Learn about Dog Rose and Walnut Gemmotherapy

In this episode of #HowWeHeal, we get into a few more #gemmotherapy extracts for help you harmonize your senses when you are feeling #overwhelmed.

To learn more about Gemmotherapy and my practice, visit laurenhubele.com

To learn more about Maegan's practice, go to aculemp.com

To learn more about Cameron's practice, visit cameronscottma.com

Watch this episode on YouTube here!

_

Send in a voice message: https://anchor.fm/how-we-heal/message