. Listen now to our first episodes on fevers, colds and virus support.

Once this series is complete, I will partner with other co-hosts to dive into topics of emotional immunity, fertility, aging and more. Follow my podcasts on Spotify, Radio Public or Google Podcasts and receive a new episode each Tuesday (coming soon to iTunes). If you like what you hear, please share a link with your family and friends.

Passing along knowledge and wisdom on the subject of restoring immunity is my life passion. Although I'm a writer at heart, publishing takes time. Podcasting, however, offers an opportunity for me to share new insights in a quick and accessible manner. Let's see where this takes us!