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