

# Restoring Immunity Gemmo Memo Extra Support for our Times

Listen in and to our follow-up to Coming Home to Your Body.

In this sweet mix of Gemmotherapy and an Asian Medicine lens as Maegan and Lauren explore the potential of five extracts that lend extract support to the nervous system. In this episode, we speak of the benefits of a microdose of Black Currant, Oak, Grey Alder, Mistletoe, and Blackthorn.

Discover more about Lauren and Maegan's work here:

Lauren Hubele

Maegan Lemp

Learn more about Gemmotherapy here.

Find Gemmotherapy extracts here.

New to Gemmotherapy? Here's a Beginner's Guide to get you started.