

# 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](http://laurenhubele.com)

To learn more about Maegan's practice, go to [aculemp.com](http://aculemp.com)

To learn more about Cameron's practice, visit [cameronscottma.com](http://cameronscottma.com)

Watch this episode on YouTube here!

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