

# Restoring Immunity: Gemmo Moms Trailer

Join Lauren and Kara Strubberg as they explore the balancing act of self-care with baby and child care. Both moms but at very different chapters in life, Lauren and Kara fearlessly examine what gets in the way of their ability to feel vibrant, resourceful, and whole while navigating the waters of motherhood. Learn specific Gemmos that help settle mom and baby's nervous system allowing deeper sleep for everyone, the primary symptoms all parents should note in babies, and how to resolve them with Gemmos to prevent the establishment of chronic symptoms now seen in 50% of the children in the United States.