

# Learn

## Plant Power!



Here you'll find everything you need to keep you and the people you love healthy and in tune with your own bodies.

Latest Blog Posts

Lauren's Kitchen



I adore creating delicious plant based foods for and with the people I love. Here you'll find recipes I've developed myself or borrowed and adapted from others all over the web. Please explore, share and enjoy!

[Explore Recipes](#)

**Explore what Gemmotherapy can do for:**



IMMUNITY





**PLANT-BASED EATING**



**ELIMINATION**



# DIGESTIVE ISSUES



**RESPIRATORY ISSUES**



# SKIN ISSUES





**EMOTIONAL ISSUES**



# FERTILITY ISSUES



# BABY & CHILD HEALTH