

# Restoring Immunity: Gemmo Moms with Ursula Bell, Family Constellation Therapist

Join Lauren and Kara Strubberg as they explore the balancing act of self-care with baby and child care.

In this episode, discover Family Constellation Therapy, and specifically the work of Ursula Bell. Learn how this fascinating therapy based on the work of German Psychotherapist, Bert Hellinger can transform generational trauma and set you free from old family scripts.

Learn more about Gemmotherapy here.

Find Gemmotherapy extracts here.

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

Learn about Ursula Bell here.