

# Restoring Immunity: Gemmo Stories Ashley Dalme

When we allow ourselves the time to listen to human stories we learn a bit more about ourselves. And when we learn more about ourselves we grow. I love the way I learn and grow through each unique and intimate conversation about health and healing. I think you will discover the hero's journey, from fear to resilience, from challenge to triumph in each Gemmo Story episode.

Today I welcome Ashley Dalme, wife, mother of two school-aged children, elementary school art teacher, and Gemmo fan. Listen in to discover what fears Ashley has overcome and how she continues to grow as a healing force in her family.

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New to Gemmotherapy? Here's a [Beginner's Guide](#) to get you started.