

# Restoring Immunity Gemmo Memo: Meet Sweet Chestnut

Listen in and discover what Sweet Chestnut can offer you and your family now. Enjoy this balanced conversation with a splash Materia Medica and an Asian Medicine lens as Maegan and Lauren explore the potential of Sweet Chestnut Gemmotherapy.

Discover more about Lauren and Maegan's work here:

Lauren Hubele

Maegan Lemp